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Special report

PYCNOGENOL® **French Maritime** **Pine Bark**



*Nature's Super
Antioxidant for:*

Heart Health
Inflammation
Skin Care
Blood Glucose
Travel Health
Women's Health
Sports Nutrition

PYCNOGENOL®

French Maritime Pine Bark

Contents

3 Nature's Super Antioxidant

Lyle Hurd, *editor* totalhealth

4 Heart Health

Cholesterol Reduction
Blood Pressure Control

6 Inflammation

Respiratory Health

7 Skin Care

Sun Protection
Wrinkle Reduction

8 Blood Glucose

Blood Glucose Management
Eye Health

9 Travel Health

Thrombosis
Swollen Feet and Ankles

11 Women's Health

Pain Relief
Endometriosis

12 Sports Nutrition

Energy Enhancer
Muscle Recovery, Pain and Cramp Reduction

14 Conclusion

15 Writers' Profiles

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Nature's Super Antioxidant

The benefits of plant extracts continue to weave their way into our everyday health routines as we each look to natural means to enhance our feeling of well-being. Pycnogenol® (pic-noj-en-all), a natural plant extract that originates from the bark of the maritime pine tree is no exception.

The healing powers of pine bark have been used for centuries. In 1534, French explorer Jacques Cartier and his crew are believed to have been nursed back to health by local North American Indians after suffering from deadly scurvy, a severe deficiency of vitamin C. They drank prepared teas and other concoctions using pine needles and tree bark to relieve the scurvy, improve wound healing and various other ailments. The tea was effective because the needles contained traces of vitamin C and the bark provided large quantities of bioflavonoids. Today, pine bark is still utilized for its medicinal benefits, though in different ways than years ago.

Pine trees from which Pycnogenol is produced are grown as a mono-species forest, spread over the coastal region of southwest France, in Les Landes de Gascogne. The forest is located along the Bay of Biscay, between the vineyards of Bordeaux to the North and the Pyrenees Mountains to the South. This unspoiled and natural forest environment is the unique source of Pycnogenol. The pine trees grow entirely without pesticides and represent Europe's largest forest. It's an ideal botanical source because the extracted components are not subject

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to seasonal variations like most other plants, which is important for having a high batch-to-batch consistency of the products. Pycnogenol adheres to strict good manufacturing practice (GMP) guidelines, ensuring its safety and efficacy as a natural ingredient.

Pycnogenol is commonly known as a super-strength antioxidant but its health benefits reach far beyond its antioxidant capabilities. The unique combination of procyanidins, bioflavonoids and organic acids offer extensive health benefits, which include cardiovascular and circulatory health, anti-inflammatory, skin care and anti-aging, diabetes care, venous health and menstrual disorders.

Advanced scientific research on Pycnogenol has intrigued researchers and chemists alike for the past 40 years. With over 220 scientific publications to date on this super antioxidant, each new study further reinforces the validity of Pycnogenol's versatile health benefits and yields new and exciting breakthroughs in alternative therapies that could potentially improve the quality of life for millions of people. ▲



Heart Health

Did you know heart disease is one of the leading causes of death in most countries of the world? The World Health Organization (WHO) estimates 17 million people die of cardiovascular disease—particularly heart attacks and strokes every year.

With these staggering statistics, many individuals are becoming aware of the everyday health risks associated with cardiovascular disease and are looking for safe and natural alternatives to prescription medicine to help manage symptoms and enhance the health of their hearts.

Pycnogenol® offers an abundance of research for heart and circulatory health and inhibits the most dangerous risk factors. In fact, Dr. Ronald Watson, at the University of Arizona, published a review in *Evidence-Based Integrated Medicine* and introduced the concept of Pycnogenol acting as a natural “polypill” for heart health due to its abundance of cardio health properties.

Further, clinical research demonstrates the antioxidant is powerful in reducing inflammation in the body, strengthening the vascular system, lowering high blood pressure and cholesterol, fighting the effects of smoking, stress and other environmental risk factors on the heart. It’s important to note that lifestyle changes, primarily involving more physical activity and dietary interventions can also significantly alter major cardiovascular risk factors.

