

PYCNOGENOL®

Pycnogenol® is a natural plant extract originating from the bark of the French maritime pine and is found to offer a unique combination of procyanidins, bioflavonoids and organic acids, which offer extensive natural health benefits



NOSE

Lessens the symptoms and duration of the common cold, when taken with vitamin C and zinc.⁸ Also reduces hay fever symptoms in adults and pollen specific antibodies in allergic people.⁹

FACE

Pycnogenol® improves skin hydration by 8%, elasticity by 25% and increases the production of hyaluronic acid by 44%.¹¹

LUNGS

In an asthma trial, 55% of sufferers required a smaller dose of their inhaler while supplementing with Pycnogenol®.⁵

WOMB

Women taking Pycnogenol experienced less cramping during their period⁵. It was also found to improve perimenopausal symptoms such as hot flushes, loss of libido and vaginal dryness⁶. In a separate study, 56% of those suffering with endometriosis said supplementing with Pycnogenol® resolved the pain.⁶

BLOOD

In addition to diabetic and hypertensive medication, Pycnogenol® significantly improves blood sugar and cardio-vascular risk factors.³

BRAIN

The supplement was found to improve mental performance and decrease test anxiety by 17%. For ages 60-85 Pycnogenol® improves both numerical and spatial working memory. Also helps memory and cognition in perimenopausal women.¹⁰

EYES

Protects the retina of the eye against free radical damage¹. Pycnogenol® was also found to strengthen retinal capillaries to help control leakage of fluids and blood into the retina in individuals with early stage diabetic retinopathy.¹⁴

HEART

When used in conjunction with Coenzyme Q10, Pycnogenol® strengthens the heart, increasing blood volume with each heartbeat.²

LEGS

The extract was found to strengthen the capillary walls within veins, reducing restless legs and decreasing swelling.⁷

JOINTS

In knee osteoarthritis patients Pycnogenol® was found to reduce pain by 40%, stiffness by 35% and 58% of patients required less standard pain medication.¹²

SKIN

The extract significantly improves the visible signs of psoriasis and reducing the time dedicated to treatment by 32%.¹³

