



Category 10  
Specialty Supplements



**GOODFORYOU**

GOOD FOR LIFE

## Pycnogenol

(Antioxidant) 60 Caps #103264

**Description:** Pycnogenol is a powerful antioxidant and makes a little vitamin C and vitamin E function for a long time in the body. **Pycnogenol is much more than a powerful, multipurpose antioxidant.** It also has strong **anti-inflammatory, anti-allergy, and anticoagulant** (anti-blood clotting) action. All of these actions combine to give Pycnogenol unique and significant health benefits not known to be produced by any other antioxidant nutrient.

### Contents / Ingredients

**Pycnogenol is a powerful and versatile antioxidant** but it does not mean that it is the only antioxidant that should be taken as a supplement. Many antioxidant nutrients work together as a team. Some simple antioxidants, such as vitamin C and vitamin E, are essential to life and must be part of the daily diet. Others, such as coenzymes Q10, alpha-Lipoic acid are also involved in metabolism. These antioxidant nutrients have special roles that are not replaced by other antioxidants thus we should have many types of antioxidant nutrients in our diet as possible. **Pycnogenol** should be included because it is a powerful antioxidant that has many additional health benefits. One of the reasons that **antioxidants work together synergistically** is that some antioxidants can regenerate other antioxidants. As an example, **Pycnogenol** can regenerate "used"

or "spent" vitamin C, which in turn, can regenerate used vitamin E. This means that **Pycnogenol makes a little vitamin C and vitamin E function for a long time in the body**

**Free radicals are bad for our health.** Free radical activity is determined by how well our body's immune system is able to deal with stress, toxicity in all its forms, the type of foods we eat, and the air we breathe. In basic terms when a group of radicals has an electron pulled away, causing the group to temporarily break free from the molecule, when this happens it is called a "free radical." While this unstable, high-energy fragment is free, its energy forces attract an electron from other molecules. This free radical reaction can perpetuate until a key biological molecule becomes permanently damaged. Scientists have estimated that each cell in your body (and we have billions of cells) suffers **10,000 free radical "hits" each day.** The amount of damage depends on how well the cell is protected by antioxidants. The higher your levels of antioxidants, the greater the amount of protection.

**Pycnogenol is much more than a powerful, multipurpose antioxidant.** It also has strong **anti-inflammatory, anti-allergy, and anticoagulant** (anti-blood clotting) action. All of these actions combine to give **Pycnogenol** unique and significant health benefits not known to be produced by any other antioxidant nutrient. Pycnogenol protects against heart disease, this is achieved by maintaining the proper 'slipperiness" of the blood cells from forming in the coronary arteries. Pycnogenol has a protective anti-aggregation (anti-clotting) effect on blood platelets. It is particularly effective against the damage to platelets from stress and smoking. Also it has a mild hypotensive (**blood pressure lowering**) action that helps maintain a normal blood pressure. Blood pressure is strongly influenced by **nitric oxide** levels in the blood, a compound that controls the relaxation of blood vessels. Pycnogenol maintains adequate nitric oxide levels, controlling vaso-relaxation and inhibits angiotensin which promotes high blood pressure. Also one of the earliest discoveries showed Pycnogenol's ability to **strengthen capillaries**, your body's tiniest blood vessels are the foundation of your entire cardiovascular system.

**Pycnogenol also strengthens immunity** by protecting the existing immune components from their own chemicals. **Pycnogenol** allows the bacteria to be killed while standing by to protect the white blood cells against any excess of free radicals. Pycnogenol protects against cancer in three ways, by destroying **cancer-causing free radicals**, by **boosting the body's immune system** so that any mutated cells can be destroyed before they become cancerous, and by reducing the tendency of **cancer cells to stick together and adhere to other sites**, in a process called metastasis. In addition, Pycnogenol will also be found to inhibit several tumor promoters.

**Pycnogenol blocks histamine release** differing from anti-histamine that generally works by interfering with the attachment of histamine to cells after its been released. **Pycnogenol** is more efficient and prevents histamine release in the first place. **Pycnogenol** is usually more efficient than antihistamine, without such side effects as drowsiness and dry mucous membranes.

### Traditional Therapeutic Action

#### Supplement Facts

	Serving Size 2 Capsules	Servings per Container 30
	Amount Per Serving	% Daily Value
Pycnogenol	60 mg	(*)
Citrus Bioflavonoids (37% total bioflavonoids as Hesperidin)	600 mg	(*)

**SUGGESTED DOSAGE:** As an herbal dietary supplement, take 2 capsules 1 to 3 times daily.

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.