Cholesterol Reduction

Pycnogenol was found in four clinical trials to lower the bad (LDL) cholesterol

and increase the good (HDL) cholesterol. One study conducted at the University of California, Davis published in the journal *Lipids*, recorded that supplementation with Pycnogenol significantly reduced the LDL cholesterol levels (“bad” cholesterol) in the blood while the HDL levels (“good” cholesterol) were elevated. A different trial recorded men with mild high cholesterol who supplemented with Pycnogenol over a period of three months significantly lowered both total cholesterol and the bad cholesterol (LDL) by 9.4 percent and 16 percent, respectively. Most recently, a double-blind, placebo-controlled clinical trial with 200 menopausal women found that Pycnogenol lowered LDL and increased HDL cholesterol after six months.

Blood Pressure Control

Best selling author, Dr. Robert Kowalski, singled out Pycnogenol as a “secret weapon” in his new book *Take the Pressure Off Your Heart* which focuses on lowering blood pressure naturally in eight weeks. Dr. Kowalski’s Pycnogenol recommendation support research findings, which include some of the following.

A study published in *Life Sciences* recorded Pycnogenol being tested in high blood pressure patients receiving treatment with a prescription calcium channel blocker nifedipine. Almost 60 percent of the patients who supplemented with Pycnogenol were able to cut their prescribed medication dosage by half to keep their blood pressure in a healthy range. Moreover,

Pycnogenol was shown to significantly improve impaired endothelial nitric oxide function in these individuals, meaning it relaxes constricted arteries and normalizes blood platelet activity.

Pycnogenol was also shown to significantly lower blood pressure in patients with mild hypertension.

A common heart health risk is increased “stickiness” of blood platelets, which can cause blood clots to form in the body. The blood platelets become “sticky” due to risk factors mentioned above such as stress, high blood pressure, diabetes, and smoking. The event of blood clotting in a vessel can cut off tissue from its oxygen supply and can potentially cause heart infarction and stroke.

Dr. Ronald Watson at the University of Arizona discovered that Pycnogenol lowers platelet activity in individuals who have increased platelet activity—cigarette smokers. It was shown to

be as effective for controlling platelet activity as aspirin but without the adverse effect on bleeding time that characterizes aspirin use. This means Pycnogenol assists in naturally reducing the risk of blood clots that restrict blood flow through blood vessels. Consequently, Pycnogenol has earned a patent in the United States for regulation of platelet function due to this research.

Dr. Watson’s most recent research published in *Cardiovascular Toxicology* reveals Pycnogenol helps avoid damage that high blood pressure causes to the heart. The mouse study demonstrates Pycnogenol counteracts the “wearing out” of the heart that may be of aid to the five million Americans living with heart failure. He also mentions that alternative treatments such as Pycnogenol are crucial components in the fight against heart disease. ▲



Inflammation

Inflammation in the body can be a result of allergies, asthma, arthritis, stress or even minor sinus or wound infections. Scientists are now realizing how harmful inflammation is to the body, especially if left untreated.

Pycnogenol® helps reduce inflammation by neutralizing harmful free radicals released by inflammation. Backed by a decade of research, one of this antioxidant's primary health benefits is its role as an anti-inflammatory.

A study published last year in the *Journal of Inflammation* demonstrated the effectiveness of Pycnogenol in preventing harmful inflammation induced by inappropriate immune response. A typical example of harmful inflammation is an asthma attack. One of the prominent study researchers, Dr. Petra Högger, explains that the immune cells in the bronchi perceive harmless substances as foreign, provoking an inflammation response. This inflammation does not have infectious materials to attack so it turns on tissue, causing swellings in the bronchi and greatly impairing breathing. Pycnogenol proved effective at preventing this kind of inflammation. The clinical study conducted at the University of Würzburg in Germany showed that a 200 mg daily oral intake of Pycnogenol lowered the activity of nuclear factor-kappa B (NF-κB), the immune cell "trigger" for inflammation, in a group of healthy volunteers.

