Grape Pips Proanthocyanidins

Item # 71480
Available in bottles of 90 capsules

The Possible Benefits of Grape Pips Proanthocyanidins, a Dietary Supplement

- Inhibition of peroxidation of ingested lipids during the digestive process
- Enhancement of resistance to oxidative modification of LDL, which may help control the risk of atherogenesis
- Nutritional support for circulation in the capillaries

Description

Grape Pips contain an extract of the flavonol proanthocyanidins derived from grape seeds. These grape seed proanthocyanidins were originally discovered and patented by the same researcher who discovered pycnogenol in pine bark extract, and are the main phenolic antioxidants found in red wine. They have undergone extensive clinical and toxicological studies, and exhibit powerful antioxidant activity, due to their diphenol components and related structures.

The Key to the French paradox?

The typical modern diet usually includes a high amount of fat. Popular diets that involve low or modified carbohydrate intake, such as the Atkins or Zone diets, involve an even higher fat intake. Yet even a moderate intake of food containing oxidized fats can lead to an increase in lipid hydroperoxides in the bloodstream. Even if the fats are not oxidized but simply can be oxidized easily, this can lead to a rise in these oxidizing free radicals. These reactive substances can readily lead to the oxidation of LDL cholesterol.

Red wine, when taken on an empty stomach, can lead to a nasty case of toxicity, also known as a hangover.

But what if there is a way to combine these two 'vices' so as to produce a virtue? We already know that the damaging effect of red wine is lessened if it is ingested along with food. Conversely, new studies indicate that key antioxidants in red wine can minimize the postprandial oxidative stress from the fat we ingest. Researchers Ursini and Sevanian even found a reference to the protective effect of red wine in Villanova's 13th century health compendium, *Regimen Sanitatis Salernitani*, where he suggests, "During meals drink wine happily, little but often..." It turns out that a crucial health promoting aspect of the Mediterranean diet may be that meals loaded with fat are always taken with wine. This may in part account for the French paradox: compared to the standard American diet, the French diet has a higher fat content, but the mortality rate from heart disease in France is significantly lower.

When LDL Cholesterol Actually Goes "Bad"

LDL cholesterol, though often characterized as the "bad" cholesterol, performs many important functions in the body. While it is important to keep our LDL levels from elevating, it is also important to protect our LDL from oxidizing. By way of analogy, a building constructed with more iron girders supporting it than one made with iron girders and wood posts will endure longer, but only if the iron is protected from rusting.

The fact that postprandial hyperlipemia is a well-defined risk factor for atherosclerosis can be explained by the postprandial increase of plasma lipid hydroperoxides, which overloads the oxidant/antioxidant balance and increases the oxidation of LDL. When LDL is exposed to oxidative radicals such as lipid hydroperoxides, it modifies into LDL-, which contains lipid oxidation products and denatured apoprotein-B-100. These particles can open a path toward the development of atherosclerosis.

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The Secret of Wine Starts with the Seeds

Proanthocyanidins are the most powerful antioxidants found in wine and in grape seeds, specifically targeting their interactions with peroxyl radicals, due to the hydrogen transfer mechanism involved in the radical-scavenging reaction. They can inhibit the peroxidation of ingested lipids during the digestive process, preventing them from being oxidatively degraded before they have a chance to get into the bloodstream.

In studies that supplemented meals with grape seed proanthocyanidins, a significant reduction of postprandial plasma oxidative stress was shown. In one study, volunteers ate the same test meal containing an abundance of oxidized and oxidizable lipids without (control) or with 300 mg of grape seed extract (GSE), containing proanthocyanidins. Postprandial concentration of plasma lipid hydroperoxides increased only in the control group, and postprandial plasma antioxidant capacity increased only in the GSE supplemented group. Also, LDL showed increased susceptibility to oxidation following the control meal, but less susceptibility to oxidation following the GSE supplemented meal. Overall, these results strongly suggest that taking GSE with a meal can significantly enhance resistance to oxidative modification of LDL, which may reduce the risk of atherogenesis. In other studies, it was shown that even with a high cholesterol diet, proanthocyanidins can also inhibit lipid-laden foam cell deposition. This suggests that the inclusion of grape seed extract at meal time could help prevent the development of atheromatous lesions even under conditions of hypercholesterolemia.

Other studies show that proanthocyanidin flavonoids may inhibit the destruction of collagen structures, and support the integrity and health of the capillaries, thus supporting healthy circulation.

Because they can have a powerful effect in the digestive tract, the antioxidant effectiveness of proanthocyanidins is not dependent on bioavailability. However, they are water soluble and well absorbed, and are generally well tolerated.

Each capsule contains:	Grape Seed Extract (95% Total Polyphenols, containing 83% Oligomeric Proanthocyanidins)	100 mg
Note:	We adhere to the industry standard, which indicates that *Oligomeric proanthocyanidin* content is expressed as *total polyphenols* minus *monomeric polyphenols*.	
Other ingredients:	Cellulose, magnesium stearate.	
Suggested Use:	As a dietary supplement, 1-3 capsules one to three times daily with meals, or as directed by a healthcare practitioner.	

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