

REPORT

ISSUE 28 2017

LOOK, FEEL AND LIVE BETTER

Healthy Aging with Pycnogenol®

- Product Spotlight
- Corporate Announcements
- New Research
- Pycnogenol® at a Glance



Healthy Aging with Pycnogenol® *Science proves this powerful botanical holds the key to unlocking the secret to aging well.*

Aging is a familiar phrase for those of us who avoid focusing on age as a number but rather think of this phenomenon as a state of mind. Thriving as one ages is the ultimate goal, but foremost in our minds is sustaining good health. In truth, it implies mental and physical changes that need our attention: bones, skin, digestion, agility, sleep, exercise, memory, depression, nutrition, stress...the list is complex.

So we ask ourselves, what can I add to my daily routine that addresses some of my concerns and ensures a sustained level of good health?

We sort through Pycnogenol®'s healthy aging applications including cognitive support, joint health, skin health and others that contribute to an overall healthier self as we age.

With cognitive function a trending topic, we focus on the brain. Pycnogenol® has been found to support brain function in a variety of age groups from college students to baby boomers. A recent study showed daily supplementation with Pycnogenol® may help improve attention span, decision making, memory and stress management for baby boomers. Additional research on healthy professionals showed improvement in memory, focus, decision making and mood. When studied on college students, the extract was found to be effective in enhancing mental performance including improved memory, mood and test scores.

"I've recommended Pycnogenol® to my patients for years as a natural extract for healthy aging, and as an important building block of wellness. This research builds on those findings," says clinician, researcher and best-selling author, Dr. Steven Lamm.

From PMS and endometriosis to all stages of menopause, Pycnogenol® supports women in all different life stages. The extract's most recent

research on perimenopausal women is significant as this group has an elevated risk for cardiovascular disease as they age.

A handful of well-documented studies have shown Pycnogenol®'s ability to reduce climacteric symptoms such as hot flashes, depression, panic attacks and cholesterol associated with women entering perimenopause and menopause transition. The antioxidant supports vascular relaxation, which enables the body to release excess body heat, mitigating the sensation of hot flashes.

After the age of 30, individuals can lose up to eight percent of their muscle mass each decade. Daily supplementation with Pycnogenol® was shown to be effective in curbing muscle loss related to aging and boosting muscle function in subjects with a common muscle loss condition known as sarcopenia. After 8 weeks, results included helping stabilize muscle loss, greater muscular function and endurance, a reduction in oxidative stress and improved general fitness scores by 46 percent.

The skin is vulnerable too as we age. Sun, stress, diet, pollution and menopause can all result in premature skin aging. Decades of Pycnogenol® research on skin health has proven its beauty from within concept and topical applications. The extract's most powerful properties include antioxidant, anti-inflammatory and micro-circulation which works to improve oxygen and nutrients supply, skin elasticity and wound healing. It can stimulate the production of hyaluronic acid and new collagen production in the skin. A recent review reveals it was found to inhibit UVA induced upregulation of pigmentation markers by a 50-75% decrease, further supporting its ability to reduce hyperpigmentation.

To learn more on healthy aging visit www.pycnogenol.com.



Healthy Aging
with Pycnogenol®

RIGHT FOR YOUR JOURNEY

product spotlight

First cognitive function formulation in Europe

Salengei launches ground-breaking product **Active Memory**, the first cognitive function formulation available in Europe. This exceptional combination is comprised of the highest quality nutrients for maintenance of neurological functions for mental clarity.

Active Memory combines quality nutrients for good neuronal performance including Longvida®, Memophenol™, Bacopa monnieri, Ginkgo Biloba, Choline Bitartrate, 120 mg Pycnogenol® and Quatrefolic®.

This versatile product targets both the young and aging population who are looking to boost their brain as multiple clinical studies on Pycnogenol® demonstrated how it prevents age-related cognitive decline and helps students and professionals improve memory, reinforce learning ability, alertness and concentration.



Powerful natural antioxidant supplement by Santé Naturals

Pinomar Pycnogenol® introduced by Santé Naturals in Italy is a powerful natural antioxidant supplement that supports skincare, cardiovascular and circulation and combats harmful free radicals with health benefits extending to joint, eye, diabetes and sports nutrition.

Active ingredients include 40 mg of Pycnogenol® along with extracts from cranberries, wine grapes, blueberries and bilberry.

The antioxidant activity of Pycnogenol® is what makes the product so versatile with the extract estimated to be 20 times higher than that of vitamin C and 50 times greater than that of Vitamin E. Decades of Pycnogenol® research have proven its beauty from within concept, and it can stimulate the production of hyaluronic acid, a substance that moisturizes the skin and inhibits the formation of wrinkles in dry skin. It also acts an excellent remedy for varicose veins and fragile capillaries.



