

## Product Information

### Nature's Super Antioxidant

#### What is Pycnogenol?

Pycnogenol is a unique natural plant extract that originates from the bark of the maritime pine trees grown in south western France. It contains a rich blend of antioxidants, known as bioflavonoids, some of which are also found in fresh fruit and vegetables.

Scientific research demonstrates that Pycnogenol provides a multitude of health benefits which encompass heart and circulation, skin care, joint health, glucose control, sports nutrition and menstrual discomfort.

#### Hay fever season? We've got your back

It is estimated during spring, summer and early autumn tree pollen, grass pollen, & weed pollen will affect around 10 million people in England with hay fever and allergic respiratory problems.

Hay fever usually begins in childhood or during the teenage years, but you can acquire it at any age.

A study published in the June 2010 issue of Phytotherapy Research demonstrates Pycnogenol, a unique plant extract containing French maritime bark (*Pinus pinaster*), which is grown in sustainable French forests, contains potent antioxidants\* that protect the cells from oxidative damage caused by free radicals and is a natural source of proanthocyanidins, which substantially improves the symptoms of hay fever.

A group of 60 people (between 18-65) that tested positive to birch pollen allergies by skin prick tests, were assigned to a double blind trial taking either 50 mg Pycnogenol or a placebo twice daily (alongside recording usage of any non prescription antihistamine products). In the study -approved by "Health Canada" authorities- subjects taking Pycnogenol seven weeks before onset of the birch season required very little non-prescription antihistamine medication (12.5%) compared with subjects taking the placebo (50%)

Other studies have also revealed Pycnogenol to favourably affect patients suffering from allergies. Two earlier clinical trials showed that Pycnogenol improves symptoms and breathing ability of asthma patients. Asthma is likewise triggered by airborne allergens and Pycnogenol was demonstrated to significantly decrease leukotriene levels, an inflammatory mediator involved in asthma and hay fever alike. Human pharmacologic studies have pointed to a general anti-inflammatory potency of Pycnogenol.

\*Free radicals are substances created by our own metabolism, as well as by environmental factors (such as smoking, air pollution and UV light exposure). In excess, free radicals may be harmful in the body and are linked to many degenerative diseases. Antioxidants such as those found in Pycnogenol may be beneficial in countering free radical effects. Pycnogenol supplements contain potent antioxidants, with antioxidant activity approximately twenty times that of vitamin C. Because of the chemical structure of Pycnogenol, it can be incorporated into and protect both the aqueous (cytoplasmic) and lipid (cell membrane) phases of cells from damage by free radicals. It also promotes increased availability of vitamin C within the body.

#### Pharma Nord Bio-Pycnogenol

##### Ingredients

Declared content per tablet:

Pycnogenol 40mg

(Pycnogenol is a registered Trademark owned by Horphag Research Limited and protected by US Patent # 4,698,360)

The preparation is a clear coated, pale red-brown round biconvex tablet.

Tablets packed in blister packs.

##### Product Information

Take Bio-Pycnogenol preferably with meals.

If taken as recommended (first week 4 tablets a day and thereafter 2 tablets a day): 60 tablets will last 23 days.



## A new way to tackle the discomfort of menopause?

Menopausal women suffering from hot flashes and night sweats may find relief in supplements of the popular bark extract Pycnogenol, Japanese researchers suggest.

Women in their, menopause who wake up regularly during the night, soaked in sweat, may be able to fight off their sleep depriving symptoms with daily supplements of Pycnogenol, a well-documented bark extract. According to a study carried out by researchers at Keiju Medical Centre in Japan, 12 weeks of daily Pycnogenol supplementation significantly improved climacteric symptoms such as night sweats and hot flashes. The study is published in 'The Journal of Reproductive Medicine' and is the first to point to pine bark extract as a safe and effective remedy for these problems.

### Bio-Pycnogenol®

Food supplement

**Nutritional Information**

One tablet contains:	% NRV*
Pycnogenol®	40 mg
(standardised to 65% of procyanidins)	**

\* NRV = Nutrient Reference Value.  
\*\* NRV not established.

(Pycnogenol® is a registered Trademark owned by Horphag Research Ltd. and protected by U.S. Patent # 4,698,360).

