



## Gratine

SynerPro Gratine with Protectors - Stock #1750-1 (90 tablets)  
Hi-Potency Gratine - Stock #1699-3 (60 tablets)

NSP's Gratine contains proanthocyanidins derived from both grape seed and Maritime pine bark extracts.

Proanthocyanidins (PACs) are considered a highly bioavailable, water-soluble class of flavonoids with unparalleled antioxidant ability. These nutrients are responsible for providing certain fruits and vegetables with their reddish-purple color. PACs have been found to be 50 times stronger than vitamin E and 20 times stronger than vitamin C as antioxidants. PACs are capable of crossing the blood-brain barrier and can remain in the bloodstream up to 72 hours to protect the brain and central nervous system against free radical damage.

Numerous clinical studies support the use of proanthocyanidins for treating microcirculatory disorders associated with varicose veins, improving both blood flow and venous appearance.

PACs help increase the intracellular levels of vitamin C and decrease capillary fragility and permeability, improving capillary integrity and preventing bruising. PACs also help strengthen red blood cell membranes. Other research shows PACs are an important component in the prevention of heart disease, particularly coronary thrombosis and early atherosclerosis. PACs have been found to inhibit the oxidation of LDL cholesterol in the bloodstream, which can lead to the formation of plaque along arterial walls.

PACs provide significant protection of collagen, the most abundant protein in the body. Collagen is the primary material in functional fluids, mucus linings, and connective tissues, including cartilage, ligaments, tendons, and the lining of blood vessels. PACs help secure collagen structures and prevent damage to collagen, thus helping to slow the appearance of aging in the skin and lowering the risks of skin cancer from sun-induced free radical damage.

Studies show PACs fight inflammation, reducing the pain of swollen joints and improving joint flexibility in arthritis and rheumatism sufferers. PACs have even been found to aid recovery for athletes undergoing strenuous workouts and competition.

With respect to vision, PACs help prevent capillary bleeding and the formation of floaters, and help reduce diabetic retinopathy.

Research shows PACs protect the liver and may also reduce the production of lipofuscin, a by-product of free radical damage to fats and proteins which can accumulate in the brain and heart, as well as in the skin causing "liver spots."

PACs enhance immunity and have been shown to reduce the frequency and severity of colds and allergies, especially hayfever, by countering histamine production in allergic responses. Research also indicates PACs may even help reduce the risk of cancer.

Extensive European research shows no adverse effects from proanthocyanidin supplementation, even after ten years of use.

**Grape seed** extract contains the most powerful proanthocyanidin of all, B2-3-0 gallate. Grape seed extract also yields specific antimicrobial, immuno-stimulating, and liver-protecting properties. Grape seed extract contains a concentration of 95% proanthocyanidins.

A controlled clinical study was conducted to determine the effects of grape seed proanthocyanidins on light vision, using a group of 100 participants with no ophthalmological disorders. Half the group was given 200mg a day of PACs for 5 weeks, while the other half received a control. Results showed that those taking PACs exhibited much greater resistance to glare than those in the control group. Researchers believe PACs provide improved retinal nutrition by increasing microcirculation.

Extracts from **pine bark** contain a rich supply of proanthocyanidins, as well as other water-soluble nutrients. Pine bark extract yields a concentration of 85% proanthocyanidins.

According to research conducted at the University of Nottingham, England, proanthocyanidins in pine bark extract help lower cholesterol. Other research indicates a single 100mg supplement of pine bark extract may improve the health of capillary wall membranes allowing them to absorb vitamin C, which in turn, increases their resiliency and integrity. This action not only helps prevent bruising, but also helps to improve circulation. One study showed a single 20mg supplement of pine bark extract improved vascular sensitivity by 82%.

Each tablet of **Grapine with Protectors** provides:

Proanthocyanidins (extracts of purple grape seeds & Maritime pine bark) - 20mg

Vitamin C - 60mg

Grape skin extract - 50mg

SynerPro Protector base

*Red grape skins* are rich in anthocyanins, nutritional compounds which are known to protect and strengthen collagen and help prevent oxidative damage to the cardiovascular system.

The *SynerPro Protector base* contains cruciferous vegetables, herbs and citrus bioflavonoids which supply additional antioxidant protection.

Each tablet of **High Potency Grapine** provides:

Proanthocyanidins (extracts of purple grape seeds & Maritime pine bark) - 60mg