

CORPORATE ANNOUNCEMENTS

NEW COLLEAGUE WELCOME

Horphag Research is pleased to announce the addition of Carolina Burki-Sozzi to the Geneva, Switzerland office. Carolina recently started as the Director of Product Development which entails the development of new, innovative products, corporate patenting of new products and centralization of the corporate clinical trials research, among other responsibilities.

Carolina's experience in the industry includes evaluation and identification of new product opportunities, creation and management of scientific and competitive intelligence units and monitoring of clinical trials.

Carolina earned a Masters of Science degree in Molecular Biology from the Lausanne University in Switzerland. **Contact Carolina at carolina.burki@horphag.com.**



HORPHAG ASIA MEETING HIGHLIGHTS

Horphag Research's 5th Regional Meeting was held at the Conrad Bali Resort & Spa in Bali, Indonesia in June. Horphag colleagues hosted their customers for a 4-day workshop complete with educational seminars, presentations and social activities.

Educational seminars were presented by researchers and professors from around the world and included interesting segments such as: *Fighting free radicals and inflammation with Pycnogenol®* by Prof. Dr. G. Belcaro, *Pycnogenol® reduces symptoms of knee osteoarthritis* presented by Prof. Dr. R. Watson, *Inhibition of virus growth by Pycnogenol® in vitro: Implication for its application* by Prof. Dr. N Yamamoto, *Antibacterial Activity of Pycnogenol® against oral bacteria* presented by Prof. Dr. T. Umemoto, *Pycnogenol® for female health* by Prof. Emeritus P. Rohdewald, *Basis of health benefits of Pycnogenol® in diabetes* presented by Prof. P. Högger and *The Prelox® solution to erectile dysfunction and infertility* by Dr. A. Ledda. Dr. Jeff Strong, director of scientific communications for Horphag Asia presented the group with new and innovative Pycnogenol products.

This year, Horphag recognized two customers with awards. Orient Euro Pharma from Taiwan won the Best Product Concept and Design award, and Nature's Farm Singapore was presented with the Outstanding Sales Achievement award. Social activities included a golf tournament and scenic tour excursions.

We would like to thank our organizers and attendees who made the meeting a success and we'll see you next year.



Group Photo in Bali

Welcome

This month's Pycnogenol® Report focuses on new developments in research, innovative products recently launched worldwide and our latest company news.

The topic emphasis on women's health coincides with two recent studies published this year on Pycnogenol® in relation to menstrual pain relief and endometriosis. We continue to explore this category complete with Pycnogenol's® patent for this application.

As we near our 20th anniversary in the North America, we've accomplished some notable goals but look to the future to continue our consistent growth, research and awareness of Pycnogenol®.

Best Regards,

Victor Ferrari
Chief Operating Officer
Horphag Research

FEATURING...

THE LATEST UPDATES ON
PYCNOGENOL® :

PYCNOGENOL® FOR WOMEN'S HEALTH

RESEARCH ON REDUCING
HEART FAILURE AND SIGNIFICANTLY
REDUCING MENSTRUAL PAIN

NEW PRODUCTS

Pycnogenol® is a registered trademark of Horphag Research Ltd and is protected by U.S. patents #5,720,956 and #6,372,266 WWW.PYCNOGENOL.COM

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REPORT

LOOK, FEEL, AND LIVE BETTER



Pycnogenol® for Women's Health

Ward off
menstrual pain
and
discomfort

See pg. 2

NEWSBRIEFS

Feature Article: Pycnogenol® for Women's Health

New Research: Pycnogenol® Reduces Heart Failure

Pycnogenol® Significantly Reduces Menstrual Pain

PRODUCT SPOTLIGHT

AQUALEAF AOD ESSENCE

INNOVAGE HAIR FORTIFIER AND

INNOVAGE CELLULITE LIPO-REDUCER

CORPORATE ANNOUNCEMENTS

New colleague
Carolina Burki-Sozzi

Horphag Asia
Meeting highlights



PYCNOGENOL®

LOOK, FEEL, AND LIVE BETTER

PYCNOGENOL® FOR WOMEN'S HEALTH

Ward off menstrual pain and discomfort

Once a month there is a collective sigh from women alike who are affected by premenstrual and menstrual pain, discomfort and pesky side effects that may last for weeks. Wouldn't it be nice to take one supplement that could potentially help alleviate a lot of the aggravation? The natural botanical extract Pycnogenol® continues to show promising research and health benefits for women in relation to menstrual discomfort.