Respiratory Health

As mentioned above, asthma is believed to be the result of inflammatory

processes of the bronchi, which causes them to constrict and swell, aggravating airflow, and prompting obstruction of the airway. A clinical study carried out by Dr. Ronald Watson at the University of Arizona demonstrated that Pycnogenol helped asthmatics improve their breathing ability.

Pycnogenol also exhibited promise in the management of childhood asthma as outlined in a study published in the *Journal of Asthma*. The researchers found that 60 children ages six to 18 years with mild to moderate asthma were able to significantly reduce or discontinue their use of rescue inhalers when they supplemented with Pycnogenol, whereas as the placebo group experienced no benefit. The breathing ability of children gradually improved during the three months supplementation period with Pycnogenol. According to one of the authors of the study, Benjamin Lau, Ph.D., School of Medicine, Loma Linda University, Pycnogenol's antioxidant activity coupled with its anti-inflammatory properties soothe irritations that cause the bronchi to swell, making breathing difficult in asthmatics.

One in three people suffer from allergies; which are an overreaction of the body's immune system toward substances it deems harmful. Allergens, such as in hay-fever, causing negative reactions from the body are commonly pollen, dust, mite and animal hair. When a person who is allergic comes in contact with one of these allergens, mast cells release the tissue-hormone histamine. The

histamine in turn triggers sneezing, nasal congestion, coughing, wheezing, itching and bronchial swellings.

According to studies, Pycnogenol was found to inhibit the release of histamine from mast cells that were

aggravated by an irritant. And, since this powerful antioxidant is an anti-inflammatory, it inhibits production of pro-inflammatory mediators helping to relieve swelling and making breathing easier. ▲

Skin Care

With our worldwide climate and environmental changes, skin care has become an imperative. Today we are looking for optimal protection against the sun's harmful rays while trying to maintain a balance and enjoy the health benefits of the outdoors.

One of Pycnogenol's® basic mechanisms of action is its ability to bind to the skin's collagen and elastin, providing a wealth of health benefits. The super-antioxidant inhibits collagen and elastin degradation by destructive enzymes and helps fight harmful free radicals in the process. The result is increased skin elasticity and smoothness and prevention against wrinkles.

Sun Protection

Exposure to UV-light generates harmful free radicals largely responsible for sunburn. Sunburn is in fact inflammation caused by free radical-induced damage of tissue. Research shows Pycnogenol effectively neutralizes harmful free radicals originating from UV rays that saturate the skin. Dr. Lester Packer from the University of California, Berkeley and Dr. Ron Watson from the University of Arizona, Tucson together conducted a study demonstrating that consumption of Pycnogenol supplements protect against sunburn. Findings in the study of 21 healthy volunteers revealed that

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it took twice as much UV irradiation before their skin began to redden.

Additional research carried out by Dr. Suzann Sime at the University of Sydney, Australia, demonstrated that Pycnogenol applied topically subsequent to UV exposure significantly reduced irritated skin and swelling from sunburn. Pycnogenol lotion was found to reduce the long-term UV damage to the skin. While Pycnogenol is not a sunscreen by itself, using a sunscreen or skin care product that includes the antioxidant reduces the damage to the skin cells caused by UV-light and defies the photo-aging of the skin.

Wrinkle Reduction

We have established that Pycnogenol acts as a collagen stabilizer by binding to collagen in the skin. This contributes to keeping skin firm and preventing wrinkles. The super-antioxidant also improves microcirculation of tiny skin capillaries, which in turn supports better oxygen, nutrient and hydration supply to the skin. These actions work in sync to give skin a healthier look and vibrant glow. A variety of healthy skin formulas such as cosmetic lotions, functional beauty beverages and skin nutrition supplements contain Pycnogenol for these reasons. Moisturizers and gels also deliver the antioxidant's photo-aging defying and collagen renewal effects. ▲

totalhealth special report 7

Blood Glucose

The World Health Organization (WHO) estimates upwards of 180 million people are suffering from some form of diabetes today. Organizations like the American Diabetes Association work non-stop to raise awareness of diabetes and recognize health advances being made everyday. Natural alternative therapies, like Pycnogenol®, are making headway in helping manage diabetes symptoms.

