

But he adds, "An extract can help to ameliorate some of the effects. " Grape Seed Extract In human trials, grape seed extract has reduced cardiovascular risks among type 2 diabetics, improved the health of patients with nonalcoholic fatty liver disease, and reduced blood pressure and other risk factors for heart disease.



 [CLICK HERE TO SHOP ONLINE](#) 

## Grape Seed Extract vs Pycnogenol - Undersun Biomedtech Corp



Pycnogenol is a unique and proprietary extract of the bark of the French maritime pine, optimized for quality and results. It has more bioflavonoids than grape seed extract, which is a common source of proanthocyanidins. However, Pycnogenol is more expensive than grape seed extract, which is a common and lower-cost alternative.

## Grape Seed or Pine Bark Extract, Which Is Best? - Article

**4Life® Pine Bark Grape Seed Plus Capsules**  
**4Life® 松树皮葡萄籽胶囊**

- Loaded with antioxidants from pine bark and grape seed extract.
- Provides antioxidant support to promote total body wellness.
- With additional antioxidants from green tea, orange peel, acerola and turmeric.

*(This is a traditional product advertisement.)*

- Kaya dengan antioksidan dari kulit pokok pine dan ekstrak biji anggur.
- Memberi sokongan antioksidan untuk kesejahteraan keseluruhan.
- Kebaikan antioksidan tambahan dari ekstrak teh hijau, kulit oren, acerola dan kunyit.

*(Ini iklan produk tradisional.)*

- 结合了松树皮和葡萄籽萃取物的高抗氧化配方。
- 提供抗氧化的保护，以促进整体健康。
- 同时也提供了来自绿茶、桔皮、针叶樱桃和姜黄的额外抗氧化作用。

*(此为传统药物广告)*

**Green Tea**  
Teh Hijau  
绿茶

**Acerola**  
Acerola  
针叶樱桃

**Grape Seed Extract**  
Ekstrak Biji Anggur  
葡萄籽萃取物

**Turmeric**  
Kunyit  
姜黄

**Orange Peel**  
Kulit Oren  
桔皮

**Pine Bark**  
Kulit Pokok Pine  
松树皮

**4Life**  
TOGETHER, BUILDING PEOPLE™

**ForLife Research Sdn Bhd** Co. No. 575329-A, AIL No. 931508  
 Unit 5.02, 5th Floor, Amcorp Tower, 18 Jalan Persiaran Barat,  
 46050 Petaling Jaya, Selangor, Malaysia  
 Tel: (603) 7629 6800 Fax: (603) 7629 6888 / 1300 88 9986

**HALAL**  
MUI

KUALITI 2006/2015 MAL 100000021C

The potent properties of both Pycnogenol and Grape Seed Extract are their proanthocyanidins or flavan-3-ols contents that are normally found in fruits and vegetables. The reason why these chemicals are beneficial is their capacity in aiding vitamin C to work better for the brain.

