

Pycnogenol® 100

Original French Maritime Pine Bark Extract

Pycnogenol® is the original French maritime pine bark extract, providing a unique combination of procyanidins, bioflavonoids, and phenolic acids. More than 400 published studies and review articles demonstrate its safety and efficacy.*

Pycnogenol® is a standardized, highly bioavailable extract from the bark of *Pinus pinaster*. Its mixture of flavonoids, procyanidins and phenolic acids displays greater biologic effects than do its purified components individually, indicating a powerful synergism among these components.*



#57270
30 vegetarian capsules

Key Features

- Supports normal capillary wall strength, permeability, and circulation*
- Supports endothelial function, cardiovascular health, brain function, normal blood sugar levels, respiratory health under certain conditions, regulation of inflammation, and skin elasticity and hydration*
- Powerful antioxidant that works synergistically with other antioxidants*
- Very well tolerated and safe*



800.545.9960
info@nutricology.com
www.nutricology.com



Generally speaking, Pycnogenol® supports normal capillary wall strength and permeability, and micro-circulatory distribution of blood flow.* A wide range of potential benefits flows from this, including support for endothelial function, cardiovascular health, brain function, normal blood sugar levels, respiratory health under certain conditions, regulation of inflammation, and skin elasticity and hydration.* It also has been used by athletes to support endurance, and to help with temporary muscle soreness.*

The antioxidant activity of Pycnogenol® bears special attention. Pycnogenol® modulates nitric oxide (NO) metabolism by quenching the NO radical and inhibiting both inducible nitric oxide synthases (iNOS) mRNA expression, and iNOS activity.* With its ability to bind to proteins, Pycnogenol can modulate the activity of key enzymes and proteins involved in metabolic pathways, including redox-sensitive signal transduction pathways.* Pycnogenol® has strong free radical-scavenging activity against reactive oxygen and nitrogen species, and can protect endogenous vitamin E and glutathione from oxidative stress.* Thus, it works synergistically with other antioxidants.*

Pine bark has a long history of traditional use. Hippocrates mentions it, and its effects on wound healing were noted in the 15th century.* Pine bark was known in Europe to alleviate the symptoms of what we know now is a vitamin C deficiency (scurvy).* Native Americans prepared pine bark as food and drink, and used it topically for wound healing.*

Pycnogenol is very well tolerated. It has been studied in doses of 450 mg daily for up to one year, although many studies show efficacy at lower doses.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

Amount Per Serving	% Daily Value
French Maritime Pine (<i>Pinus pinaster</i>) Extract (Bark) 100 mg	†

†Daily value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil, silicon dioxide.

Suggested Use: As a dietary supplement, 1 capsule one to two times daily, or as directed by your healthcare professional.



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