Blood Glucose Management

High blood glucose levels need routine blood sugar monitoring, medication and diet. Left untreated the elevated blood glucose takes its toll on the health of blood vessels, nerves, kidneys, and eyes.

In a clinical study published in *Diabetes Care*, scientists discovered that type II diabetes patients had lower blood sugar and healthier blood vessels after supplementing with Pycnogenol. The study demonstrated that patients with mild type II diabetes, following a regular diet and exercise program, were able significantly to lower their glucose levels when they supplemented with Pycnogenol. Dosages as low as 50 mg significantly lowered blood glucose and 100 mg further lowered blood sugar levels, whereas higher dosages did only marginally further increase the effect.

Published in *Life Sciences*, Pycnogenol was also tested in type II diabetes patients who were continuing their conventional anti-diabetic medications to control their blood sugar. After 12 weeks of supplementing with 100 mg of Pycnogenol a day,



the antioxidant significantly lowered the fasting blood glucose levels as compared to the placebo.

A new study just published in the journal of *Diabetes Research and Clinical Practice* demonstrates Pycnogenol delays the uptake of glucose from a meal 190 times more than prescription medications, preventing the typical high glucose peak in the blood stream after a meal. The research revealed French maritime pine bark, Pycnogenol is more potent for suppressing carbohydrate absorption in diabetes than the synthetic inhibitor acarbose, a common prescription medication for treatment of type II diabetes. A lead researcher of the study, Dr. Petra Högger investigated the interaction of Pycnogenol with the enzyme alpha-glucosidase, which breaks down carbohydrates in a meal. The carbohydrates enter the blood stream steadily over prolonged periods,

enhancing the digestive cycle and prolonging satiety.

Eye Health

Diabetes can also cause eye complications that can lead to irreversible eye damage if not managed correctly. Diabetic retinopathy is a disease affecting the capillaries supporting the retina, which turn brittle and leak blood into the retinal tissue. In turn, the light-sensing cones and rods in the retina decay, causing irreversible vision loss. It has left almost 5 million blind worldwide and is a leading cause of blindness in people under the age of 60 in industrialized nations.

Five clinical studies with more than 1200 patients have consistently demonstrated that Pycnogenol reduces

retinal micro-bleedings and seals leaky capillaries halting gradual vision loss.

Pycnogenol was investigated in an Italian trial for treatment of patients diagnosed with diabetic-, hypertensive- or atherosclerotic retinopathy. After two months of Pycnogenol treatment, the intensity of retinal bleedings was significantly reduced. Most noteworthy is the slight improvement of visual acuity in response to Pycnogenol treatment, whereas visual acuity in the placebo group further deteriorated.

Some 1169 diabetic retinopathy patients were treated with Pycnogenol in a multi-center field study in Germany. The outcome showed that Pycnogenol did not only successfully stop further deterioration of visual acuity, but also in many patients improved eyesight. ▲

Travel Health

Restlessness and the age-old question “Are we there yet?” aren’t necessarily the only side effects of long trips. The dangers of travel related health problems have attracted attention in recent years due to the expanding number of cases being documented. Several health complications may arise on long airplane flights or car rides due to the body being in a cramped position for hours at a time. Complications can occur in just about any environment of prolonged sitting.

Thrombosis

Pycnogenol® was shown to protect passengers on long-distance flights from developing thrombosis, a formation of a clot inside the blood

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vessel that obstructs the blood flow through the body. A research study conducted by Gianni Belcaro tested the antioxidant in a group of 200 high-risk individuals for developing thrombosis. Subjects remained in a sedentary position for prolonged time during more than eight hours of long-distance travel, mostly on flights between London and New York. These conditions are known to cause pooling of venous blood in the legs, which contributes to the development of thrombosis. The result showed five incidents of thrombosis in the 97 subjects in the placebo group. In contrast, none of the 101 high-risk subjects in the Pycnogenol treated group developed thrombosis during the long-distance flight.