Numerous published studies reveal Pycnogenol's® effectiveness in relieving menstrual disorders, such as relief of menstrual pain and endometriosis, and it is patent protected for this application. Research also has found Pycnogenol® to be a natural anti-inflammatory, which provides the basis for the rationale to use Pycnogenol® to naturally moderate inflammatory pain sensation involved in menstruation.

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®.

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% drop in their pain score compared to pre-treatment. Interestingly, the longer Pycnogenol® is taken, the better the results.

As reviewed in our new research section of this report, 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.

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

The possibility of improving endometriosis with Pycnogenol® was investigated in a clinical study with 58 women receiving either Pycnogenol® or Leuprorelin, a hormonal treatment which 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% during the treatment period. Pycnogenol® was effective for slowly but steadily decreasing pelvic pain from initial severe to moderate pain. Leuprorelin was significantly more effective; however, a dramatic relapse occurred within 24 weeks after discontinuation. Because Leuprorelin treatment completely blocks estrogen in the body, it must be discontinued after 24 weeks because of side effects. As expected Leuprorelin 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 Leuprorelin. 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.

While we are encouraged with the research conducted thus far on Pycnogenol® and menstrual discomfort to date, we continue to move forward and support additional research in this application.

Visit our online Research Library to learn more on women's health at www.pycnogenol.com.

NEW RESEARCH: PYCNOGENOL® SIGNIFICANTLY REDUCES MENSTRUAL PAIN

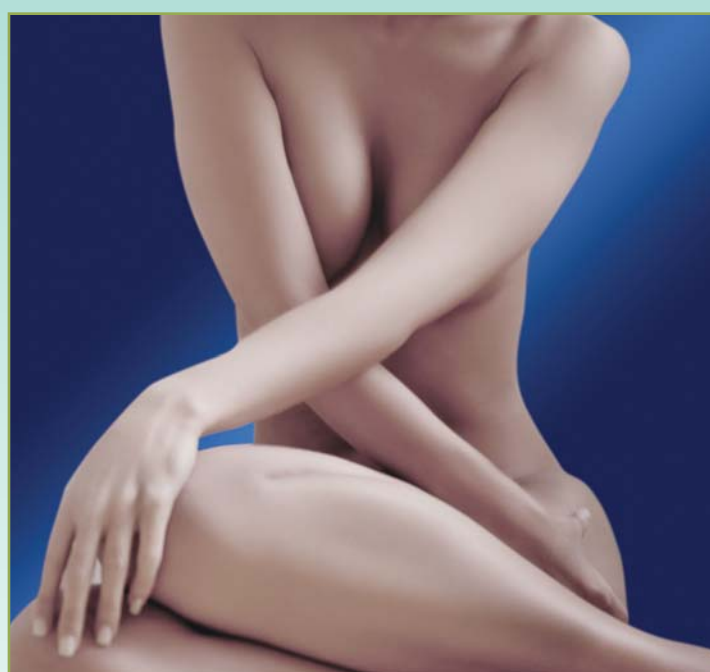
Multi-center Field Study Reveals Pycnogenol® Reduces Need for Dysmenorrhea Pain Medication

Dysmenorrhea, a condition that causes extremely painful menstrual periods affecting millions of women each year, is the leading cause of recurrent short-term school absence in adolescent girls and a common problem in women of reproductive age. While aspirin or ibuprofen, oral contraceptives and hormone injections are the most common treatments, many women also seek safe and natural alternatives, such as Pycnogenol®.

A multi-center field study scheduled to be published in an upcoming issue of the *Journal of Reproductive Medicine*, shows women with dysmenorrhea who supplemented with Pycnogenol® experienced less pain and required less pain medications during menstruation.