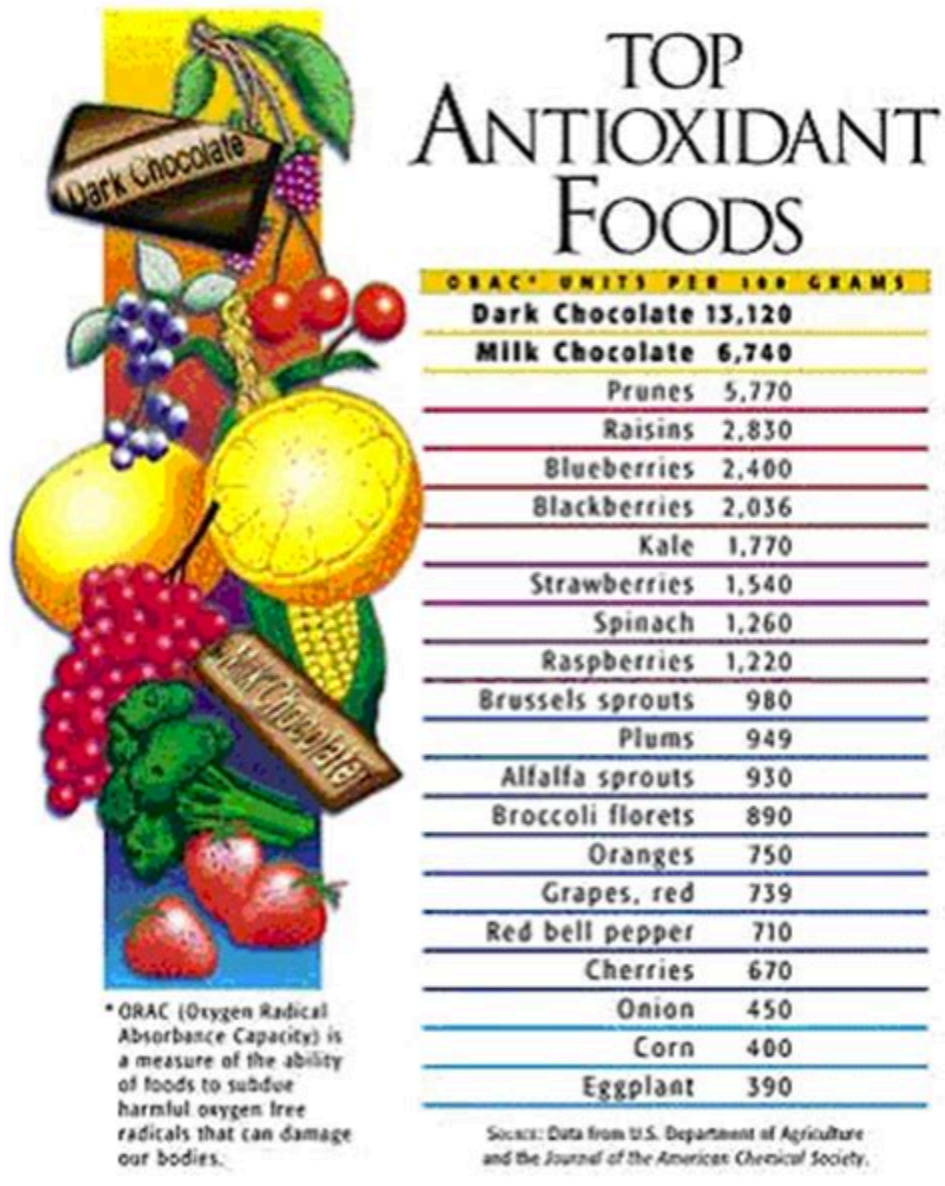
## **pycnogenol vs grape seed extract - greenskybio**



Learn the key differences between grape seed extract and pycnogenol, two natural compounds that are used to extract proanthocyanidins. Find out the benefits, uses, and advantages of each compound for various health conditions. Compare the extraction process, cost, and availability of these two sources of proanthocyanidins.



## Antioxidants to the Rescue - Better Nutrition



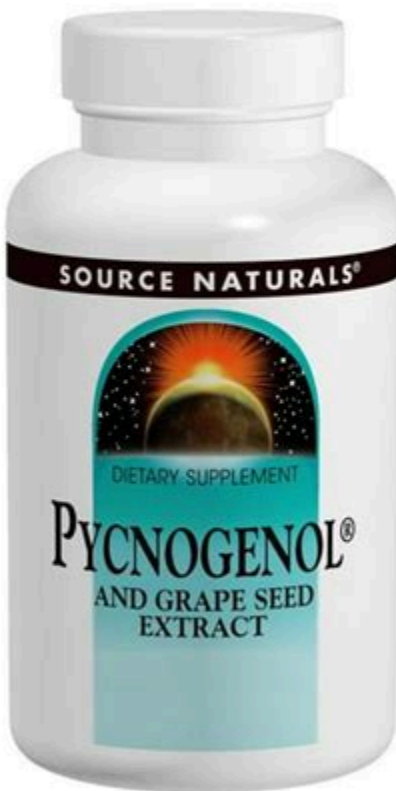
Pycnogenol Grape seed extract is commonly available as an oral capsule or aromatic oil. Health Benefits While more research is needed, some preliminary studies suggest that grape seed.

## Health Benefits of Grape Seed Extract - WebMD



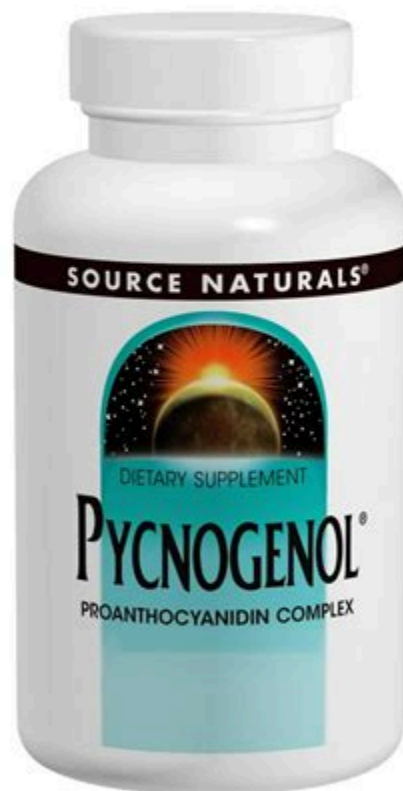
Pycnogenol is a patented formulation of Pine Bark Extract which is standardized to 65-75% Procyanidin compounds by weight. Procyanidins are chain-like structures consisted of catechins similar to some found in green tea (the green tea catechins that do not have 'gallate' in their names). Pycnogenol is similar to grape seed extract and cocoa polyphenols as those are the three most common .