Swollen Feet and Ankles

The feeling of heavy legs and swollen feet and ankles, often accompanied by painful cramping typically occurs in people who have to sit or stand in a position for prolonged periods, and those who lack proper regular exercise. The basement membrane of walls of veins is weakened, making it difficult for blood vessels to resist gravity force driven effusion of plasma into surrounding tissue. In some individuals the swellings may progress to chronic venous insufficiency (CVI). If this disease is left untreated severe complications with may develop.

Pycnogenol was shown in both pre-clinical and clinical studies to strengthen capillary walls and prevent edema, the swelling of legs and ankles. Dr. Peter Rohdewald discovered through his research that Pycnogenol “seals” brittle capillaries and thus stops outflow of blood into the tissue, which causes swellings,

edema and micro-bleedings. Past research tells us Pycnogenol is anti-inflammatory and inhibits a broad range of enzymes that are known to contribute to weakness of capillary walls.

To date 15 clinical studies with a total 784 patients with venous insufficiency have been conducted. The majority of these studies resulted in Pycnogenol being more effective in reducing leg and ankle swelling of the lower limbs than other common treatments of CVI. And quite frequently, Pycnogenol significantly alleviated the symptoms associated with CVI, such as pain, cramps, feeling of heavy legs and reddening in a much lower dosage than other treatments.

Pycnogenol was tested in a situation where it is common to experience swellings of the lower legs and feet, on long distance airplane flights. Published in *Clinical and Applied Thrombosis/Hemostasis*, the study recorded 169 passengers on long-distance flights were given either placebo or Pycnogenol prior to departure and again six hours later on the flight. Passengers who supplemented with Pycnogenol experienced less leg and ankle swelling and discomfort than passengers taking the placebo.

Pycnogenol represents an effective measure for reducing swelling in the legs, ankles and feet and protects against venous insufficiency and thrombosis and other complications of the conditions like CVI and deep vein thrombosis (DVT). When we gather the research together, it comes as no surprise that in Switzerland and other countries, Pycnogenol is registered as an over the counter product for venous insufficiency and better circulation. ▲

Women's Health

As many women know firsthand, menstrual related pain can be a monthly discomfort.

Today, women are trading their hot water bottles and ibuprofen for other remedies to alleviate pain without side effects. The natural botanical extract Pycnogenol® shows promising research and health benefits for women in relation to menstrual discomfort, inflammation and endometriosis.

Pain Relief

Two Japanese gynecologists, Dr. Takafumi Kohama and Dr. Nobutaka Suzuki initially discovered that Pycnogenol soothes menstrual pain in an exploratory trial published in the European Bulletin of Drug Research. Abdominal pain due to endometriosis was reduced in 80 percent of the patients and cramps disappeared in 77 percent of the women taking Pycnogenol. This study was submitted as part of the patent application and Pycnogenol earned a U.S. patent for use in the reduction of pain and discomfort associated with menstrual disorders.

A second study carried out in Japan indicated women required less pain medication during their menstrual period when they supplemented with Pycnogenol. The 47 women investigated had significantly less abdominal pain and recorded a 36 percent drop in their pain score compared to pre-treatment. Interestingly, the longer Pycnogenol is
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taken, the better the results.

Dr. Suzuki recently completed a multi-center field study on Pycnogenol for menstrual pain. Four hospitals in Japan investigated a total number of 116 women suffering from menstrual



pain. Results showed that Pycnogenol treatment lowered pain during menstruation, which was reflected by a significant reduction of pain medication used.

Endometriosis

In certain cases, severe menstrual pain is caused by endometriosis, which causes the cell layer that is shed during menstruation to be inflamed and become painful. Endometriosis affects women in their reproductive years and is estimated to affect over one million women in the United States. Symptoms vary and can include chronic pelvic pain and infertility.

