GrapeSeedRich®

SUPER STRENGTH GRAPE SEED EXTRACT

400 mg

NPN 80066662

RESEARCH INFORMATION

Feature summary

Natural Factors Grape Seed Extract is a higher potency, 100:1 standardized extract guaranteed to contain a minimum of 95% of polyphenols and 80% of proanthocyanidins. It provides a source of antioxidants and helps relieve symptoms of noncomplicated chronic venous insufficiency (CVI), such as the sensation of swelling, heaviness, and tingling in the legs.

Our bodies naturally produce free radicals as a result of regular cellular processes, lifestyle, and environmental factors. When there is an excess of free radicals, it can result in oxidative stress, which may be harmful to our health over the long term. Dietary antioxidants, such as polyphenols, especially oligomeric proanthocyanidins (OPCs), found abundantly in grape seeds, play a vital role in supporting overall health by neutralizing free radicals in the body.

Our extract is derived from non-GMO grapes, with each 400 mg vegetarian capsule equal to 40,000 mg of grape seed powder. It delivers 380 mg of polyphenols and 320 mg of OPCs, key constituents responsible for grape seeds' important health benefits. Grape Seed Extract comes in easy-to-swallow vegetarian capsules, taken once per day as a convenient and effective way to achieve the health benefits of antioxidants year round.

How it works

Grape seeds are rich in antioxidant polyphenols, such as OPCs (Sochorova et al., 2020). Consumption of polyphenols from grape seed extract (GSE) enhances the body's antioxidant capacity to help scavenge harmful free radicals responsible for damaging cells and DNA. Counteracting free radical damage serves as a defence mechanism against oxidative stress and associated health problems (Sochorova et al., 2020; Bagchi et al., 2000).

A diet high in polyphenols, such as those found in GSE, supports healthy veins and arteries (Jung & Choo, 2022). The antioxidant properties of grape seed polyphenols help protect the cells that line the inside of capillaries and other blood vessels from free radicals (Jung & Choo, 2022). Grape seed polyphenols also combat oxidative stress in tissues affected by noncomplicated CVI, working as an anti-inflammatory to reduce swelling and discomfort in the legs (Jung & Choo, 2022). In addition, grape seed polyphenols help strengthen and tone blood vessel walls, enhancing their elasticity and reducing their susceptibility to leakage. This activity improves blood and lymph flow and prevents white blood cells from sticking to the walls of blood vessels and moving into the veins (Jung & Choo, 2022).

Research

Many aspects of modern life, such as exposure to environmental pollutants, sedentary behaviours, and stress, can contribute to the generation of free radicals that elevate oxidative stress in the body. As oxidative stress increases, so does the body's need for antioxidants (Petriello et al., 2014; Sochorova et al., 2020).

Nutritional studies suggest that a diet high in polyphenol-rich foods is linked to improved health and reduced risk of serious health conditions (Sochorova et al., 2020). GSE is one of the most potent antioxidants found in nature because of its rich polyphenol content (Bagchi et al., 2000). Although polyphenols, such as flavonoids and OPCs, exist in many different plants, GSE is one of the preferred sources because of its high naturally occurring levels and bioavailability (Bagchi et al., 2000).

The oxidation of LDL (bad) cholesterol in the blood can lead to the accumulation of fatty plaque in the arteries and related health consequences (Argani et al., 2016). GSE has been found to enhance the body's defence against LDL oxidation. In a double-blind, placebo-controlled trial, 21–64-year-olds diagnosed with high cholesterol found that supplementing with 200 mg of grape seed extract daily for eight weeks significantly increased levels of paraoxonase (PON), an antioxidant enzyme that inhibits the oxidation of LDL (Argani et al., 2016).

In a randomized, controlled clinical trial, patients who were supplemented with 400 mg of GSE over a 24-hour period prior to heart surgery significantly enhanced their antioxidant capacity. Patients also showed signs of reduced oxidative stress, measured as a drop in malondialdehyde levels, a naturally occurring product of lipid peroxidation (Safaei et al., 2017).

Noncomplicated CVI is a condition that affects the veins in the legs. It occurs when the leg veins fail to return blood to the heart efficiently, leading to symptoms, which include pain, swelling, varicose veins, skin changes, and ulcers. CVI is relatively common, with around 50% of adults showing some lower extremity vein issues. The risk of CVI can increase in older age and with other health factors, such as obesity, prolonged sitting or standing, and high estrogen levels (Jung & Choo, 2022).

GSE provides a natural source of polyphenols that protect the lining of blood vessels and reduce symptoms of CVI. A pilot study was conducted on changes in blood flow velocity in CVI patients under different therapies. Researchers found that supplementing with 300 mg of GSE daily for 90 days, in addition to wearing compression stockings, increased patients' blood flow twice as effectively as wearing stockings alone, suggesting improved venous function (Jung & Choo, 2022).

Ingredients

Each vegetarian capsule contains:

GrapeSeedRich® grape seed extract 100:1
(*Vitis vinifera*, seed) ..... 400 mg
(80% oligomeric proanthocyanidins, 95% polyphenols)

Dosage

Recommended adult dose: 1 capsule per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 3 months. **Relief of symptoms related to non-complicated CVI:** Use for a minimum of 1 month to see beneficial effects.

Cautions

Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Keep out of the reach of children.

References

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