"Dysmenorrheal pain is thought to be caused by elevated levels of inflammation and characterized by menstrual cramping pain, which may reach incapacitating severity," said Dr. Nobutaka Suzuki, lead researcher of the study. "Non-steroid anti-inflammatory drugs (NSAID) like aspirin or ibuprofen provide temporary help against menstrual pain. Unfortunately, they are generally ineffective for resolving spasmodic events and commonly cause side effects, particularly gastric problems."

The randomized, double-blind, placebo-controlled study was conducted at four Japanese hospitals (Kanazawa University Hospital, Keiju Medical



Center, Hamamatsu University Hospital and Sugiura Clinic) and sampled 116 women, aged 18–48, suffering from menstrual pain.

Patients were monitored for five menstrual cycles. They were supplied with a diary to note the pain during days of menstruation, which was evaluated using the established Visual Analog Scale. The first two pre-treatment menstrual cycles were utilized for establishing base-line values for pain sensation and NSAID analgesics. During the following two menstrual cycles women were randomly assigned to groups receiving daily regimens of Pycnogenol® or placebo. Thereafter, supplementation was discontinued to investigate the recurrence of symptoms. The use of NSAID analgesics was not restricted during the entire

study. However, patients were required to note the dose and the type of analgesics, as well as the time taken in their diary.

Results showed treatment with Pycnogenol® lowered pain during menstruation, which was reflected by a significant reduction of NSAID used. The number of painful days due to dysmenorrhea decreased from an average of 2.1 days prior to treatment to 1.3 at both the third and fourth cycle. Discontinuation of Pycnogenol® did not cause an immediate relapse, and pain medication use did not increase.

AQUALEAF

AQUALEAF AOD Essence: Kanebo Cosmetics launched a new product in Japan as an addition to the existing AQUALEAF product line of personal care products and supplements. The new topical skin care beauty formula is called AOD Essence and contains a number of ingredients including Pycnogenol®, White Essence (a proprietary blend of Chinese herbs), Vitamin C and Vitamin E.

The AQUALEAF product line is a series of personal care beauty products and supplements to promote beauty from the inside as well as the outside. There are three supplements in the series and five topical skin care beauty products including the new Pycnogenol® containing product, AOD Essence.

Pycnogenol® has long been an important ingredient in skin care formulas with its antioxidant and anti-inflammatory properties along with its ability to actively bind to collagen and elastin in the skin. 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 which helps ward off wrinkles. Pycnogenol® also increases microcirculation to the skin's tiny capillaries. This helps support better oxygen, nutrient and hydration supply to the skin which results in a healthier look.