The possibility of improving endometriosis with Pycnogenol was investigated in a clinical study with 58 women receiving either Pycnogenol or Leuporelin, a hormonal treatment that blocks estrogen production. Recently published in the *Journal of Reproductive Medicine*, treatment with Pycnogenol gradually decreased menstrual pain from initial severe pain to moderate pain at trial end. The pain score was lowered significantly by 33 percent during the treatment period. Pycnogenol was effective for slowly but steadily decreasing pelvic pain from initial severe to moderate pain. Leuporelin was significantly more effective; however, a dramatic relapse occurred within 24 weeks after discontinuation. Because leuporelin treatment completely blocks estrogen in the body, it must be discontinued

after 24 weeks because of side effects. As expected Leuporelin drastically lowered women's estrogen level. In contrast, over the entire treatment period Pycnogenol did not influence women's estrogen level.

This study shows Pycnogenol is significantly effective for improving endometriosis, though it is not as effective as estrogen-inhibition with Leuporelin. The advantage of Pycnogenol is the absence of severe side effects. Interestingly, five women actually got pregnant who participated in this trial and as we know with endometriosis, it can be difficult to get pregnant. We look forward to conducting more research on this topic and further establishing this super-antioxidant as a potent natural remedy to aid with monthly menstrual pain. ▲

Sports Nutrition

Incorporating Pycnogenol® into your daily routine lends many health benefits for sports nutrition. There are several important ways Pycnogenol helps our body adjust to physical activities and strenuous exercise. First, the super-antioxidant properties make it ideal to fight dangerous effects of free radicals as a result of exercise which demands excess energy from the body. Free radicals can lead to aging and degenerative health conditions. Additionally, oxidative stress can affect muscle tissue and possibly rupture muscle cells. According to research published in *Lipids*, Pycnogenol will significantly extend the antioxidant network in a performing athlete.

Strenuous exercise is known to involve muscle damage, which may be followed by symptoms of inflammation. One of Pycnogenol's core mechanisms of action is its anti-inflammatory effects.

Energy Enhancer

Physical exercise increases our body's need for oxygen. The blood flow characteristics play a key role for oxygen supply to muscle, return of carbon dioxide to the lungs and delivery of lactic acid to the liver. Only sufficient muscle oxygenation warrants aerobic energy generation and prevents anaerobic build-up of lactic acid. *Research in General Physiology and Biophysics* demonstrated

Pycnogenol's ability to improve blood flow characteristics, helping the body achieve peak muscle performance and integrity.

Nitric oxide (NO), the most prominent vascular mediator, enhances blood flow and plays a key role for the vascular response to exercise.

Pycnogenol has the capacity to support vascular requirements during exercise and accelerates production of endothelial nitric oxide. If the body experiences insufficient production of NO, the blood flow is impaired.

The link between this super antioxidant and sports endurance was first studied several years ago at California State University. Recreational athletes showed an increase of athlete endurance while supplementing with Pycnogenol as compared to endurance recorded from participants taking the placebo.

Muscle Recovery, Pain and Cramp Reduction

Muscle cramping is a common problem for people of all ages, ranging from the fit to people who suffer from health problems. An increase in physical activity can lend itself to sore muscles and fatigue, which can take several days to subside.

A study published in *Angiology* shows that supplementation with Pycnogenol improves blood flow to the muscles which speeds recovery after physical exercise. The study demonstrated that Pycnogenol significantly reduces muscular pain and cramps in athletes and healthy, normal individuals. Poor circulation in the muscle is known to cause cramps and the antioxidant improved the cramping in patients due to a stimulation of blood flow to their muscle tissue.

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According to one of the lead researchers of the study Dr. Peter Rohdewald, the findings indicate that



Pycnogenol can play an important role in sports by improving blood flow to the muscles and hastening post-exercise recovery. This is great news to the millions of athletes worldwide and extremely significant for all individuals interested in muscle cramp and pain relief with a natural approach.

