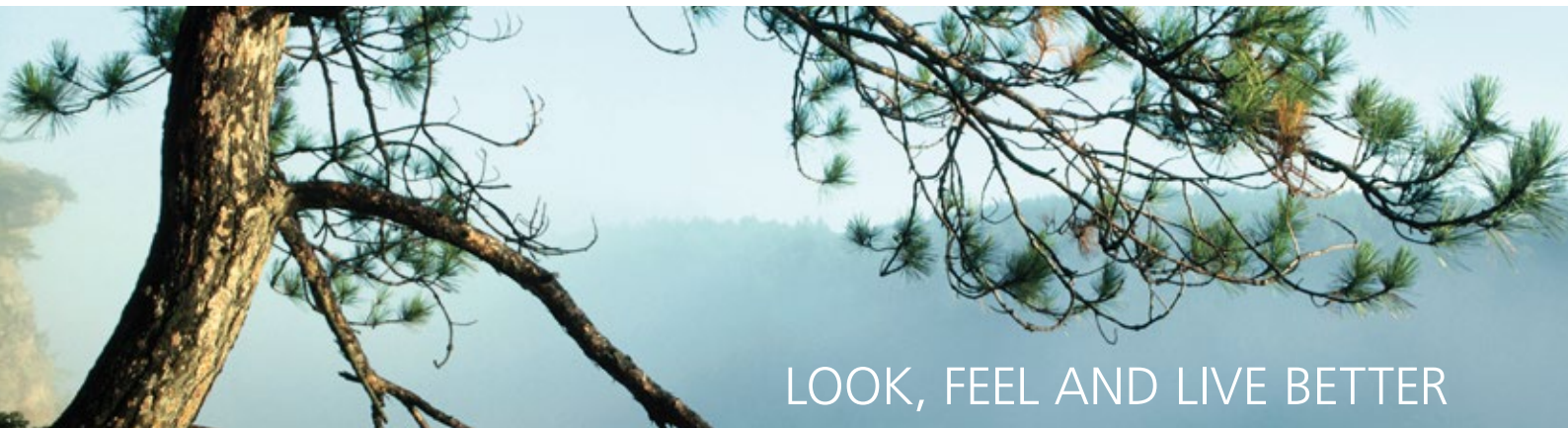
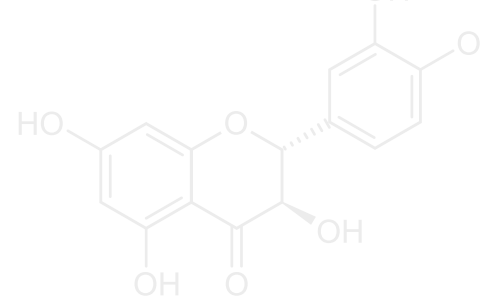


# PYCNOGENOL®



LOOK, FEEL AND LIVE BETTER





# Look, Feel & Live Better with Pycnogenol®

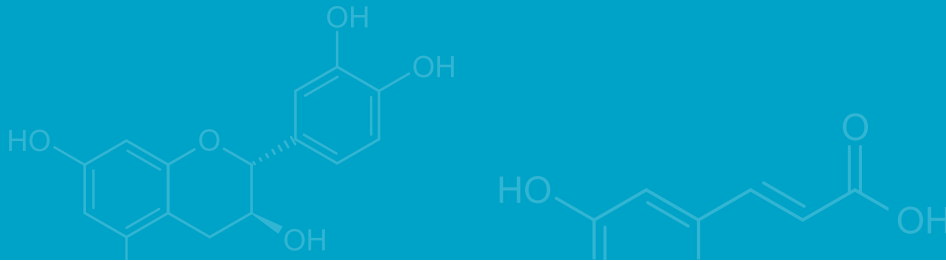
*With the variety of natural supplements available today, it's important to choose wisely and select one that is proven effective in more than 7000 individuals tested, completely safe and rigorously quality controlled. Pycnogenol® (pic-noj-en-all) is a powerful antioxidant, and may be beneficial in helping individuals maintain a healthy lifestyle.*

Pycnogenol® is a unique natural plant extract that originates from the bark of the maritime pine trees grown in south-western France. The healing powers of pine bark have been used for centuries and today, it is still utilized for its medicinal benefits.

Scientific research demonstrates that Pycnogenol® provides a multitude of health benefits which encompass **heart and circulation, skin care, joint health, glucose control, sports nutrition and menstrual discomfort.**

Let's examine the active properties that make Pycnogenol® "Nature's Super Antioxidant".