## Pycnogenol versus grapeseed extract - are the . - Reddit



137 ₣ Posted 11 May 2009 - 07:35 PM Grapeseed should have the same benefits, although since the OPCs aren't identical, I suppose it's possible pynogenol has some asthma/allergies benefits on its own. Grapeseed & allergies: (Failed) ncbi. nlm. . pubmed/11926620 I also recall reading a grapeseed/asthma study that failed (forget the link).

## 32 Pycnogenol & Pine Bark Extract Benefits + Dosage



Takeaway What is Pycnogenol? Pycnogenol is the registered trademark brand name of French maritime pine bark extract. It's used as a natural supplement for several conditions, including dry.



## What is grape seed extract? Understanding its health benefits - MSN



### **Health Benefits Of Grape Seed Extract:**

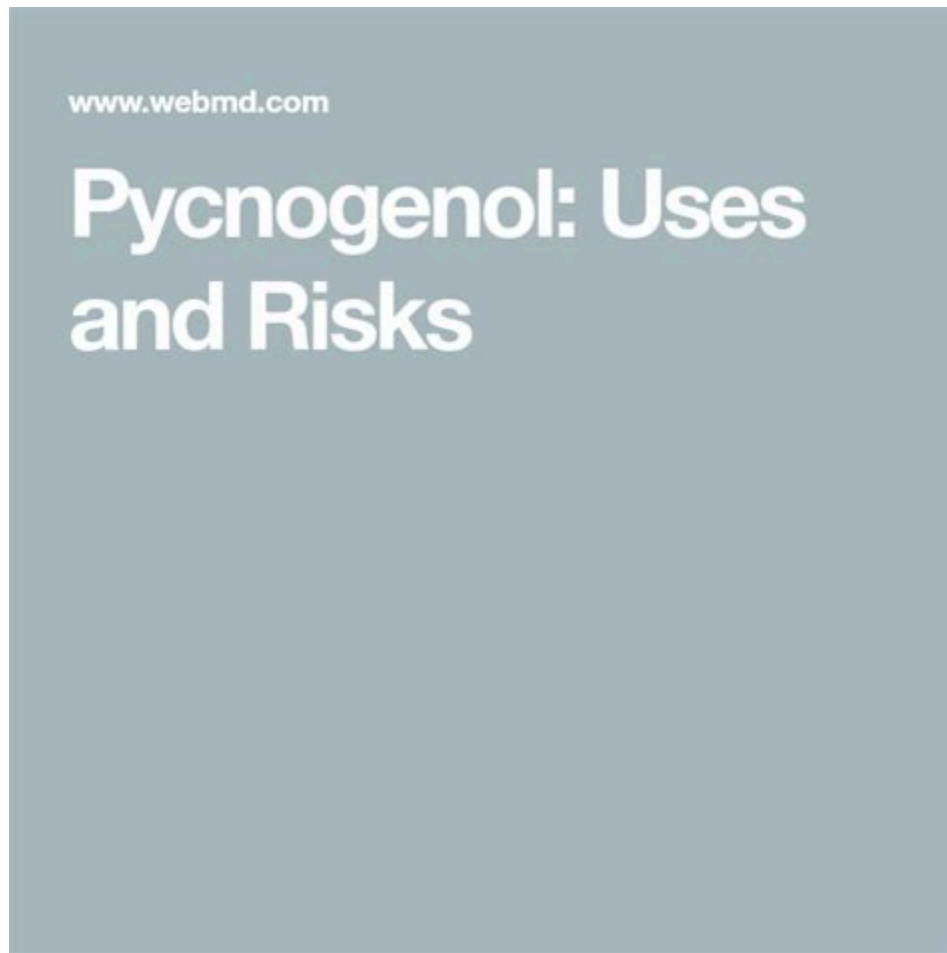
- *Treat Cardiovascular conditions*
- *Improve Blood Circulation*
- *Lower Cholesterol Level*
- *Overcome Injury*
- *Work Over Diabetes*
- *Prevent Cancer*
- *Prevents Wrinkle*

**IMAHERB**



Learn the differences between grape seed extract and pycnogenol, two natural compounds derived from pine bark and grapes, respectively. Find out how they can help with various health conditions, such as breast cancer, cholesterol, and infections, and their safety and potency.

