

# Proanthodyn™ Grape Seed Extract Potent Antioxidant Protection



Today's polluted environment exposes your body to increasing challenge from free radicals. That's why Source Naturals developed GRAPE SEED EXTRACT, a concentrated source of powerful compounds known as proanthocyanidins.

Proanthocyanidins are unique and powerful antioxidants, shown to have exponentially stronger free-radical fighting ability than vitamins C, E or even beta-carotene. These water-soluble bioflavonoids are also active in fatty tissue.

In nature, proanthocyanidins are the pigments that impart blue, purple, and red hues to plants. Red grapes are chock-full of health-giving proanthocyanidins, but we discard the most valuable part: the seeds. While nutritional science continues to find ever more benefits for proanthocyanidins, they are especially renowned for supporting the health of blood vessels. Research is ongoing into the use of grape seeds to support the health of eyes, skin, arteries and capillaries, and to maintain cholesterol levels already in the normal range.

As one of the most important antioxidant botanicals, GRAPE SEED EXTRACT is at the heart of Source Naturals' commitment to empower people to take charge of their own health.



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## Your Source For Proanthocyanidins

Unlike common grape seed supplements, Source Naturals concentrated GRAPE SEED EXTRACT consists of 95% proanthocyanidins. These powerful compounds are a subclass of bioflavonoids, plant pigments usually found in close association with vitamin C. Together, bioflavonoids and C provide antioxidant protection to plants, helping them withstand harsh environmental conditions.

### Antioxidant Protectors

Oxygen is required by your cells to generate energy, but it also contributes to free radical damage, which is one of the primary causes of accelerated aging. Free radicals are unstable chemicals that contribute to a wide range of dysfunctions. Formed during normal metabolism, free radicals also are generated in large amounts by environmental pollution and radiation. Fortunately, nutritional science has identified a range of natural antioxidants that can help you withstand the health challenges of free radicals.

Antioxidants differ in their ability to scavenge particular free radicals, in their affinities for specific body tissues, and in the degree of protection they offer. Proanthocyanidins are water-soluble antioxidants shown in a 2002 clinical trial to have exponentially stronger free-radical fighting ability than vitamins C, E or beta-carotene.

### Supporting Your Blood Vessels

Grape seed extract provides potent protection for the capillaries—tiny blood vessels that play a vital role in the cardiovascular system. In human and animal studies, grape seed extract has been found to support capillary resistance and prevent capillary permeability.

Capillaries are often viewed merely as links between our arteries and veins. But it is through the capillary walls that oxygen and nutrients in the bloodstream are carried to your tissues and wastes

are removed, allowing cells to live. Capillaries consist of a single cell layer reinforced with strands of collagen. The material that fills the spaces between capillary walls also consists largely of collagen. Proanthocyanidins protect collagen against free radical damage. They also protect against enzymes that damage collagen and elastin.

### Protecting Your Arteries

Proanthocyanidins also benefit the cardiovascular system by preventing lipid peroxidation (oxidation of fats). There is a growing body of research which suggests that preventing the oxidation of LDL (bad) cholesterol is at least as important to heart health as maintaining normal cholesterol levels.

### Nourishing Your Eyes

Proanthocyanidins have been associated with supporting normal visual function. In one study of 100 volunteers, grape seed extract was found to support visual performance by ensuring nourishment of the retinal structures.

### A Wellness Revolution in Botanical Research

At a time when your health faces numerous challenges from pollution, radiation and other environmental toxins, research into the remarkable antioxidant properties of the plant world is critical. Source Naturals is your connection to this research, dedicated to quickly bringing you nutritional benefits now available only through the natural products marketplace.

### References

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