# The Basics



*Pycnogenol® has four basic properties which help explain how it works synergistically in the body for overall health and wellness.*

## **Powerful antioxidant**

Pycnogenol® is a potent blend of antioxidant compounds including procyanidins, bioflavonoids and organic acids. Antioxidants are beneficial to your health and found in fruits, vegetables and plant compounds like pine tree bark. Scientific research tells us Pycnogenol® combats and neutralizes the harmful effects of free radicals, enabling the body to better heal and repair itself.

## **Natural anti-inflammatory**

Inflammation in the body can be a result of allergies, asthma, arthritis, stress or wound infections. A study published in the Journal of Inflammation demonstrated the effectiveness of Pycnogenol® in reducing harmful inflammation in the body.

## **Selectively binds to collagen and elastin**

Research has shown Pycnogenol® acts as a collagen stabilizer by binding to collagen and elastin in the skin. This mechanism inhibits the degradation of the collagen and elastin by destructive enzymes resulting in increased skin elasticity and smoothness.

### **Supports production of vascular mediator nitric oxide**

Nitric oxide (NO) released by cells lining blood vessels, relaxes constricted arteries which play a key role for maintaining normal platelet function, healthy blood pressure and blood flow. Clinical investigations have shown Pycnogenol® restores healthy production of nitric oxide and consequently supports cardiovascular health and vascular function with enhanced adaptation to higher oxygen demand, such as of muscles during physical exercise.





## Heart Health

The heart is the body's most important muscle. Pycnogenol® has been shown to improve cardiovascular function in several profoundly important ways.

### Circulation:

Blood vessels can become constricted through stress, aging, bad diet or lack of exercise. Pycnogenol® helps maintain healthy circulation by increasing vasodilation of blood vessels, consequently improving blood flow.

Pycnogenol® was shown to relieve swollen legs and feet, such as during prolonged seating like in airplanes. Pycnogenol® also helps make blood platelets more "slippery", helping to reduce the incidence of blood clots, the principal cause of heart attacks. Pycnogenol® achieves this by enhancing production of vascular nitric oxide (NO).

### Supports Healthy Blood Pressure:

Research has shown Pycnogenol® enhances the body's own response to counteract constricted blood vessels. Normalizing blood vessel diameter

naturally helps maintain normal blood pressure.

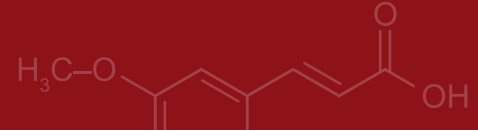
### Cholesterol Maintenance:

High cholesterol levels increase the risk for atherosclerosis, heart attack and stroke.

Supplementing with Pycnogenol® was found in four clinical trials to lower the bad (LDL) cholesterol while increasing the good (HDL) cholesterol. The studies demonstrate Pycnogenol is a natural option for healthy cholesterol maintenance.

# Pycnogenol®: The Versatile Antioxidant

## Powerful, Proven, Effective and Safe



### Healthy Skin

Your skin is your first line of defense against the daily rigors of life. Pycnogenol® binds with collagen and elastin and protects skin from harmful enzymes. This activity helps your skin rebuild elasticity, essential for smooth and youthful looking skin. Pycnogenol's skin care benefits may help protect the skin inside and out.

### Anti-Aging

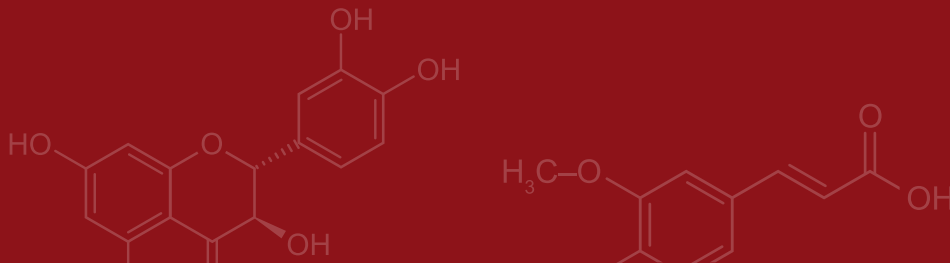
Sunburn is inflammation caused by harmful free radical induced tissue damage produced by sunlight. By neutralizing free radicals, Pycnogenol®

was shown in studies to help slow and even reverse skin damage. The extract also improves microcirculation of the skin's tiny capillaries. This activity helps support better oxygen, nutrient and hydration supply to the skin resulting in a healthier look and vibrant glow.

