

Oligomeric Proanthocyanidins(OPCs) Grape seed extract

Common Name: Grapeseed extract, pine-bark extract.

Location: Oligomeric proanthocyanidins are usually derived from grapeseed or pine bark.

Description: Oligomeric proanthocyanidins better known by the abbreviation (OPCs), are classified with flavinoids and are usually derived from grapeseeds or pine bark. They are also present in red wine, hops, and various flowers, leaves, fruits, berries, nuts, and beans, usually with high concentrations in skins, barks, and seeds. The way in which these versatile healing compounds are distinct from flavinoids is their simple chemical structure, which allows them to be readily absorbed into the bloodstream.

Properties: OPCs are very powerful antioxidants. Vitamin E defends against fat-soluble oxidants, and vitamin C neutralizes water-soluble ones, but OPCs are active against those types. They also help stabilize the walls of blood vessels, reduce inflammation, and generally support tissues containing collagen and elastin, and proteins found in cartilage, tendons, blood vessels, skin, and muscle.

Uses: Of all the herbs and herbal supplements, OPCs are the most useful in supporting vascular health. The beneficial effects of OPCs on capillary health results in relief of many neurological diseases and can prevent swelling and inflammation caused by allergic reactions. OPCs are popular for preventing heart disease, revitalizing aging skin, and reducing a tendency to bruise easily. OPCs stop histamine from causing swelling, inflammation, and pain in the soft tissues. Many allergy sufferers find that OPCs eliminate all noticeable symptoms of allergies, even in the middle of the allergy season. OPCs help to prevent blood vessel changes in the brain that can complicate Parkinson's disease and Alzheimer's disease. Attention deficit disorder and chronic fatigue syndrome studies suggest that OPCs help the brain to regulate its use of its excitatory neurotransmitters. This allows OPCs to act as antidepressants for people with ADD and also those with chronic fatigue syndrome without affecting their function in the rest of the body. OPCs are also known to be potent antioxidants. They interrupt the formation of oxygen free radicals and prevent damage to cell membranes. OPCs help deliver to the brain nutrients that are helpful for people with ADD, such as zinc, manganese, millenium, and copper. OPCs also relieve neurological symptoms by acting as antihistamines, thereby reducing the burden on the brain. OPC may be the ideal medicine for macular degeneration and or diabetic retinopathy. Grapeseed OPC's increase cracked capillary resistance in people with diabetes and/or high blood pressure. This also helps with swollen ankles, cuts and scrapes, lymphedema, nosebleed, tendonitis, and varicose veins. The antioxidant effects of OPC's have the ability to inhibit the initiation, promotion, and progression of cancer. Flavonoids and oligomeric proanthocyanidins are now known to be essential to health.

Doses: Pycnogenol, a pine bark extract can be taken in a dosage of 1 mg per day for each pound of body weight. If you experienced any signs of detoxification, such as congestion, fever, rash, diarrhea, headaches, irritability, or fatigue, you should increase the dosage more slowly.

Warnings: Grapeseed extracts are high in tannin and may interfere with iron absorption. You should not take these if you have anemia. If you're taking blood-thinning medication high doses of OPC's may pose a risk of excessive bleeding.