Pycnogenol®
OPC Complex 300mg

Primary Care Nutritional Support for:
Peak vitality across multiple body systems
Free radical defense for overall healthy aging

UNIQUE PROPERTIES
Patient One Pycnogenol® OPC Complex 300mg is a potent super antioxidant formula comprised of multiple OPC’s (Oligomeric Proanthocyanidins)—powerful bioflavonoids that act as free radical scavengers in the human body and promote antioxidant activity and overall healthy aging. This highly absorbable formula features a network of clinically proven OPC antioxidant compounds with a diverse spectrum of demonstrated health and wellness support functions: promoting heart health, normalizing blood vessel diameter, protecting retinal capillaries, promoting clear respiration, encouraging healthy inflammatory response, supporting youthful and healthy skin, and more.

KEY INGREDIENTS

Pycnogenol®:
Pycnogenol, French maritime pine bark, is one of the most evidence-based natural ingredients in the world, with over 220 scientific publications on its safety and efficacy across a variety of areas of health. Often referred to as an OPC and considered a “Super Antioxidant,” Pycnogenol binds to collagen and elastin influencing endothelial nitric oxide production, which may promote healthy circulation as well as a vasodilation effect that may also support healthy blood pressure already within normal range. Pycnogenol is believed to help regulate the immune system and modulate the body’s inflammatory response while increasing skin elasticity and protecting against UV damage.

Mirtoselect®:
Another extensively studied OPC, Mirtoselect, standardized bilberry extract, provides 36% anthocyanins—antioxidants that act as potent scavengers of free radicals that have demonstrated a broad range of health and wellness benefits. Mirtoselect has been found to be an effective adjunctive therapy for retinal sensitivity and visual acuity, venous health, blood sugar stabilization and healthy inflammatory response.

Grapeseed Extract:
A unique extract standardized to 95% total Proanthocyanidins, Grapeseed supplies beneficial compounds and antioxidants from California-grown red and white wine grape seeds. By including lower molecular weight OPCs, bioavailability and absorption is improved—optimizing grape seed’s ability to stabilize blood vessels, promote circulation and influence blood pressure pathways.

PATIENT BENEFITS
- Reduces oxidative damage to vital tissues
- Supports endothelial function
- Increases nitric oxide production
- Promotes healthy cholesterol and blood sugar levels
- Inhibits inflammation and stimulates immunity
- Promotes joint mobility and flexibility
- Nourishes skin and rebuilds elasticity

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Red Wine Extract:
Red wine extract, standardized to 25% polyphenols, supplies additional high-potency antioxidants. Current evidence strongly supports the protective contribution of polyphenols in cardiovascular health conditions and osteoporosis and suggests their defensive role in neurodegenerative conditions and healthy blood glucose support.

Citrus Bioflavanoid Complex:
Citrus bioflavanoids are derived from fruits high in vitamin C. They appear to have strong antioxidant activity, which has been demonstrated in numerous in vitro and animal studies. Bioflavanoids’ antioxidant properties are thought to be particularly beneficial for capillary strength.

WIDE SPECTRUM BENEFICIAL EFFECTS OF OPC’S

 supplements for various health benefits:
- **Oxidative damage**
- **NO Production**
- **Visual Acuity**
- **Healthy Circulation**
- **BP already within normal range**
- **Risk of Cardiovascular Conditions**
- **HDL and LDL Cholesterol**
- **Capillary Strength**
- **Inflammatory Response**

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings Per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Pycnogenol® (French Maritime Pine Bark Extract) [Standardized to contain 65-75% procyanidins]</td>
<td>100 mg †</td>
</tr>
<tr>
<td>Grapeseed extract (Vitis vinifera) (inner core of fruit) [Standardized for 95% proanthocyanidins (47.5 mg)]</td>
<td>50 mg †</td>
</tr>
<tr>
<td>Red wine extract (Vitis vinifera) (skin) [Standardized for 25% polyphenols (12.5 mg)]</td>
<td>50 mg †</td>
</tr>
<tr>
<td>Mirtoselect® Bilberry fruit (Vaccinium myrtillus L.) Standardized ethanolic extract 36% of anthocyanins (18 mg)</td>
<td>50 mg †</td>
</tr>
</tbody>
</table>

Citrus bioflavanoid complex (50% total bioflavanoids (25 mg))
- Typical profile: (to equal 50% total bioflavanoids)
  - Flavanone (Hesperidin) 35% (8.75 mg)
  - Flavonones (Naringin, Naringenin 7-B-Rutinoside and others) 14% (3.5 mg)
  - Flavonoids, Flavones and related phenolic compounds 1% (0.25 mg)
- