**COMPLETE®**

**GRAPE SEED EXTRACT**

<table>
<thead>
<tr>
<th>Form</th>
<th>250 mg tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily intake</td>
<td>1 tablet per day (with meal)</td>
</tr>
<tr>
<td>Active ingredients (daily intake)</td>
<td>Standardized Grape Seed extract 60 mg, Vitamin C (as ascorbic acid) 60 mg</td>
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<tr>
<td>Application</td>
<td>Food supplement, additional source of oligomeric proanthocyanidins (OPCs)</td>
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</tbody>
</table>

**Daily intake contains 57 mg of oligomeric proanthocyanidins (OPCs) of Grape seeds**

<table>
<thead>
<tr>
<th>Item N 0223</th>
<th>60 tablets/pack</th>
<th>60 days supply</th>
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</thead>
<tbody>
<tr>
<td>Item N 0224</td>
<td>90 tablets/bottle</td>
<td>90 days supply</td>
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**REPORTED BENEFITS OF GRAPE SEED EXTRACT:**

Oligomeric proanthocyanidins (OPCs) are the main active constituents found in Grape seeds and are possibly some of the most important natural products to be discovered in the last decade. They are flavonoid-rich compounds, which are being heavily regarded as some of the most potent antioxidants (free radical scavengers) found in nature. Free radical damage has been associated with nearly every chronic degenerative disease, including cardiovascular diseases, arthritis, hypercholesterolemia and cancer. OPCs contained in Grape seeds are approximately 2 times more powerful than vitamin E and as much as 4 times stronger than vitamin C. Activity of these OPCs include anti-bacterial, anti-viral, anti-carcinogenic, anti-inflammatory, anti-allergic, and vasodilatory. In addition, they have been found to inhibit lipid peroxidation, platelet aggregation, capillary permeability and fragility, and to affect enzyme systems including phospholipase A2, xanthine oxidase, cyclooxygenase, and lipoxygenase. OPCs have been associated with the term "French Paradox," or the observation that a high dietary intake of fats in France is not associated with an increase in atherosclerosis and other cardiovascular diseases.

OPCs are claimed to support collagen structures and inhibit the destruction of collagen, strengthening capillary walls and other vessels. Collagen protection is claimed to be very important for health because it allows red blood cells to penetrate into the microcapillary system and prevent fluids from leaking out of the microvasculature. OPCs reportedly protect 1-antitripsin, a chemical that keeps enzymes from breaking down collagen, elastin and hyaluronic acid, and directly inhibits these substances from damaging enzymes. OPCs have also been reported to decrease edema, based upon the stabilization of the capillary wall and prevention of the increase in capillary permeability. The individuals receiving the Grape seeds extract (300 mg daily) reported a 75% reduction in the symptoms associated with venous insufficiency. Single administration of OPCs (150mg) resulted in an increase in venous tone in patients with varicosities. Elderly individuals with either spontaneous or drug-induced low capillary resistance shown noticeable improvement (53% of treated individuals) in capillary resistance after two weeks of therapy by 150 mg of OPCs daily. The OPCs of Grape seeds have also been reported to have PAF inhibiting ability, with potency comparable to that of aspirin. OPCs of Grape seeds are reported to neutralize lipid peroxidation damage to cell membranes through their free radical scavenging activity, including hydroxyl, lipid peroxides and iron-induced lipid peroxidation. This effect may be useful in protection from elevated cholesterol levels. A laboratory studies reported that a single dose of OPCs from Grape seeds (100-150 mg) increased the resistance of blood plasma against oxidative stress. Grape seeds extract enhanced the resistance to oxidative modification of LDL, showed slowed oxidation of low density lipoprotein.

**OTHER REPORTED BENEFITS:**

OPCs have been reported effective in improving the visual performances after glare as well as the visual adaptation. An open trial of 147 individuals with retinopathy were administered OPCs from Grape seeds (100mg) daily. It was reported successful treatment of exudations secondary to hypoxia. The matrix metalloproteinases (MMP's), a protein which plays a key role in the
extracellular matrix turnover, is thought to be involved in ocular pathologies such as **glaucoma, diabetic retinopathy, macular degeneration, vitreous degeneration** and **corneal stroma ulceration**. OPCs from Grape seeds were reported to inhibit this type III collagenase activity and may be beneficial in reducing the damaging effects on ocular structures.

Grape seeds OPCs were recently reported to be **cytotoxic against some cancer cell lines**, including MCF-7 human breast cancer cells, A-427 human lung cancer cells and CRL-1739 human gastric adenocarcinoma. Also, the Grape seeds extract enhanced the growth and viability of the normal human gastric mucosal cells and murine macrophage cells. Grape seeds OPCs were also reported to have **radioprotective activity**, decreasing the damaging effects of radiation. OPCs from Grape seeds were effective in reducing the damaging effects of chemotherapeutic agents (idarubicin and cyclophosphamide) on Chang liver cells, and may be useful in preventing the toxic effects of these agents in individuals undergoing cancer treatment. Grape seeds OPCs were also reported to be **hepatoprotective** against aceterminophen, decreasing the damaging effects on hepatocytes and reducing liver injury.

OPCs have been reported to inhibit the degradation of mast cells and the subsequent release of mediators of inflammation, such as histamine and prostaglandins, and therefore may be useful in allergies and sinus problems. OPCs have also been reported to **inhibit the enzyme xanthine oxidase**, a major producer of free radicals.

**References:**


**External links:**

**GRAPE SEED**
- University of Maryland Medical Center (UMMC): [http://www.umm.edu/altmed/articles/grape-seed-000254.htm](http://www.umm.edu/altmed/articles/grape-seed-000254.htm)
- Drugs.com: [http://www.drugs.com/mnt/grape-seed.html](http://www.drugs.com/mnt/grape-seed.html)
- Remedium: [http://health.learninginfo.org/grape-seed-extract.htm](http://health.learninginfo.org/grape-seed-extract.htm)