## **Pycnogenol: Uses and Risks - WebMD**



However, both pycnogenol and grape seed extract have the exact same proanthocyanidins! Specifically, they have comparable total level of proanthocyanidins (74-78% for grape seed extract and 65-75% for pycnogenol) and they both contain procyanidin B1 (grape seed extract and pycnogenol citations for that claim) at, give or take, 5% total weight.

## Everything You Need to Know about Grape Seed Extract Supplements



Pycnogenol versus grapeseed extract - are the proanthocyanidins they contain meaningfully different? I see a lot of back and forth on this topic but never reached a definitive conclusion in my research.

### Grape Seed Extract vs Pycnogenol - Uses and Comparison



Pycnogenol is a patented form of pine bark extract with high levels of proanthocyanidins, a natural antioxidant and anti-inflammatory substance found in grape seeds and pine bark. Learn the benefits, sources, and differences of Pycnogenol and grape seed extract from this blog post by Nature's Farm.

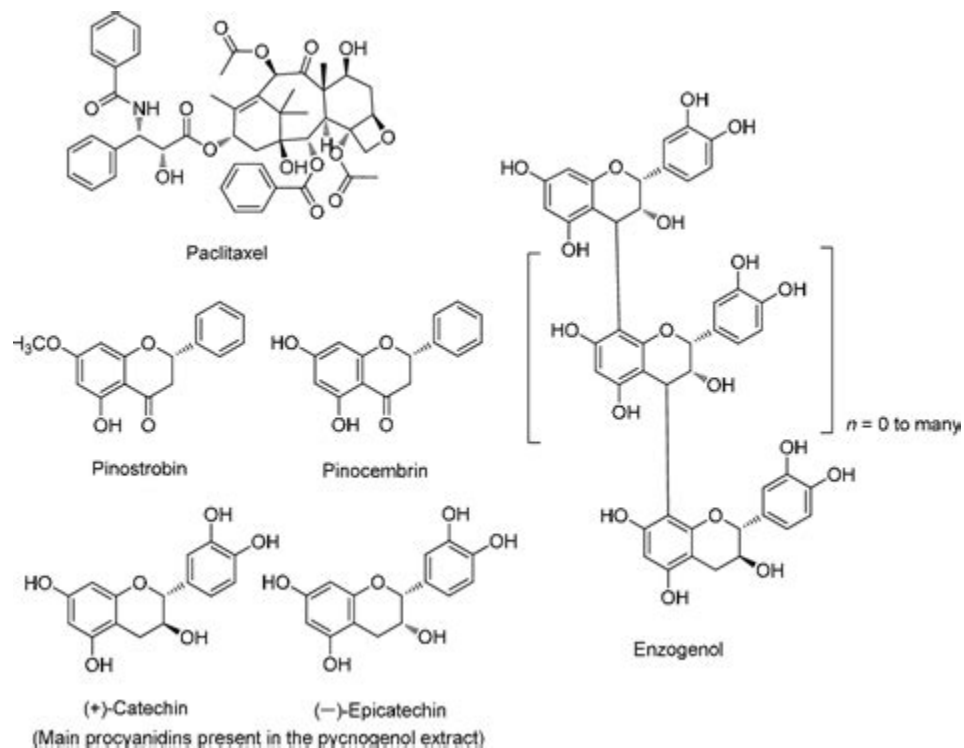
## The Rise of Pycnogenol (Pine Bark Extract): The Next Skincare Super .



Comparing the Benefits: Pycnogenol vs Grape Seed Extract When it comes to natural supplements, two substances that often come up for discussion are Pycnogenol and Grape Seed Extract. Both of these supplements are derived from plants and are known for their potent antioxidant properties. . pycnogenol vs grape seed extract 2023-09-28. Comparing .



## Natural Phytochemicals Derived from Gymnosperms in the Prevention and .



A forum thread where users discuss the benefits, cost, and comparison of pycnogenol, pine bark, and grape seed extract. Some users share their personal experiences, research, and sources of these natural extracts. The thread is from 2017 and may not be updated.

