

FREE REPORT #4

Grapeseed—

These potent antioxidants are known to stay working in the body for 3 days, and studies have shown Grapeseed is 20 times more powerful than Vitamin C.

Antioxidants

Vitamin E is an important antioxidant in grape seed, but even more powerful are the flavonoids called oligomeric proanthocyanidin complexes, or OPCs, according to the UMMC. Antioxidants destroy free radicals, which are waste products that develop from the conversion of food to energy and also occur in response to environmental toxins. Free radicals damage cells and genetic material and may contribute to aging and disease, including heart disease and cancer.

Blood Vessel Benefits

Evidence indicates a substantial health benefit for patients with chronic venous insufficiency who take grape seed extract, according to the University of Michigan Health System (UMHS). This disorder causes blood to pool in leg veins, leading to leg swelling and fatigue, as well as pain that worsens when walking. Grape seed extract also may be beneficial for treating varicose veins and capillary fragility, although research is not as consistent, notes the UMHS.

Additionally, the antioxidants in grape seed have a protective effect on blood vessels, which can help prevent high blood pressure. Animal research indicates that grape seed extract lowers blood pressure, according to the UMMC, but research on humans is lacking.

Anti-Cancer Effects

Grape seed antioxidants also may decrease the risk of developing cancer. Additionally, laboratory studies show that grape seed extract prevents the growth of various types of cancer in test tubes, according to the UMMC, including breast, colon, stomach, prostate and lung cancer. Grape seed extract also may protect the liver from cell damage caused by chemotherapy.

GRAPE SEED EXTRACT is one of the most powerful antioxidants that fight free radicals
Is 20 times more potent than vitamin C and 50 times stronger than vitamin E
Helps improve cardiovascular health
Helps promote brain, skin and eye health
It is anti-viral, and anti-inflammatory
Is one of the few antioxidants that can penetrate the blood brain barrier to help protect the brain and nervous tissue
Some studies have also shown it to prevent the formation of plaque in the arteries
It can improve mental alertness and help prevent senility