### Joint Health

As we age, our joints will wear out and may become stiff as a natural yet unavoidable process. Pycnogenol® has been investigated in a series of studies showing considerable relief from distress and stiffness. Individuals taking Pycnogenol® for healthy joints were able to walk longer distances and their quality of life improved allowing them to engage in a social life.





## Blood Glucose

Diabetes represents an epidemic in most parts of the world with even more individuals suffering from metabolic syndrome. Obesity and cardiovascular risk factors represent a serious health threat for eventually developing diabetic complications. Pycnogenol® may assist in alleviating these symptoms in various ways.

### Managing Glucose Levels:

In diabetes the elevated amounts of glucose remaining unused in the blood stream have destructive force on the vascular system. Numerous studies

suggest Pycnogenol® may help normalize blood sugar levels by slowing down the activity of an enzyme in the small intestine which breaks down starchy carbohydrate-rich foods. Pycnogenol® slows absorption of carbohydrates and consequently lowers the glucose load of the blood stream.

### Eye Health:

More than half the people suffering from diabetes may eventually develop retinopathy, an eye disease caused by capillaries leaking blood into the retina, leading to gradual vision loss. Five clinical studies with over 1000 patients demon-

strated Pycnogenol® strengthens retinal capillaries and preserves eye sight.

Recent research on Pycnogenol® and a proprietary bilberry extract shows the ingredient combination normalizes intraocular pressure which significantly reduces the likelihood of developing glaucoma.





### **Sports Nutrition**

Physical exercise increases our body's need for oxygen. Research indicates Pycnogenol® may play an important role with physical activity because it was shown to aid the body in producing nitric oxide (NO), thus enhancing blood micro-circulation and improving blood flow to the muscles. This helps the body achieve peak muscle performance and speeds recovery after exercise, which may result in reduction of muscular aches in both athletes and healthy individuals.

### **Women's Health**

Half of all women suffer from one or more of the typical symptoms associated with Pre-Menstrual Syndrome (PMS) or their menstrual cycle such as pain, breast tenderness, bloating and fatigue.

Multiple clinical studies have documented that Pycnogenol® can naturally soothe the discomfort associated with menstrual symptoms. Pycnogenol® was found to alleviate the cramping and abdominal pain sensation.

Clinical research suggests that Pycnogenol® reduces "climacteric symptoms" such as hot flashes and other common symptoms associated with women entering menopause transition.



### **How Safe is Pycnogenol®?**

Pycnogenol® is one of the most well researched food supplements in the world and has passed extensive safety tests. Toxicity results have demonstrated that Pycnogenol® is safe, even at high doses for long periods of time.

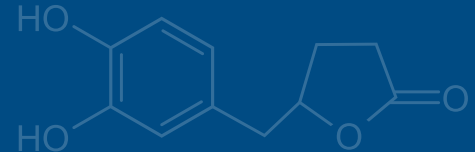
### **Are Pycnogenol's Benefits Supported by Science?**

For over 40 years, Pycnogenol® has been proven safe and effective with more than 220 research studies and peer reviewed articles published. Approximately 7,000 patients have been studied in 80 clinical studies on Pycnogenol®.

### **Will I Feel Any Real Difference When I Take Pycnogenol®?**

Its unmatched antioxidant capabilities and circulation enhancing properties help support overall health. Like any natural supplement, it's important to make a commitment and take Pycnogenol® for at least one month before realizing its maximum health benefits.

# Pycnogenol® Questions and Answers



## **How much should I take and for how long?**

Taken as a supplement, a typical daily dosage of Pycnogenol® should be 1mg per kilo of body weight. While no set guidelines exist for recommended dosages, standard product formulas range from 30 mg -100 mg per capsule or tablet. Science tells us anywhere from one to two capsules or tablets (or up to 100 mg) of Pycnogenol® can be taken daily for maximum effectiveness.

## **Should I Take Pycnogenol® Instead Of Vitamins?**

No. Vitamins are important for your health. Pycnogenol® recycles and spares vitamins C and E so they act longer while in your body. To feel your best take Pycnogenol® in combination with your vitamins.

## **Where can I purchase Pycnogenol®?**

Look for Pycnogenol® in your local health food store, grocery store or on the Internet. There is a wide variety of brands and formulas to choose from. Over 600 dietary supplements, combination formulas, cosmetic and functional foods and beverages include Pycnogenol® world-wide. Always look for the Pycnogenol® brand name for quality guarantee.

For more information visit  
[www.pycnogenol.com](http://www.pycnogenol.com)

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