## **Pycnogenol, Learn The Truth About This Amazing Anti-Oxidant Here!**



Pycnogenol significantly improved the heavy feeling as well as the swelling. Forty patients were treated with either 600 mg chestnut seed extract a day or 360 mg Pycnogenol a day over a period of four weeks. Pycnogenol significantly reduced the swelling as well as the feeling of heaviness. Plus, it reduced total and LDL ("bad") cholesterol.

## 12 Benefits of Pycnogenol (Pine Bark Extract) According to Studies



What Is Pycnogenol? Pycnogenol is a patented extract of the French maritime pine bark (*Pinus pinaster*). It is standardized to contain 65-75% procyanidins, a class of polyphenols and flavonoids like those found in blueberries, wine, grape skin, citrus, and cocoa. Some research suggests that procyanidins may have antioxidant and anti-inflammatory .

# Pine Bark Extract

[www.imaherb.com](http://www.imaherb.com)



We Recommend Nutrition What Is the Difference Between Resveratrol & Grape Seed Extract? Health What You Should Know About Ginkgo Biloba and Blood Pressure Nutrition What Is the Difference Between Brahmi & Gotu Kola? Dosage You might take a dosage of pine bark extract or pycnogenol that provides 150 to 300 mg of OPCs per day, advises UPMC.

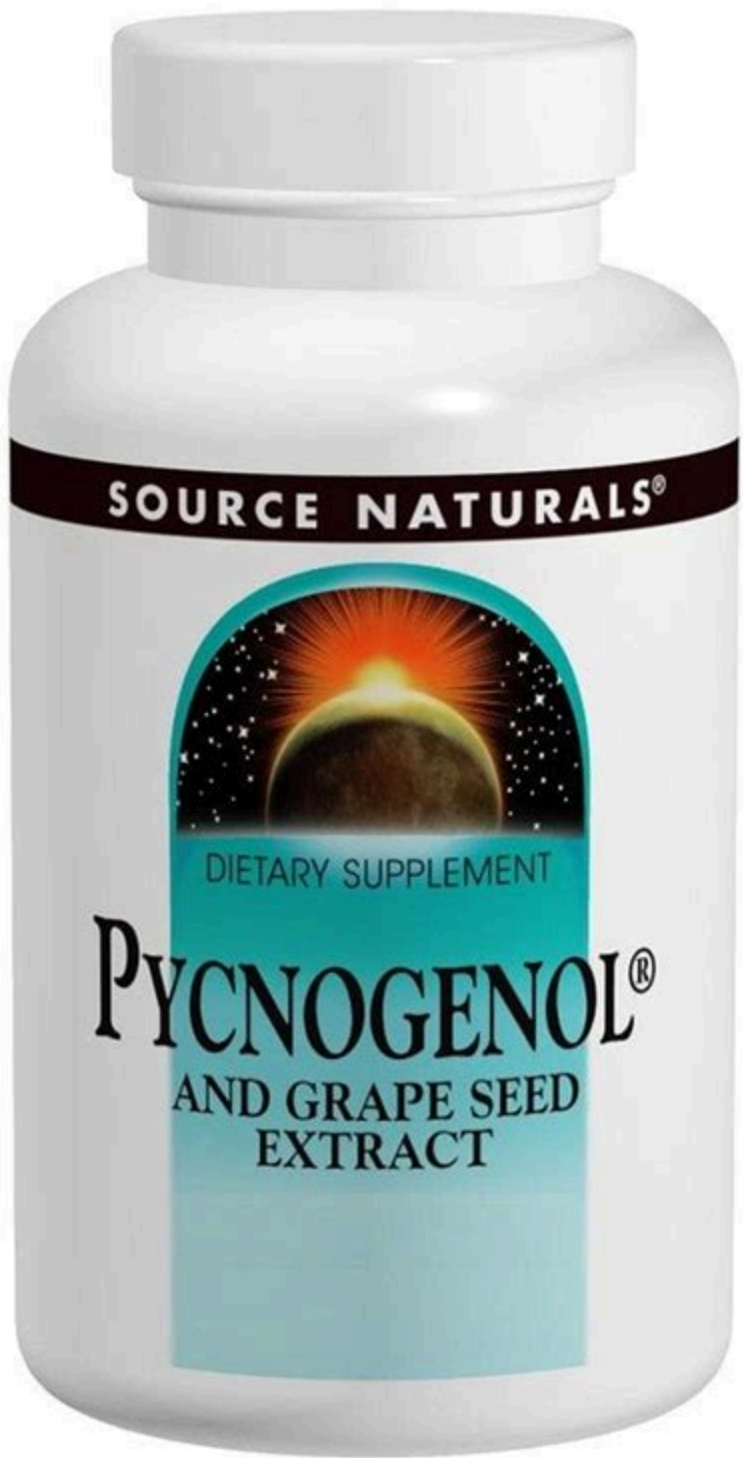


## Pycnogenol vs. Pine Bark Extract | livestrong



Pycnogenol®'s bioflavonoid concentration is 85% while that of grape seeds' stands is higher at 92% to 95%. The cost of the grape seed extract is also much cheaper. Pycnogenol vs. Grape Seed Extract. Some people have replaced their vitamins supplements totally with Pycnogenol®, thinking that it offers better protection. This is an incorrect .

