

GUARANTEED  
POTENCY

## GRAPE SEED EXTRACT

PROMOTE CELLULAR HEALTH AND HELP  
COMBAT THE NEGATIVE  
EFFECTS OF POLLUTION

*Studies confirm that Grape Seed Extract can nutritionally support the body's natural ability to:*

- Prevent free radical damage (1,2)
- Maintain capillary integrity and peripheral circulation (3,4)
- Promote healthy eye function (5,6,7)

Grape Seed Extract contains powerful antioxidants, including what many believe to be the most powerful ever identified (gallic esters of proanthocyanidins) (8). Antioxidants are known for their ability to help the body maintain healthy natural defense system function, capillary integrity and cellular and visual health.

## Grape Seed Extract-Powerful Antioxidant Support for the Body's Natural Defenses

Laboratory and clinical studies have shown that Grape Seed Extract:

\*Contains gallic esters of proanthocyanidins, believed by many to be the most potent antioxidants known(8)

\*Supports the body's natural ability to inhibit the activity of enzymes and free radicals that weaken capillary walls (1, 9)

@Nutritionally supports healthy eye function (5,6,7)

### What is Grape Seed Extract and Where Is It Found?

Grape Seed Extract is a nutritional supplement manufactured from the seeds of the *Vitis vinifera* grape grown in Italy and France. Special highly bioavailable bioflavonoids are credited with giving Grape Seed Extract its powerful antioxidant properties. Bioflavonoids are natural plant-based substances found in fruits, vegetables, nuts, seeds, leaves, flowers and bark; bioflavonoids give plants their blue, red and yellow pigments.

Research over the years has enabled scientists to identify specific bioflavonoids with exceptional antioxidant properties and an ability to help the body preserve and use vitamin C. This type of water soluble, non-toxic bioflavonoid is different from all others and is classified as a proanthocyanidin. In standard in vitro studies its ability to fight free radicals has been shown to be 20 times stronger than that of vitamin C (13) and 50 times stronger than vitamin E. (14)

In 1920 proanthocyanidins were isolated from the seeds of the *Vitis vinifera* grape and a significant discovery was made that immediately elevated Grape Seed Extract to a category all its own! Researchers discovered that not only did Grape Seed Extract contain more proanthocyanidins than pine bark extract or Pycnogenol®, but it also contained a more powerful type (see Grape Seed Extract Vs Pycnogenol!).

Unfortunately, these "power house" antioxidants, known as gallic esters of proanthocyanidins, are not found widely throughout the plant kingdom and therefore do not form a large part of the typical diet. For this reason, supplementing the diet with proanthocyanidin extracts, such as those found in Grape Seed Extract, is a wise choice.

### Combat the Negative Effects of Free Radicals

The antioxidant properties found in Grape Seed Extract nutritionally support the body's natural ability to protect itself from free radical damage. Free radicals are highly reactive molecules that invade and damage cells. We are exposed to free radicals through a range of environmental factors--from dietary fats and food additives to

tobacco smoke and car exhaust. Even the simple act of breathing can create free radicals within the body.

When a free radical invades a cell, it "looks for" a molecule to react with. If antioxidants such as those found in Grape Seed Extract are present, they work to neutralize the free radicals before they can react with and damage other cells. But if antioxidants are not present, the free radicals will oxidize, and damage, other molecules, such as proteins, lipids, and even DNA. By inhibiting and neutralizing free radicals, Grape Seed Extract can help support cellular health (1,2).

### Maintain Capillary Integrity and Circulatory Health

Initial research into proanthocyanidins focused on their ability to nutritionally support healthy capillaries and peripheral circulation (3,4). Proanthocyanidins, found in Grape Seed Extract, inhibit the activity of certain enzymes that can damage capillary walls (1,9). These potentially damaging enzymes include xanthine oxidase, which can trigger the formation of free radicals, and collagenase and elastase, which play a role in weakening and damaging capillary walls.

One theory holds that proanthocyanidins help inhibit the action of these enzymes by binding to elastin and collagen (the elastic fibers that form the support structure of capillaries) in the blood vessel walls, strengthening and protecting them (9). Other theories hold that proanthocyanidins may indirectly inhibit the activity of enzymes that damage capillary walls through its potent antioxidant properties (1).

### Nutritionally Support Your Vision

Today, nourishing eye health is more important than ever. With widespread use of computers in the workplace and at home, people are called upon to focus on shifting light intensities at varying distances and continuously alternating visual planes. Studies show that Grape Seed Extract plays a role in maintaining eye health even under the added strain of computer use (5). By nutritionally supporting the integrity of the capillaries in the eye, the proanthocyanidins in Grape Seed Extract can help support blood flow to the retina. This, in turn, has been shown to reduce visual fatigue (5), improve resistance to glare (7,15) and support eye health (6).

### Grape Seed Extract Vs Pycnogenol

The two most common sources of proanthocyanidins are Grape Seed Extract and pine bark extract, or Pycnogenol. Although both are excellent sources of proanthocyanidins, Grape Seed Extract contains a higher percentage of this active ingredient. Grape Seed Extract contains around 95% proanthocyanidins, whereas the proanthocyanidin content of pine bark extract is only around 80-85%.

Interestingly, most of the clinical and experimental studies as well as the absorption and distribution studies, cited in support of Pycnogenol, were actually performed on Grape Seed Extract (8). Plus, recent studies have shown that Grape Seed Extract contains gallic esters of proanthocyanidins, believed to be the most active free radical scavenger-making it one of the most potent antioxidants on the market. Gallic esters have not been found in pine bark extract (8).

Of interest to the cost-conscious consumer, Grape Seed Extract is less expensive because it is more economical to manufacture than Pycnogenol. Even Professor Jacques Masquelier, the original patent holder for the extraction process of both Grape Seed Extract and Pycnogenol, prefers Grape Seed Extract to Pycnogenol.

### Safe, All Natural and Bioavailable!

Neither Grape Seed Extract nor pine bark extract have any known side effects (10). And, because Grape Seed Extract is absorbed directly from the intestinal (digestive) tract, it is highly bioavailable (11,12).

#### Note

The information in this pamphlet was prepared from sources that are believed to be accurate and reliable. It is important to follow product label directions carefully and readers are strongly advised to seek the advice and assistance of their nutritionally aware health care professional(s) before proceeding with any changes in any health care program.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent a disease, but rather is a dietary supplement intended solely for nutritional support.

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#### Sources

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