Supplement added for cell protection & skin rejuvenation

REVIDERM nutricosmetics introduces **OPC AGE CONTROL** to the cosmetic market, adding a nutritional supplement to its revolutionary line of pioneering cosmetic products for cell protection and skin rejuvenation.

This new formulation features active antioxidant ingredient Pycnogenol® known for its well documented beauty from within skincare benefits. **OPC AGE CONTROL** contributes to the formation of matrix components like hyaluronic acid and collagen, promotes healthy circulation, helps reduce the damaging effects on cells of free radicals, contributes to an even complexion and helps reduce degradation in the structure of connective tissue. Results include fewer wrinkles, resilient blood vessels and a vital glow.



Natural antioxidant beneficial to the circulatory system

Natura Mundi introduces **SO PYCNOGENOL® CARDIO**, a natural powerhouse antioxidant formulation beneficial to the circulatory system.



A combination of three active ingredients work synergistically together. Pycnogenol® is known for its potent antioxidant protection and circulation enhancing benefits which work by increasing vasodilation of blood vessels, improving blood flow and protecting the circulatory system. Nettle leaf promotes circulatory well-being and can reduce the sensation of heavy and tired legs. And Lespedeza capitata is a plant traditionally used by Native Americans to improve blood circulation and promote good blood pressure.

Circulation supplement

VenoFlow™ from Life Extension is an innovative circulation supplement available in North America that maintains healthy blood flow to the arms, legs and other extremities. For older adults and individuals who experience extended periods of immobility such as long-distance travelers or office workers, this is a natural solution that can help keep their vascular system healthy.



Active ingredients Pycnogenol® (200 mg) and potent nattokinase enzyme work synergistically together in this proprietary blend to support healthy blood flow, vascular function, and the body's natural, healthy blood clotting processes.

corporate announcements

PYCNOGENOL®
FRENCH MARITIME PINE BARK EXTRACT
MULTIPLE **BENEFITS FOR SKIN**

« One of the greatest nutritional discoveries of our century »
(Prof. Lester Packer, University of California, Berkeley)

MAJOR FACTORS AFFECTING SKIN AGING

SUN (Sun icon)
POLLUTION (Factory icon)
DIET (Burger icon)
STRESS (Person with lightning bolts icon)
TEMPERATURE (Thermometer icon)

RESULTING IN
Premature skin aging

Skincare Infographic Now Available

Infographics are a great tool to educate a variety of audiences with concise information and illustrations. The new infographic on Pycnogenol®'s beauty and skin care benefits explains how it protects the skin from premature aging by stimulating the production of hyaluronic acid and new collagen production, improving oxygen and nutrients supply and much more.

Download the infographic at www.pycnogenol.com for use on your web site, social media, or marketing materials.



Pycnogenol® Normalizes Cardio Risks During Perimenopause

New research published in *Minerva Ginecologica* reveals that daily supplementation with Pycnogenol® reduces perimenopausal symptoms and cardiovascular risk factors such as high blood pressure. It is the first study to show the effects on cardiovascular risk markers, homocysteine and CRP levels. After 8 weeks of taking 100 mg of Pycnogenol® participants reported feeling significant relief of hot improvement.



LOOK, FEEL, AND LIVE BETTER

Pycnogenol® at a Glance

DID YOU KNOW...

- 340 published studies and review articles
- 40+ years research
- 130 clinical studies on 10,000 patients
- 300 publications on Medline
- 700 products worldwide
- Available in 80 countries

welcome

I think we can all agree that staying vibrant by aging well is our ultimate goal as the years tick by. From cognitive function to muscle loss, Pycnogenol® is consistently answering each challenge we face as we age.

Timely new research published on Pycnogenol®'s ability to support heart health in perimenopausal women is especially relevant, as this group lives at elevated risk for cardiovascular disease.

Enjoy and hope to see you soon!

Best Regards,

Victor Ferrari
Chief Executive Officer
Horphag Research



featuring...

HEALTHY AGING WITH PYCNOGENOL®

THE LATEST PYCNOGENOL® PRODUCTS

PYCNOGENOL® NORMALIZES CARDIO RISKS DURING PERIMENOPAUSE

PYCNOGENOL® AT A GLANCE

PYCNOGENOL® CORPORATE ANNOUNCEMENTS

Pycnogenol® French maritime pine bark extract, is a registered trademark of Horphag Research Ltd and is protected by U.S. patents #5,720,956 and #6,372,266 and other international patents.
www.pycnogenol.com