

Grape Seed Extract 50 mg Capsules



Product Summary:

Grape products, such as red wine, grape juice and grape seed extracts, have been receiving a lot of attention lately for their health benefit. This well-deserved attention is because grape seed contains antioxidants or free-radical scavengers. The bioflavonoids in grape seeds not only quench free radicals but also help strengthen blood vessels, increase the tone and elasticity of capillary walls, reduce edema, enhance the effect of vitamin C, provide endothelial support and reduce ocular stress.

Properties/Uses:

The claim as approved by the *Natural Health Product Directorate* (NHPD): Use as antioxidant for the maintenance of good health. Helps support night vision.



GENERAL HEALTH
& WELLNESS



Pharmacology:

Grape seed extract has been used extensively in Europe since the 1950s for the treatment of venous and capillary disorders including venous insufficiency, varicose veins, capillary fragility, and disorders of the retina including diabetic retinopathy and macular degeneration.¹ It has well defined clinical use in treating incompetent vein valves that fail to adequately facilitate venous return to the heart (venous insufficiency), varicose veins, and capillary fragility and easy bruising. Such conditions are associated with compromised collagen status as an underlying etiology.

Grape seed extract provides polyphenol flavonoids referred to as proanthocyanidins (or procyanidolic oligomers) and also referred to as leucoanthocyanins. This class of compounds has a profound effect on collagen integrity in two beneficial ways. Firstly, leucoanthocyanins possess potent antioxidation power and exert a regenerating or redox reducing action on the oxidized vitamin C pool, thus recycling more Vitamin C for the critical task of facilitating the production of quality collagen. Secondly, leucoanthocyanins are able to cross-link with the collagen fibers, lending their own stabilizing effect in the collagen production process.² The net outcome is more and stronger collagen to the rescue. Within a few weeks, patients should recognize some degree of improvement. Signs of improvement include reduced swelling and edema in the lower extremities and less tendency to bruising. Capillary fragility accounts for easy bruising, but a weakened collagen mesh also allows inappropriate capillary permeability that can be the cause of edematous swelling.

Capillary fragility also plays a possible role in many cases of food allergy, when food particles are able to gain entry into the blood before adequate digestion has occurred. This has been referred to as the leaky gut syndrome. Extracts from Grape Seed and French Maritime pine tree bark (*Pinus maritima*) have been shown to prevent the breakdown of elastin from inflammation and free-radicals and protect structural integrity overcoming fragility.^{3,4}

Grape seed extract has become most recognized in North America for its potent antioxidation potential, which greatly exceeds that of vitamins C and E, but it is not intended to replace vitamins C and E. These three function in an antioxidation network, with grape seed extract providing significant reduction of oxidized vitamins C and E.^{1,3} The reducing capacity of grape seed extract is approximately 50 times greater than that of vitamins C and E.² The vascular protection seen in Grape Seed extract has been shown to stem from key antioxidation features including the ability to reduce hydroxyl free-radicals, break lipid peroxidation chains, profoundly delay initiation of peroxidation, chelate free iron that otherwise is able to facilitate lipid peroxidation, and reduce free-radical generation by inhibiting xanthine oxidase.^{2,5}





Grape seed extract is also used to reduce risk for developing cardiovascular disorders and cancer.⁶⁻⁸ The reduced risk of cardiovascular disorders seen with grape seed extract also relates to its antioxidant impact on the heart and arteries, and the blood lipid carrier lipoproteins. It is widely accepted that atherogenesis proceeds from peroxidation of the LDL cholesterol and other types of oxidation injury of the arterial endothelium. Grape seed extract enhances the antioxidation potential of the two workhorses, vitamins E and C. They form a central tag-team for managing oxidation stress on biological membranes, whether cellular or lipoprotein. Vitamin E is the premiere membrane-bound chain-breaking free radical scavenger, arresting the spread of peroxidation among the ranks of the vulnerable unsaturated fatty acids. Water-soluble vitamin C, on the other hand, moves about the aqueous phase, regenerating (reducing) oxidized vitamin E. Polyphenols as found in grape seed extract are profoundly able to regenerate vitamin C and yet remain stable enough not to become active free-radicals themselves.