## **pycnogenol vs grapeseed - Supplements - LONGECITY**



SOURCE NATURALS®



DIETARY SUPPLEMENT

**PYCNOGENOL®**  
AND GRAPE SEED  
EXTRACT

Pycnogenol is similar to cinnamon, grape seed extract, green tea, and cocoa bean polyphenols, which are the four most common sources of procyanidins. Procyanidins may play an important role in preventing and treating cancer . Procyanidins exhibit inhibitory effects on the proliferation of certain tumor cells in vitro and in vivo.

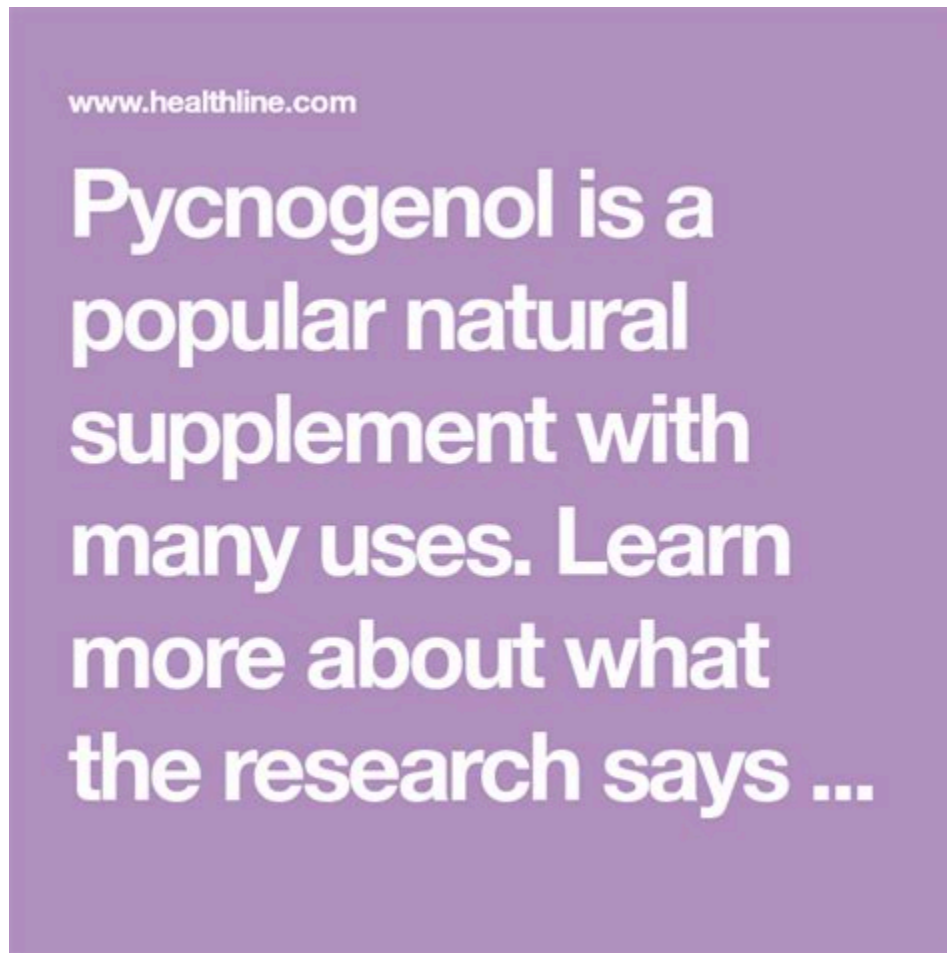
## Difference between Pycnogenol, Pine Bark Extract & Grape Seed - What .



The active ingredients in pycnogenol can also be extracted from other sources, including peanut skin, grape seed, and witch hazel bark. Pycnogenol is . as well as fluid retention, in people with circulation problems. Some people use horse chestnut seed extract to treat this condition, but using pycnogenol alone appears to be more effective .

