

Grape Seed Extract

100 mg



Recommended by
Angie Svoboda, Pharm D.

DESCRIPTION

Grape seed extract contains a naturally occurring variety of antioxidant substances known as polyphenols. Polyphenols have been the subject of hundreds of research studies. Oligomeric proanthocyanidins, or OPCs, the polyphenols specifically found in grape seed extract, have consistently demonstrated significant antioxidant activity.^{1,2} Additionally, our European grape seed extract contains only the smaller, low molecular weight, more absorbable OPCs known as dimers, trimers and tetramers. Grape Seed Extract 100 mg features the highest quality patented Leucoselect® brand grape seed extract, produced by Indena, which is applied as the compendial reference standard for grape seed OPC identification under the current United States Pharmacopeia. Grape Seed Extract 100 mg also includes the synergistic benefits of grape skin extract which contains resveratrol and other antioxidants.

FUNCTIONS

Proanthocyanidins found in grape seed extract help protect the collagen matrix of the heart muscle, blood vessels, cartilage and other soft tissue against free radical damage.² The proanthocyanidin dimers of grape seed have been shown to function as potent aromatase inhibitors and are being studied for possible use in treating hormone-dependent breast cancer.^{3,4} In recent studies, these phytochemicals from grape seed extract and other grape-based products have shown anti-inflammatory and antioxidant activity as well as decreased proliferation and increased apoptosis in cancer cells of colorectal, breast, skin and other cancers.^{3,4,5} Aromatase inhibitors from these same phytochemicals are associated with an increase in levels of luteinizing hormone (LH), follicle-stimulating hormone (FSH) and testosterone. Aromatase inhibitors have been suggested as a tool to increase testosterone levels.⁶

INDICATIONS

Grape Seed Extract 100 mg may be a good resource for those looking to increase proanthocyanidin intake and antioxidant activity.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

FORMULA (WW #10426)

1 Vegetarian Capsule Contains:

Grape seed extract..... 100 mg
(*Vitis vinifera*) (standardized to 80% [80 mg]
oligomeric proanthocyanidins)
Grape skin extract 50 mg
(*Vitis vinifera*)

Other Ingredients: Rice powder, capsule (cellulose, water), magnesium stearate and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn soy, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take 1 capsule 2 times daily with food, or as directed by a healthcare professional.

CAUTIONS

Possibly unsafe for those with a bleeding disorder, expecting surgery or taking anticoagulants, such as warfarin or aspirin.

STORAGE

Store in a cool, dry place, away from direct light and out of reach of children.

REFERENCES

1. Xu Z, Du P, Meiser P, Jacob C. Proanthocyanidins: Oligomeric structures with unique biochemical properties and great therapeutic promise. *Natural Product Communications*. 2012;7(3). doi:10.1177/1934578x1200700321
2. Rodríguez-Pérez C, García-Villanova B, Guerra-Hernández E, Verardo V. Grape seeds proanthocyanidins: An overview of in vivo bioactivity in animal models. *Nutrients*. 2019 Oct 12;11(10):2435. doi:10.3390/nu11102435
3. Kijima I, Phung S, Hur G, Kwok S-L, Chen S. Grape seed extract is an aromatase inhibitor and a suppressor of aromatase expression. *Cancer Research*. 2006 Jun 1;66(11):5960-7. doi:10.1158/0008-5472.can-06-0053
4. Grape seed found to be a natural aromatase inhibitor [Internet]. *Oncology NEWS International*; 2006 [cited 2023 May 15]. Available from: <https://www.cancernetwork.com/view/grape-seed-found-be-natural-aromatase-inhibitor>
5. Kaur M, Agarwal C, Agarwal R. Anticancer and cancer chemopreventive potential of grape seed extract and other grape-based products. *The Journal of Nutrition*. 2009 Sept;139(9):1806S-1812S. doi:10.3945/jn.109.106864
6. de Ronde W, de Jong FH. Aromatase inhibitors in men: Effects and therapeutic options. *Reproductive Biology and Endocrinology*. 2011;9(1):93. doi:10.1186/1477-7827-9-93

Manufactured For:

Good Life Pharmacy

125 South 16th St.
Ord, NE 68862
308.728.3295