Grape seed extract enhances the performance of NK cells, reducing the risk of cancer appearing in the body later down the road. Very early detection of cancer before it can progress is the job of the Natural Killer cells.³

Immune function is enhanced by grape seed extract, in part by the greater availability of a recycled vitamin C pool that is assured by the potent reducing power of grape seed extract.³ As well, grape seed extract is able to protect macrophages from the backlash of their own free-radical attack on bacteria and viruses with nitric oxide. Researchers were able to show in animal models that the extracted flavonoids from *Pinus maritima*, and also provided in grape seeds, were able to boost immune function in immune-damaged mice by increasing production of interleukin-2, which promotes the activity of T-cells lymphocytes, enabling a more aggressive fight against infection.³

Grape seed extract is effective for disorders of the retina such as diabetic retinopathy and macular degeneration. Proanthocyanidin constituents found in grape seeds might help reduce ocular stress.⁹ In one study, improvements in night vision and glare recovery were found in volunteers taking 200 mg of procyanidins per day.¹⁰





Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

60's 7 77747 10274 7

NPN:

80009680

Expiry Date:

42 months from date of manufacture

Active Ingredient:

Each capsule contains:

Grape Seed Extract 100 :1 (*Vitis vinifera*) (seed)..... 50 mg
(Standardized to 95% polyphenols and 80% proanthocyanidins)
(equivalent to 5000 mg of dry grape seed)

Non-Medicinal Ingredients (in descending order):

Rice starch, gelatin capsule (gelatin, purified water)

Appearance:

Pinkish beige powder in a hard gelatin capsule.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

Store in a cool, dry place.





Dose:

Grapes and grape skin extracts have Generally Recognized As Safe status (GRAS) for use in foods in the US.⁹ Grape seed extracts have been safely used for up to 8 weeks in clinical studies.⁹

For reducing ocular stress due to glare, grape seed extract proanthocyanidin doses of 200-300 mg per day have been used.⁹

Directions:

(Adults): *For antioxidant:* 1 capsule daily or as recommended by a physician. *For night vision:* 2 capsules 3 times daily or as recommended by a physician.

Caution:

The caution as approved by *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN Consult a physician prior to use if you are taking blood thinners. Do not use if you are pregnant or breastfeeding. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

A deficiency of antioxidants leads to a build up of free radicals in the body, which causes cellular damage.

Drug Interactions/Contraindications:

Grape seed extract may increase bleeding when used with blood thinners when taken in high doses.⁹

Concomitant use of grape seed extract with warfarin might increase warfarin's effects and the risk of bleeding; use with caution.⁹

Toxicity/Adverse Reactions:

Orally, grape seed extract is well tolerated.^{1,9}





Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Starch/Modified Starch
Artificial Flavors	Sulphites (<10 ppm)
Artificial Sweeteners	
Corn Products	
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of Animal Products

Kosher





References:

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3. Packer, Lester, Colman, Carol, The Antioxidant Miracle, John Wiley & Sons, New York, 1999.
4. Tixier JM, *et al.* Evidence by in vivo and in vitro studies that binding of pycnogenols to elastin affect its rate of degradation by elastases, *Biochem. Pharmacol.*, 1984;33:3933-3939.
5. Facino RM, *et al.* Free-radical scavenging action and anti-enzyme activities of procyanidines from *Vitis vinifera*: A mechanism for their capillary protective action *Arzneimittel-Forsch*, 1944;44:592-601.
6. Hertog M *et al.* Dietary antioxidant flavonoids and risk of coronary heart disease: The Zutphen elderly study. *Lancet*, 1993;342:1007-1011.
7. Bors, W., *et al.* Flavonoids and polyphenols: Chemistry and Biology. In: Cadenas E., Packer, L., eds, *Handbook of Antioxidants*, Marcel Dekker, New York, 1996.
8. Keli SO *et al.* Dietary flavonoids, antioxidant vitamins, and incidence of stroke: The Zutphen study. *Archives of Internal Medicine*, 1996;156:637-642.
9. Natural Medicine Comprehensive Database, Grape Monograph, Accessed July 30, 2010 [Available from: <http://www.naturaldatabase.com/>]
10. Corbé C, Boisson JP, Siou A. Light vision and chorioretinal circulation. Study of the effect of procyanidolic oligomers (Endotelon). *J Fr Optalmol*, 1988;11(5):453-60.

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