

Where Science and Nature Come Together.®

**FOODSCIENCE®**  
*of Vermont*

## *Pycnogenol®-50*

- **A dietary supplement to support the immune system, vascular functions and skin health.\***
- **Recommended for:**  
Recurrent or persistent skin or respiratory concerns\*  
Children and Adults who find it difficult to concentrate or focus\*  
Joint discomfort\*  
Skin and collagen health\*
- **Supports:**  
Ability to focus\*  
Brain function\*  
Cellular integrity and functionality\*  
Circulation\*  
Histamine regulation\*  
Immune System function\*  
Joint Comfort\*  
Vascular integrity\*
- Pycnogenol® (Pine Bark Extract) is a source of proanthocyanidins (PCOs).
- 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 Pycnogenol® are able to perform within the cell membrane and neutralize both fat and water-soluble free radicals.\*

- PCO's are important to brain function, because they are one of the few dietary antioxidants that readily crosses the blood-brain barrier to directly support healthy brain cells, focus, concentration and memory.\*
- Proanthocyanidins help to prevent the release of histamine from mast cells thereby reducing the adverse effects of histamine.\*
- Proanthocyanidins support capillary strength.\* Weak capillaries can contribute to bruising, elastin and collagen dysfunction, excess fluid in tissues, and circulatory insufficiencies.
- Pycnogenol® also has the unique ability to bond to collagen fibers.\* It may support the inhibition of the natural enzymes your body makes that normally break down collagen.\* By restoring collagen, Pycnogenol® helps support flexibility of skin, joints, arteries, capillaries, and other tissues.\*

### **Supplement Facts**

**Serving Size: 2 Capsules**

**Amount Per Serving**

Pycnogenol® (Pine Bark Extract) 100 mg

Other Ingredients: maltodextrin, gelatin, cellulose, vegetable stearate, silicon dioxide.

**Warning:** If you are pregnant or nursing, consult your health care practitioner before using this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take 2 capsules with breakfast and 2 capsules with lunch for two weeks. Then take 2 capsules daily with your breakfast.

Pycnogenol® is a registered trademark of Horphag Research LTD.

Sold Exclusively Through Retailers.

0300779.030 (30 Capsules)

0300779.060 (60 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)