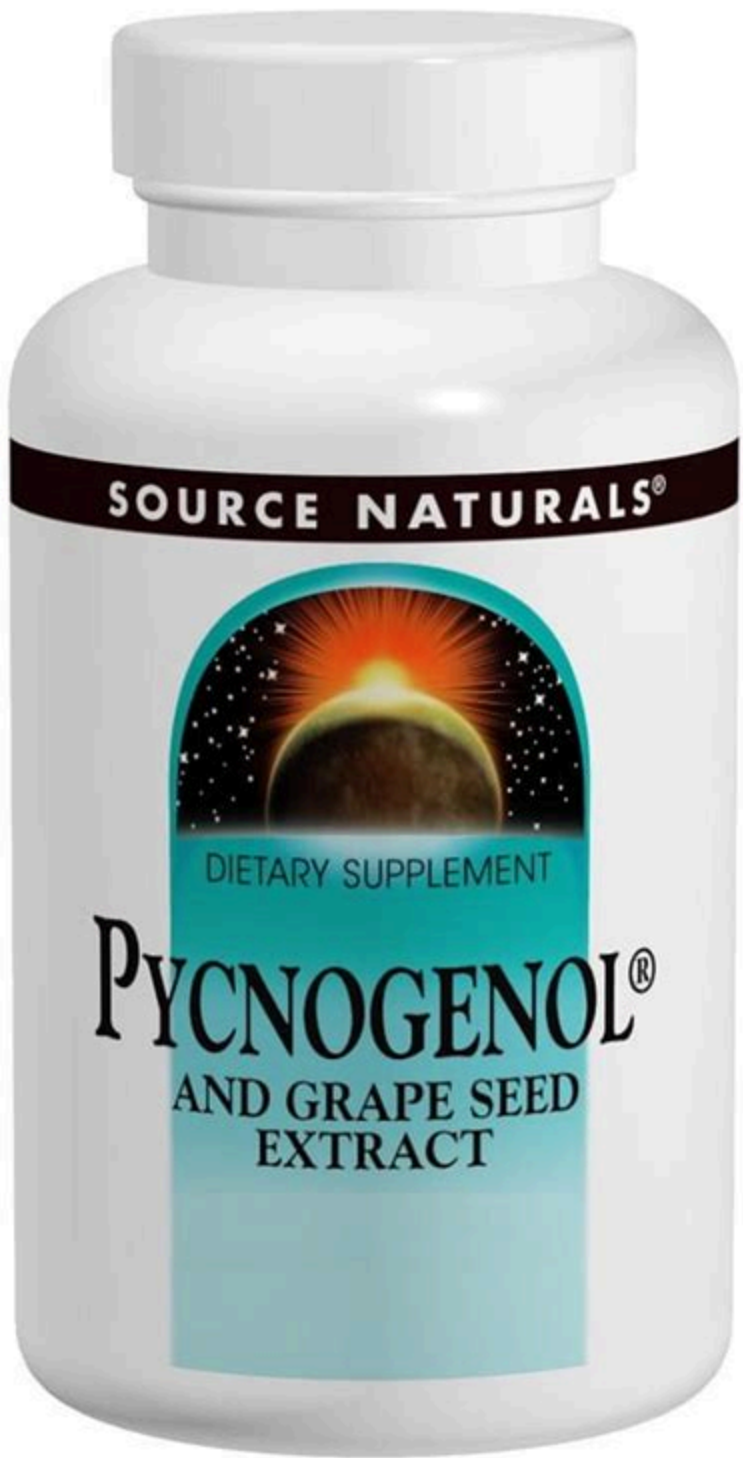


## **Pycnogenol: Skin, ADHD, Other Uses, Side Effects - Healthline**



Understanding its health benefits. Grape seed extract is a dietary supplement made from grape seeds, specifically those of red wine grapes. It is well-known for having a high concentration of .