**Directions:**  
2 tablets twice daily for one week, thereafter 1 tablet twice daily or as directed by a physician. To be taken with food.  
Do not exceed recommended amount.  
Ideal to be taken with **Bio-C-Vitamin** and **Bio-E-Vitamin**.  
Suitable for vegetarians and vegans.

Net weight: 60 tablets = 15 g

**Ingredients:**  
Bulking agent: Microcrystalline cellulose  
Anti-caking agent: Maltodextrin  
Pycnogenol (*Pinus Pinaster* extract)  
Glazing agent: Hydroxypropyl methyl cellulose  
Firming agent: Tricalcium phosphate  
Anti-caking agent: Magnesium salts of fatty acids

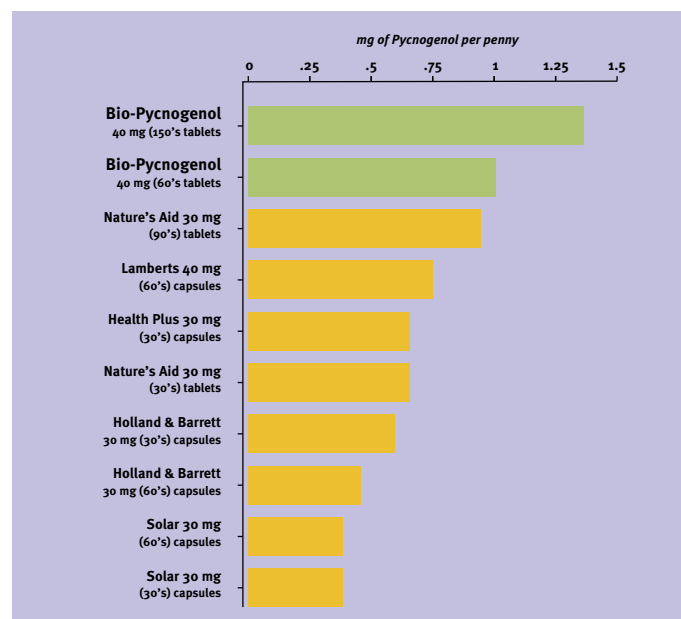
**Storage:**  
Room temperature.  
Best before date printed on flap.  
Keep out of reach of children.

Pregnant and lactating women and those on medication should seek professional advice prior to taking supplements.

Nutritional supplements should not be used as a substitute for a varied diet or healthy lifestyle.

A high quality product manufactured in Denmark by **Pharma Nord ApS**, Tinglykke 4-6, 6500 Vojens, Denmark. Imported and distributed by **Pharma Nord (UK) Ltd.**, Telford Court, Morpeth, NE61 2DB

A price comparison has identified Bio-Pycnogenol as the best value for money Pycnogenol product in the UK amongst leading high street brands.



## What are the other benefits of Pycnogenol?

Over 200 published studies have shown that Pycnogenol may help to:

- **Maintain a healthy cardiovascular system; reduce high blood pressure; and reduce the risk of blood clot formation in blood vessels.**
- **Lower bad (LDL) cholesterol while increasing good (HDL) cholesterol.**
- **Promote healthy skin by neutralising free radicals and binding with collagen and elastin to rebuild elasticity.**
- **Relieve distress and stiffness in joints.**
- **Normalise blood sugar levels.**
- **Strengthen retinal capillaries and preserve eye sight.**
- **Soothe the discomfort associated with menstrual symptoms.**

## How safe is Pycnogenol?

Pycnogenol has passed extensive safety tests and toxicity results have demonstrated that it is safe even at high doses.

Pycnogenol supplements are also suitable for vegans and vegetarians. There are no adverse effects or contra-indications reported regarding taking Pycnogenol supplements from Pharma Nord.

This product contains no animal derived ingredients or alcohol, it will be suitable for most halal diets.



Produced by Pharma Nord

### Directions

Recommended dosage with meals

#### First week:

2 tablets twice per day (total of 4 tablets a day)

#### Thereafter:

1 tablet twice per day (total of 2 tablets a day)

Or as directed by a physician.

### Storage

Room temperature out of direct sunlight.

Keep out of the reach of children.