

Grapeseed & Cranberry

Code: FE1225 – 60 vegetable capsules



Grapeseed & Cranberry is a food supplement based on a combination of extract from **Grape Seed and Cranberry**, providing 500 mg and 100 mg respectively. The seed extract is characterised by having 80% of the so-called **Oligomeric Proanthocyanidin Complexes (OPCs)**, one of the highest concentration presentations providing **400 mg of oligomeric proanthocyanidins per capsule**.

Ingredients: Grapeseed extract (*Vitis vinifera*), cranberry fruit extract (*Vaccinium macrocarpon*), anticaking agent (magnesium salts of vegetable fatty acids), vegetable capsule (glazing agent: hydroxypropylmethylcellulose; humectant: purified water).

Nutritional information:

	1 caps. (726 mg)
Grapeseed (95% proanthocyanidins)	500 mg
Cranberry (107:1)	100 mg

Size and format:

60 vegetable capsules

Recommended daily dose:

1-2 capsules daily.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Prevention of cardiovascular diseases.
- Treatment and prevention of venous and capillary disorders including: venous insufficiency, varicose veins, haemorrhoids and capillary fragility.
- Helps in the prevention and/or treatment of urinary tract infections.
- May be helpful in asthma.
- Aids in the treatment of retinal disorders including diabetic retinopathy and macular degeneration.
- It is a great antioxidant supplement.

Cautions:

Consult with a health care practitioner prior to use if you are pregnant or breast-feeding, if you are treated with medication, especially oral anticoagulants, or if you have a special medical condition.

Grapeseed & Cranberry is a food supplement based on grape seed extract with 95% proanthocyanidins and cranberry. Both grape seed and cranberry contain a high concentration of type A and B proanthocyanidins, and their synergy gives them great antioxidant and blood vessel-protecting power.

INGREDIENTS:

GRAPE SEED: Grape seed extract has a high content of OPCs – oligomeric proanthocyanidin complexes – as its active ingredient is technically called, oligomeric proanthocyanidin complexes ^(1,2).

OPCs are plant flavonoids that have been shown to have significant pharmacological activity and high antioxidant power ^(1,3). They are 50% more effective at neutralising free radicals than vitamin E and 20% more effective than vitamin C. An additional advantage of proanthocyanidins is that they cross the blood-brain barrier, which is not the case with other antioxidants. Grape seed extract with 95% proanthocyanidins is considered among the most effective antioxidants available ⁽³⁾.

The powerful antioxidant properties of grape seed extract make it an excellent means of preventing and treating cardiovascular disease, arteriosclerosis and arthritis ⁽⁴⁻⁷⁾.

Proanthocyanidins inhibit the synthesis of hormones such as histamines, prostaglandins and leukotrienes that are responsible for inflammatory and allergic reactions, which explains the use of grape seed extract in the treatment of asthma ⁽⁸⁾.

Grape seeds are very useful for improving blood circulation, as their richness in proanthocyanidins acts directly on capillaries, keeping them strong and healthy. On the other hand, they also help prevent hardening of the arteries

(prevent plaque formation) by strengthening the walls of blood vessels, increasing blood flow to the head. They are ideal for the treatment of varicose veins and also prevent thrombus formation ^(6,9).

Oligomeric proanthocyanidins strengthen the connective tissue of blood vessels (arteries, veins and capillaries) ^(6,9). This connective tissue strengthening property, and especially of the capillaries, is the reason why positive results have been achieved with grape seed extract, for example, in the treatment of varicose veins, haemorrhoids and in cases of retinopathy ^(4,10). Also as regards the breakdown of elastic fibres (collagen and elastin) in capillaries due to the action of free radicals and enzymes, in lymph node oedema, cumulative effects of ageing and reduced risk of degenerative diseases ^(4,7,9,10,11).

CRANBERRY: Cranberry fruits are very rich in various micronutrients, hippuric acid and vitamin C, which justifies their antiseptic, antibacterial and disinfectant effects ⁽¹¹⁾. These fruits have been used since ancient times for their positive effects in the treatment of urinary tract infections, as well as for their prophylactic effects on urinary tract infections ⁽¹²⁾.

One of the mechanisms of action of cranberry is that, due to its hippuric acid content, it acidifies urine and has antibacterial effects. Recent studies show that other components of cranberry, such as A-type proanthocyanidins, reduce the ability of bacteria to adhere to the mucous membranes of the bladder and urethra, especially the bacterium *Escherichia coli*, which is most frequently associated with urinary tract problems ⁽¹³⁾. By interfering with adhesion, the risk of infection is reduced and, due to its antibacterial properties, cranberry helps the body fight infection ⁽¹³⁻¹⁵⁾.

It can also reduce the levels of calcium in urine, thus preventing the formation of kidney stones ⁽¹⁴⁾.

Thanks to its tannin content, cranberry complements the effect of grape seed by protecting blood vessels and alleviating haemorrhoids. It is also attributed with a vision-strengthening effect ⁽¹⁸⁾. Cranberry is a very important source of vitamin C and has antioxidant and anti-inflammatory properties ⁽¹⁶⁻¹⁸⁾.

References:

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