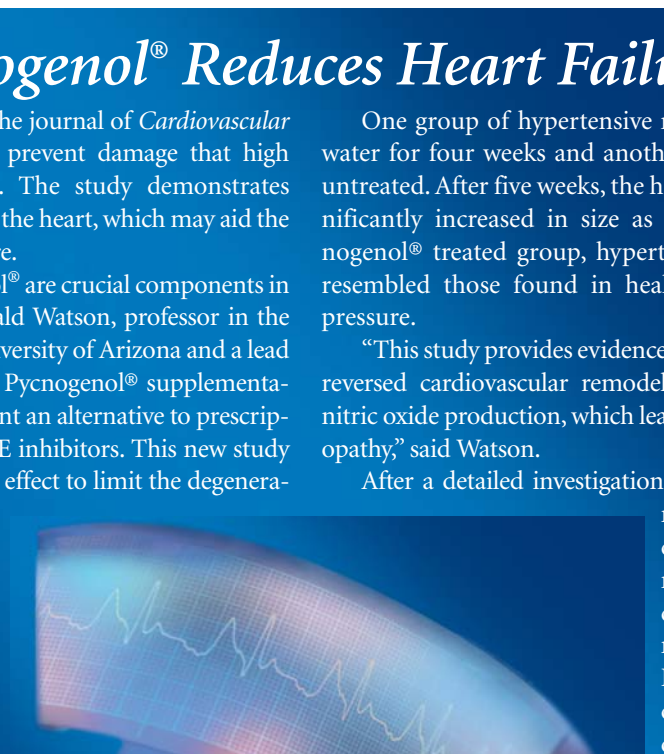


Pycnogenol® Reduces Heart Failure

A study published in a recent edition of the journal of *Cardiovascular Toxicology* reveals Pycnogenol® helps prevent damage that high blood pressure causes to the heart. The study demonstrates Pycnogenol® counteracts the "wearing out" of the heart, which may aid the five million Americans living with heart failure.

"Alternative treatments such as Pycnogenol® are crucial components in the fight against heart disease," said Dr. Ronald Watson, professor in the Department of Nutritional Sciences at the University of Arizona and a lead researcher of the study. "The effectiveness of Pycnogenol® supplementation is a great option for many people who want an alternative to prescription medications such as beta blockers or ACE inhibitors. This new study shows Pycnogenol® administers a therapeutic effect to limit the degenerative process in patients predisposed to congestive heart failure, such as the aged."

Elderly female mice (18 months old) were randomly divided into four groups: control mice, mice receiving Pycnogenol® only, mice receiving L-NAME only (a substance which causes arterial constriction) and mice receiving both Pycnogenol® and L-NAME.



One group of hypertensive mice received Pycnogenol® in drinking water for four weeks and another group of hypertensive mice was left untreated. After five weeks, the hearts of the latter control group had significantly increased in size as a result of hypertension. In the Pycnogenol® treated group, hypertension and heart function parameters resembled those found in healthy control mice with healthy blood pressure.

"This study provides evidence that oral administration of Pycnogenol® reversed cardiovascular remodeling induced by L-NAME by blocking nitric oxide production, which leads to hypertension and finally cardiomyopathy," said Watson.

After a detailed investigation of the heart tissue, Watson found Pycnogenol® supplementation to significantly enhance the connective collagen matrix of cardiac tissue. Whereas the chronic hypertension in mice led to a significant loss of connective collagen fibers, Pycnogenol® significantly increased the collagen presence, resulting in stronger cardiac chambers.

INNOVAGE



Innovage Hair Fortifier and Innovage Cellulite Lipo-Reducer: Phergal Laboratories have developed two new unique health and beauty products available in Spain. Innovage Hair Fortifier is a nutritional supplement that contains standardized and bioavailable phytonutrients for hair growth such as a concentrate of lignans, a concentrate of Omega-6, Pycnogenol®, vitamins and essential minerals.

A clinical study conducted on the new product yielded significant results after 45 days including a decrease in hair loss, increase in hair volume and density. The inside and outside hair fortifier product concept is threefold. It stimulates hair strengthening and restrains hair loss, helps nourish the hair and scalp, and restores moisturizing and improves microcirculation in hair follicles.

Pycnogenol® works effectively in the hair fortifier because the extract improves microcirculation of capillaries, allowing better oxygen flow and provides nutrients to hair follicle areas. In addition to its protective effect of collagen and elastin fibers, it helps restore normal properties of healthy hair. Phergal Laboratories recommends taking one capsule of Innovage Hair Fortifier a day with a main meal.

The Innovage Cellulite Lipo-Reducer is a nutritional concentrate containing standardized and bioavailable phytonutrients like Pycnogenol®, concentrated omega-6, and a green tea extract, among others. The beauty product is designed to provide powerful action using the dual inside, outside concept by providing important nutrients from within and externally reducing the volume of fat deposits to promote firm, smooth and moisture rich skin.

Pycnogenol® binds to collagen and elastin molecules in the skin and protects them from breakdown by free radicals and degrading enzymes (high in cellulite areas). As an extraordinary antioxidant, the extract promotes microcirculation which allows better oxygenation and nutrition of body cells and assists in eliminating toxins. Phergal Laboratories recommends taking 2 to 4 capsules of the Innovage Cellulite Lip-Reducer a day—2 after lunch and 2 after dinner.