As new research breakthroughs on Pycnogenol for sports nutrition continue to be discovered, the findings thus far seem to indicate that Pycnogenol plays an important role for sports nutrition. ▲

Conclusion

Pycnogenol® has emerged as a safe and versatile supplement in today's marketplace. It is backed by a body of research that substantiates its health benefits for a variety of conditions and



truly exemplifies a “gold standard” ingredient. While the studies presented in this booklet provide adequate information, the quest for deeper understanding continues, as does the research on Pycnogenol.

Innovative products are readily available and Pycnogenol is sold independently and also in combination with other ingredients in antioxidant products, heart health formulas or skin care products. As a super-strength antioxidant it synergistically works

together with a number of different ingredients to provide a powerful and natural alternative therapy.

Look for Pycnogenol in your local health food store, drugstore, and grocery store or on the Internet. There is a wide variety of brands and formulas to choose from and over 600 dietary supplements, combination formulas, cosmetic and functional foods and beverages include Pycnogenol worldwide. Always look for the Pycnogenol brand name for quality guarantee. While no set guidelines exist for recommended dosages, standard product formulas range from 30 mg–100 mg per capsule. Science tells us that anywhere from one to two capsules (or up to 100 mg) of Pycnogenol can be taken daily for maximum effectiveness.

With the array of infinite choices of natural products available today, it's important to choose a safe product and one that has been proven effective through numerous research studies. To learn more information on this super antioxidant, visit www.pycnogenol.com.

Look, feel and live better with Pycnogenol. ▲

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Writer's Profiles



Frank Schönlau, Ph.D.

Director of Scientific Communications
Horphag Research

Frank Schönlau, Ph.D. is a biochemist and accomplished researcher having authored several published clinical studies on the super-strength antioxidant Pycnogenol®. He is considered one of the foremost experts in the industry on Pycnogenol and his realm of expertise includes vascular diseases, chronic inflammation, autoimmune diseases and diabetic retinopathy. During the past nine years with Horphag Research, the original developers of Pycnogenol, Dr. Schönlau has worked

as director of scientific communications and is responsible for managing and executing Pycnogenol research projects. He is an accomplished industry speaker and has authored a variety of scientific documents on Pycnogenol and its versatile health applications. Dr. Schönlau graduated from the University of Munster, Germany with a degree in chemistry and subsequently earned a Ph.D. in biochemistry.



Steven Lamm, M.D.

Steven Lamm, M.D., nationally known health expert, is a widely respected medical practitioner and professor of medicine. Currently, Dr. Lamm serves as Clinical Assistant Professor of Medicine New York University-Bellevue, is a best selling author and has conducted several clinical trials. He graduated from Columbia University with a BA and earned his Medical Degree from the New York School of Medicine. Dr. Lamm has logged more than 250 national TV network appearances including ABC's "The View" and discussed a variety of health and medical topics.

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STEPS TOWARD
IMPROVING
YOUR
QUALITY
OF LIFE

NATURE'S SUPER ANTIOXIDANT*

CIRCULATORY HEALTH*

HEART HEALTH*

ECONOMY CLASS SYNDROME*

SKIN HEALTH*

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*Today, it's a wise decision to be healthy. You can help accomplish your goals by understanding the importance of adding Pycnogenol[®], nature's super antioxidant, to your wellness program.**

Pycnogenol[®] benefits extend beyond fighting free radicals. Scientific studies[†] have demonstrated Pycnogenol[®] support of improved blood circulation, the key to a better quality of life.**

*Pycnogenol[®] can help to improve the function of your heart, help nourish and defend skin from the inside out and help support healthy eyesight.**

*Pycnogenol[®] is one of today's most thoroughly researched and exciting health advances. Taking it every day can help you simply feel better.**

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Pycnogenol[®] Nature's Super Antioxidant French maritime pine bark extract is all natural, science based, clinically tested, proven safe, and consistent in quality.

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†For a complete list of scientific research and to learn more about all the remarkable benefits of Pycnogenol[®] and what it can do for you contact: NHS at 877.369.9934 or visit our website www.pycnogenol.com