

Grape Seed Extract (OPC's)

Grape seed extract is a very powerful antioxidant with tremendous health benefits. Antioxidants are bioactive phytochemicals from plants with significant anti-aging and disease prevention applications.

OPC is an acronym for Oligomeric Proanthocyanidins, a group of polyphenols. OPC's are found throughout the plant kingdom and are one of the most potent antioxidants in nature. Proanthocyanidins are typically found in the bark of trees and in the outer shells of seeds. They serve to protect plants and seeds against oxidative elements such as oxygen and sunshine.

Maritime pine bark and grape seeds are some of the richest sources of OPC's. Recent studies in animals and humans have shown that grape seed Proanthocyanidin extract possess a broad spectrum of biological, pharmacological and chemo protective properties against free radicals and oxidative stress. Red grape skins contains Resveratrol (trans-Resveratrol or Res). Resveratrol has both anti-inflammatory and anti-cancer properties. Resveratrol promotes apoptosis, a process that the body uses to kill cancer cells.

Free radicals and oxygen.

The cells in our bodies use oxygen as fuel to transform food into energy (oxidation). During oxidation oxygen is converted into water. Unstable, highly reactive products are formed during this conversion called free radicals and oxidants. Free radicals are simply oxygen atoms that are robbed of an electron thorough the body's natural metabolic processes. The oxygen atom, which in a stable state has four pairs of electrons (8), becomes unstable when it loses an electron. An oxygen atom with seven electrons is referred to as a free radical. Free radicals quickly attach themselves to body tissues in order to stabilize themselves but in the process it produces another free radical. The result is a cascade of free radicals – literally rusting body tissues. We know free radicals are one of the causes of cancer. It has recently been proposed that free radical oxidation is the sole source of chronic degenerative disease.

If you exercise or smoke you are exposed to higher levels of free radicals. This is ironic because the more you exercise the higher you exposure to free radicals because of the faster metabolism. Smokers and second-hand smokers are bombarded with free radicals because free radicals are also a product of pollutants (inefficient combustion).

Sources of free radicals are radiation from the sun or other sources, air pollution, charcoal broiled foods (braai), pesticides, cigarette smoking, cancer drugs, alcohol etc.

OPC's in grape seed and skin extract act as free radical scavengers. When a free radical comes in contact with OPC's the free radical is neutralized and the cascade stops. It is by the number of electrons that a given anti oxidant can donate that we rate their effectiveness. OPC's in general has approximately 20 times more electrons to donate than Vitamin C and 50 times more than vitamin E. Vitamin C and E are other known free radical scavengers.

OPC's in Grape Seed Extract can have the following benefits:

- Increases Energy
- Improves Circulation
- Strengthens Capillaries
- Lowers cholesterol
- Decreases Allergies
- Reduces Muscle Cramps
- Fights Inflammation
- Reduces Stress
- Improves Skin Texture
- Reduces Varicose Veins
- Relieves Depression
- Helps Asthma, Bronchitis
- Protection from Infections
- Reduces Colds and Flu
- Helps Diabetes
- Reduces Skin Problems
- Helps MS Inflammation
- Decreases Phlebitis Risk
- Promotes Faster Healing
- Reduces Risk of Cancer
- Helps Alzheimer's
- Enhances Cell Vitality
- Reduces Risk of Stroke
- Helps Glaucoma
- Stronger Arteries and Veins
- Reduces Arthritis Pain
- Repairs Artery Linings
- Reduces Hemorrhoids
- Improves Eczema
- Prevents Bruising
- Reduces Prostate Size
- Reduces PMS & Cramps
- Retards Aging
- Prevents Cellulite Build-up
- Prevents Skin Wrinkling
- Reduces Gout
- Less Menopausal Distress
- Lowers Risk of Parkinson's
- Decrease Hay Fever
- Slows Diabetic Retinopathy