



— Your Trusted Source —

# Grape Pip

Introduced 1995



## What Is It?

Grape pips (seeds) are a superior source of unique flavonoids known as proanthocyanidins. These compounds have powerful antioxidant, vascular and visual support properties.\*

## Uses For Grape Pip

**Antioxidant Support:** Grape seed proanthocyanidins are among the most powerful antioxidants known in nature, as laboratory studies have shown these compounds to be 20 times more powerful than vitamin C and 50 times more powerful than vitamin E in antioxidant capability. Proanthocyanidins quench several types of reactive oxygen species, chelate divalent metals involved in catalyzing oxidative cascades, and moderate enzymes that generate reactive oxygen. This multidimensional effect enables excellent antioxidant protection.\*

**Vascular Health:** Proanthocyanidins have been shown to maintain healthy collagenase, elastase and hyaluronidase enzyme activity, supporting endothelial integrity. Research suggests that they also support healthy platelet function and blood flow. These actions have been shown to support vascular health.\*

**Visual Health:** Research indicates that proanthocyanidins support visual adaptation and performance, as well as antioxidant protection of the ocular tissue.\*

## What Is The Source?

Grape seed extract is derived from *Vitis Vinifera* seed and standardized to contain 92-95% polyphenols. The type of grape is sauvignon blanc. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber (100 mg strength only) is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends:

- Grape Pip 500 mg: 1 capsule daily, between meals.
- Grape Pip 100 mg: 1-3 capsules daily, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In research studies, grape seed extract has been associated with headache, abdominal pain, sore throat, nausea and cough, but these effects occur at rates similar to placebo. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Grape seed extract may be contra-indicated with blood thinning medications. Consult your physician for more information.

### Grape Pip 500 mg

each vegetarian capsule contains  V 00

grape ( <i>vitis vinifera</i> ) extract (seed) .....	500 mg
(standardized to contain 92% polyphenols)	
ascorbyl palmitate (fat-soluble vitamin C) .....	8 mg
other ingredients: vegetarian capsule (cellulose, water)	

**1 capsule daily, between meals.**

### Grape Pip 100 mg

each vegetarian capsule contains  V 2

grape ( <i>vitis vinifera</i> ) extract (seed) .....	100 mg
(standardized to contain 92% polyphenols)	
ascorbyl palmitate (fat-soluble vitamin C) .....	3 mg
other ingredients: vegetarian capsule (cellulose, water), hypo-allergenic plant fiber (cellulose)	

**1-3 capsules daily, in divided doses, between meals.**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.