

## PRODUCT INFORMATION

# OPC

*OPC is a potent antioxidant that promotes cardiovascular health and is a highly effective protection against allergies, skin concerns and the effects of age and stress.*

### Basic Facts

Among all potentially harmful environmental influences, free radicals are considered the «bad guys», and are the main culprits when it comes to the negative manifestations of aging. According to scientific research, they play a role in both the origin and the course of many age-related health concerns such as sustained unhealthy blood sugar levels, joint discomfort, poor blood vessel health and function, cognitive decline and declining vision, to name just a few. They are also often involved in the manifestation of allergies and skin conditions.

Free radicals are molecules that are in a state of imbalance; therefore, they are very reactive and volatile. They are continually trying to form new compounds to attain a chemical balance.

Therefore, they are also necessary in some respects because they are utilized by the defense cells of the immune system to combat pathogens. However, if levels of free radicals in the body are too high, they trigger an oxidation process which also attacks and destroys healthy cells.

Under normal circumstances, the human body uses its enzymes to regulate free radical levels, limiting the number of free radicals present at any given time. Many environmental influences such as cigarette smoke, radiation and false nutrition can cause a surplus of these molecules. In such cases, it is necessary to take in additional antioxidants to counteract the harmful oxidation process. To this end, helpful substances include enzymes, vitamins C and E, beta carotene and especially OPC.

### Effects

Catechins – substances that belong to the polyphenol group – are synthesized by many plants, including grapes, cranberries, blueberries, maple, pine, red-flowered hawthorn and legumes. Parsley and peanut shells also contain catechins. They tend to form chemical bonds between each other. When this happens, the resulting compounds are called oligomeric procyanidins, or OPC.

Although OPC is found in many plants, it's nearly impossible to obtain this substance from food, as it is primarily found in the skins, husks, pods, shells or kernels/seeds of various fruits. Therefore, it must be industrially extracted.

Research has shown that not only does OPC produce effects similar to those of vitamin C and vitamin E, but that it is probably the true, natural substance that increases the effects of these vitamins.

### OPC stands out among the antioxidants because:

- ▶ It is rapidly absorbed and fights free radicals everywhere in the body. Therefore, age-related symptoms of decline are effectively prevented throughout the body.
- ▶ It neutralizes many different kinds of free radicals. Unlike other antioxidants, it is effective in both aqueous and fatty environments.
- ▶ It protects connective tissue and the blood vessel membranes throughout the entire body. It also promotes healthy, strong collagen and elastin; the substances responsible for maintaining firm tissues.

### Uses

**Cardiovascular health:** The application of OPC in cases of vascular concerns, for example, **poor vein function** and/or **varicose veins** and the **accumulation of plaque within the arteries**, is the best-documented scientifically validated indication. It has been proven that blood vessel health was positively affected as soon as 24 hours after OPC was administered.



**At a Glance**

**OPC**

- ▶ Possesses potent antioxidant properties
- ▶ Helps maintain healthy cholesterol levels within normal ranges
- ▶ Promotes cardiovascular health
- ▶ Produces noticeable positive effects on blood vessel health within 24 hours
- ▶ Supports optimal memory and protects against the effects of stress
- ▶ Can be beneficial for allergies

**OPC**

The appearance of new varicose veins is significantly discouraged by OPC. There are also indications that taking it regularly can help protect against varicose veins in general. Success was also achieved with hemorrhoids.

**Cholesterol metabolism:** Unhealthy cholesterol levels are closely related to cardiovascular disease. Cholesterol deposits along the vessel walls can lead to impeded blood flow and its well-known consequences. OPC may provide benefits relating to these deposits, helping to protect against the consequences of impeded blood flow to the heart and brain. Many studies have shown that it helps protect against the formation of cholesterol deposits in the vessel walls. It also helps maintain healthy cholesterol levels within normal ranges. The cumulative effect is that blood vessel health is preserved and healthy blood supply to the organs is maintained.

**Tissue swelling:** Individuals who have undergone breast cancer operations frequently experience unpleasant swellings in the arm. These **edemas** and the **discomfort and disturbed sensation** that accompany them can be beneficially affected when OPC is taken regularly. It may also soothe **swelling after sports injuries**. This is due to OPC's effect on blood vessel permeability: It discourages blood vessel permeability, which reduces the tendency to swell.

**Eye concerns:** In general, OPC has a favorable effect on eye concerns caused by insufficient blood supply to the eye. It makes no difference whether the impaired vision is due to unhealthy blood sugar levels, poor blood vessel health, or inflammatory or degenerative processes.

OPC was also found to support healthy vision in cases of reduced vision caused by microvascular damage, retinal bleeding and edemas. It also provided benefits in people with night blindness.

**Allergies/skin concerns:** An increasing number of people in our part of the world suffer from allergies and skin problems. Many scientists believe increased environmental pollution and free radicals are to blame. OPC discourages the overreaction of mast cells; immune cells responsible for most of the symptoms of allergic reactions. Furthermore, it is also very well-suited for use in skin concerns that have an allergic component such as **neurodermatitis** and **eczema**.

Acne develops in response to hormonal changes in the body, usually during puberty. The sebaceous glands produce more sebum and become obstructed and inflamed. The inflammation-modulating effects of OPC and its ability to promote healthy blood flow accelerate detoxification of the skin, promoting clear skin.

**Anti-aging / memory / stress / immune system:** The levels of free radicals to which the body is exposed determine whether aging will occur quickly or more slowly and whether illness will occur sooner or later. Memory is also negatively influenced by free radicals, as is the immune system and the body's ability to react to stress. The result is an acceleration of the aging process. Only by helping the body to cope with free radicals is it possible to influence this race against aging to our benefit and get old «younger».

## Composition

One capsule contains 60mg OPC (oligomeric procyanidins) of the grape variety *Vitis vinifera* in pharmaceutical grade.

Other ingredients: rice flour, magnesium stearate, SiO<sub>2</sub>.

## Dosage

In normal cases take 1 capsule 1–3 times a day at mealtimes with plenty of fluid.





## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

### OPC Product Groups

OPC can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Immune System, Cell Protection & Antioxidants**
-  **Eyes**
-  **Skin & Hair**
-  **Brain & Memory**

Manufacturer:



**VitaBasix**<sup>®</sup>

by LHP Inc.

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### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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