



Category 10
Specialty Supplements



GOODFORYOU

GOOD FOR LIFE

GRAPE SEED

(Antioxidant) #103252

90 Cap

Description: Our **Grape Seed Antioxidant** is a highly concentrated natural extract derived from grape seeds. It contains a number of unique beneficial flavonoid compounds (min 90% total polyphenols) which have demonstrated free radical and oxidant scavenging activity.

Contents / Ingredients

Antioxidants are substances that protect the body against harmful effects of free radicals and prevent a type of chemical reaction called oxidation. Free radicals have many sources. External sources include **radiation and environmental toxins, such as smog and cigarette smoke**. Internal sources can be divided into two groups. One group is the free radicals from normal by-products of the metabolism of carbohydrates and other components of the diet. The others are normal by-products of the workings of the immune system.

Traditional Therapeutic Action

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Grapeseed Extract (Vitis vinifera)	60 mg	(*)
Citrus Bioflavonoids (40% Hesperidin)	300 mg	(*)

(*) Daily Value not established.

Other ingredients: Magnesium stearate.

Contains no sugar, salt, wheat, milk, yeast, corn, egg, soy or additives.

No matter what their source, free radicals can attack the membranes of cells, proteins, and fats in the bloodstream, the collagen that underlies the skin, and many other tissues. **Free-radical damage is associated with aging and most if not all-degenerative diseases.** The damage done by free radicals can show up in many ways. For instance, if free radicals damage a cell's strands of DNA (the cell's genetic blue print), the cell can start to grow in abnormal ways, ultimately **leading to cancer**.

Many antioxidants are supplied through the diet, and most of these come from fruits and vegetables. **The body produces some antioxidants, but certain specific nutrients-also found in fruits and vegetables-are needed for this to happen.**

Vitamin A, C, and E, have antioxidant functions. The B vitamins, while not necessarily antioxidants themselves, are nevertheless important co-factors in a number of the body's antioxidant actions. The vitamin like compound coenzyme Q10 and alpha-lipoic acid are particularly powerful antioxidants. There are also minerals that act as antioxidants, among them magnesium, which acts as a general antioxidant, selenium, which works together with vitamin E, and zinc, which is a component of superoxide dismutase (SOD), a powerful antioxidant enzyme produced by the body. Manganese also is important for production of SOD.

What is the difference between grape seed and other antioxidants? Mixtures of antioxidants tend to be more effective **than single antioxidants taken on their own. We need both water-soluble and fat-soluble antioxidants for broad-ranging protection. Grape seed extract is a premier antioxidant "team player" that protects other antioxidants and also acts as an interface between the water-soluble and fat-soluble antioxidants.**

Grape seed extract has a special affinity for the collagen-based tissues of the body. These include the linings of the arteries and the veins, the cartilage of the joints, and the skin. **Grape seed has a wide range of therapeutic effect from helping women with PMS, to varicose veins, hemorrhoids, cardiovascular disease, sports injuries, or fluid retention following surgery.** Basically any disease related to the aging process.

SUGGESTED DOSAGE: Take as directed.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.