

# OPC Grape Seed Extract

## Grape seed extract contains strong antioxidants

The grape has been described as "Good for muscle, bone, and longevity" since hundreds of years ago.<sup>[1]</sup> Grape seed extract is rich in Oligomeric Proanthocyanidins (OPC) which are a set of polyphenols and flavonoids. The antioxidant property of OPC is 20 times more potent than vitamin C and 50 times more potent than vitamin E and could help protect cells from free radical damages.<sup>[2]</sup>

Resveratrol is another polyphenolic compound found in grape seed. Its antioxidant and anti-inflammatory properties play a significant role in relieving symptoms caused by vascular insufficiency or inflammation.<sup>[1]</sup> Together, the fine constituents in grape seed extract could promote skin and eye nourishment and help protect the body from premature aging, disease, and decay.

## Benefits of Grape Seed Extract

### Skin Whitening Effect

Exposure of the skin to solar ultraviolet radiation (UVR) results in inflammation, oxidative stress, DNA damage, dysregulation of cellular signaling pathways.<sup>[3]</sup> It would also activate melanogenesis. These result in darkening and aging of the skin. Grape seed extract can provide photo-protection for the skin against UVR. Research has shown that OPC can improve skin cell viability, scavenge reactive oxidative species, adjust cell cycle, enhance DNA self-repair and inhibit dark pigment-producing enzymes.<sup>[4]</sup> Therefore, taking grape seed extract could help reduce dark spots, whiten and rejuvenate the skin.

### Strengthen Collagen Complexion

Collagen is an essential molecule to provide tissues and organs with tensile strength, form and cohesiveness.<sup>[5]</sup> OPC can increase crosslinking between collagen fibrils and stabilize the complex. In addition to improving skin elasticity, enhancing collagen crosslinking may help restore dental strength.<sup>[5]</sup>

## Maintain Cardiovascular Health

Epidemiological evidence links high antioxidant status with lower risk of degenerative disease in humans.<sup>[6]</sup> It has been found that reactive oxygen and nitrogen species are involved in the development of cardiovascular diseases such as hypertension, atherosclerosis, diabetes, cardiac hypertrophy, heart failure, and stroke. The strong antioxidant property of OPC could help prevent lipid peroxidation of LDL.<sup>[2]</sup> Together with its anticoagulating ability, OPC could help reduce the risk of artery blockage.<sup>[7]</sup>

## Nourish Your Eyes

Oxidative stress induced by hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) can irreversibly damage the lens epithelium in our eyes, resulting in cell death and cataract.<sup>[8]</sup> Both OPC and resveratrol can attenuate H<sub>2</sub>O<sub>2</sub>-induced oxidative stress and thus protect our eyes from oxidative damage.<sup>[8-9]</sup> OPC can also strengthen blood capillaries, improve blood circulation and hence promote nutrient supply to our eyes.<sup>[2]</sup>

## Relieve Liver Burden

Liver is responsible for detoxification and removal of harmful substances from our blood and exhaust from air we breathe in, e.g. alcohol, drugs, toxins. High cholesterol level in the body would increase the risk of liver diseases such as fatty liver disease and liver stones. Cholesterol is mainly eliminated from the body via conversion of cholesterol to bile acids while grape seed extract has been proven to increase bile acid excretion.<sup>[10]</sup> OPC could help reduce toxin production and enhance detoxification pathways in the body.<sup>[6]</sup>

## Maintain Oral Health

Oral diseases, including dental caries, periodontal disease, and tooth loss, affect the majority of the population and can affect a person's overall health. Plaque is frequently formed on teeth and gum surfaces. Plaque bacteria utilize the readily fermentable carbohydrates on tooth surfaces to produce acids, leading to enamel demineralization and tooth decay. Grape seed extract has been shown to increase mineral precipitation on root caries lesions and help stabilize collagen matrix of root dentin.<sup>[11]</sup>

## Relieve Allergies

Grape seed polyphenols may help reduce allergic responses by inhibiting enzymes involved in the release of histamine, a chemical responsible for inducing allergic reaction and inflammation.<sup>[2]</sup> It may help prevent hypersensitivity to pollens and food allergens.

## Improve Varicose Veins

Prolonged standing or sitting, as well as wearing close-fitting garments or tight footwear are common among people in developed countries. Restriction of body movement results in insufficient blood and lymph flow, leg swelling and even varicose veins. OPC can assist blood circulation, relieving discomfort of varicose veins and leg swelling.

## Recommended daily dose:

Adult: Take 1-2 Capsules daily

## Precautions:

If you are taking medication which may affect the ability of blood to clot, consult your doctor before taking this product.

## References:

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