**Is Pycnogenol the same as grape seed extract? - Dr. Pescatore**



SOURCE NATURALS®



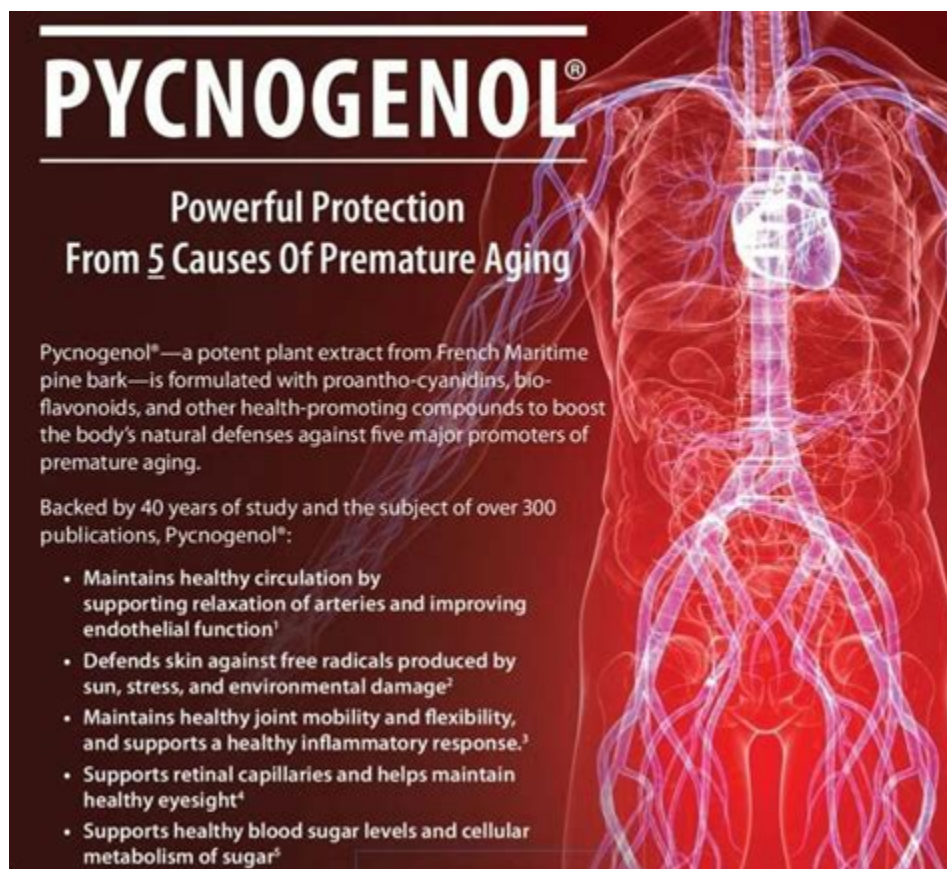
DIETARY SUPPLEMENT

PYCNOGENOL®

AND GRAPE SEED  
EXTRACT

The active ingredients in pycnogenol can also be extracted from other sources, including peanut skin, grape seed, and witch hazel bark. Why do people take pycnogenol? Pycnogenol seems to.

## Pycnogenol benefits, dosage, and side effects - Examine



**PYCNOGENOL®**

**Powerful Protection  
From 5 Causes Of Premature Aging**

Pycnogenol®—a potent plant extract from French Maritime pine bark—is formulated with proantho-cyanidins, bio-flavonoids, and other health-promoting compounds to boost the body's natural defenses against five major promoters of premature aging.

Backed by 40 years of study and the subject of over 300 publications, Pycnogenol®:

- Maintains healthy circulation by supporting relaxation of arteries and improving endothelial function<sup>1</sup>
- Defends skin against free radicals produced by sun, stress, and environmental damage<sup>2</sup>
- Maintains healthy joint mobility and flexibility, and supports a healthy inflammatory response.<sup>3</sup>
- Supports retinal capillaries and helps maintain healthy eyesight<sup>4</sup>
- Supports healthy blood sugar levels and cellular metabolism of sugar<sup>5</sup>

Much of the clinical with PCO-rich extracts has featured Pycnogenol® and proprietary grape seed extracts like Enovita®. Other versions of pine bark and grape seed extracts may provide similar benefits if they have a PCO content greater than 90%. . Miot LDB, Miot HA. French maritime pine bark extract (pycnogenol) in association with triple .



## Pycnogenol: Health Benefits, Side Effects, Uses, Dose . - RxList



Health Concern	Researched daily dosage of Pycnogenol
Joint Health	200 mg
Eye Health	150 mg
Vascular Health & Circulation	150 mg
Ear Health & Cochlear Blood Flow	150 mg
Cognitive Health	150 mg
Blood Pressure	150 mg
Skin Health	100 mg

Pine bark extract, often referred to by the trademark name Pycnogenol®, has been shown to reduce systolic blood pressure in people with mild hypertension. More. . Pine bark extract (often referred to by the trademark name Pycnogenol®) is high in the same polyphenols as grape seed extract—proanthocyanidins.

- <https://publiclab.org/notes/print/46887>
- <https://publiclab.org/notes/print/42260>
- <https://noti.st/toljagavrilovin/0legTH/anavar-met-winstrol-kuur>