



# Grape Seed Extract

Grape seed extract contains chemicals known as polyphenols, (including the subclass of proanthocyanidins), which are recognized to be effective antioxidants. These antioxidants may lessen oxidation, may inactivate oxygen free radicals, and they may restore some normal functioning to tissues damaged by free radicals. Grape seed extract is typically derived from red grapes (instead of white), which have a high content of compounds known as oligomeric proanthocyanidins (OPCs). The OPCs are also present in a wide variety of fruits and vegetables, including pine bark (Pycnogenol) and green tea.

The proanthocyanidins found in grape seed extract have also been shown to help promote the structural strength of blood vessels, help stabilize collagen, and maintain elastin. Collagen and elastin are two proteins found in connective tissue that support organs, joints, and muscles. By nourishing blood vessel walls and performing other renewing functions, grape seed extract helps promote healthy blood pressure levels, heart health, and a proper inflammation response.

Grape seed extract has been proven in university studies to be one of the most powerful antioxidants available as a nutritional supplement. Free radicals are highly reactive molecules that can destroy cell membranes and damage DNA. Free radicals are produced by exercise, smoking, excess sunlight and even the body's normal process of metabolizing the air we breathe and the food we eat. Research indicates that free radicals may be a contributing factor in many chronic and degenerative diseases, such as cancer and heart disease. In a study conducted in 1996 at Creighton University in Omaha, Nebraska, grape seed extract was shown to be up to 2.1 times more effective at fighting free radical damage than vitamin E and up to 7.3 times more powerful than beta-carotene. Results of the Creighton study demonstrate that grape seed extract is up to 4.8 times more effective at fighting free radicals than Vitamin C.

Asthma, allergy, and sinusitis sufferers may be interested in knowing that OPC's found in grape seed extract have the ability to inhibit histamine. Histamine has long been known to play an important role in inflammation. Grape seed extract may have an inhibiting effect on the enzyme histidine decarboxylase which is responsible for the production of histamine.

Oregon Health's Grape Seed Extract is extracted from premium quality red grape seeds by a patented water extraction process. This patented process ensures the Grape Seed Extract contains a greater amount and a wider range of the NATURAL antioxidant properties from this important ingredient. Most other grape seed extracts use potentially dangerous chemicals, which can leave residues and strip away many of the nutrients that the Oregon Health's Grape Seed Extract process retains. Not only is Oregon Health's Grape Seed extract safe and healthful to consume, it's environmentally friendly to produce.