

Where Science and Nature Come Together.®

**FOODSCIENCE®**  
*of Vermont*

## *Grape Seed Extract*

- **A dietary supplement to support the immune system, vascular functions and skin health.\***
- For those with recurrent or persistent skin or respiratory concerns (due to its ability to regulate histamine) as well as those that need improved joint, immune, circulatory and vascular support.\*
- FoodSciences' Grape Seed (*Vitis vinifera*) Extract is standardized to yield 95% proanthocyanidins (PCOs) per capsule. PCOs are bioflavonoids, a group of water-soluble, low molecular weight plant substances with recognized antioxidant (free radical scavenging) properties. They have the ability to inhibit the activity of certain enzymes which cause pro-inflammatory reactions within the body. PCOs are unique because they are immediately bioavailable.
- In some comparative tests, Proanthocyanidins were found to be 50 times more potent than Vitamin E and 20 times more potent than Vitamin C as antioxidants.\* Free radicals are oxygen atoms which can badly damage cell structures leading to lowered immune response and vulnerability to numerous degenerative diseases. The PCOs in Grape Seed Extract are able to perform within the cell membrane and neutralize both fat and water-soluble free radicals.\*
- Proanthocyanidins help to prevent the release of histamine from mast cells.\*
- Proanthocyanidins support capillary strength.\* Weak capillaries can contribute to bruising, elastin and collagen dysfunction, edema and circulatory insufficiencies.
- Grape Seed Extract also has the unique ability to bond to collagen fibers.\* It even inhibits the natural enzymes your body makes that normally break down collagen.\* By restoring collagen, Grape Seed Extract helps return flexibility to skin, joints, arteries, capillaries and other tissues.\*

- Extensive research convincingly demonstrates that Grape Seed Extract and PCOs are completely nontoxic, non-carcinogenic and non-mutagenic.
- Grape Seed Extract is standardized to contain 95% proanthocyanidins per capsule and is available in two potencies, 50 mg and 100 mg capsules.

### **Supplement Facts**

**50 mg**

**Serving Size: 2 Capsules**

**Amount Per Serving:**

Grape Seed Extract	100 mg
Yielding: Proanthocyanidins	95 mg

Other ingredients: rice flour, vegetable cellulose.

- **Suggested Use:** As a dietary supplement, take two capsules with breakfast and two capsules with lunch.

**100 mg**

**Serving Size: 1 Capsule**

**Amount Per Serving**

Grape Seed Extract	100 mg
Yielding: Proanthocyanidins	95 mg

Other ingredients: rice flour, vegetable cellulose.

- **Suggested Use:** As a dietary supplement, take one capsule, twice daily with meals.

**Warning:** If pregnant or nursing, consult your health care practitioner before taking these or any nutritional product.

Sold Exclusively Through Retailers.

50 mg

0300745.060 (60 Vegetarian Capsules)

0300745.120 (120 Vegetarian Capsules)

100 mg

0300746.060 (60 Vegetarian Capsules)

0300746.090 (90 Vegetarian Capsules)

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Copyright© 2009 by FoodScience® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.

1-800-874-9444 • [www.foodscienceofvermont.com](http://www.foodscienceofvermont.com)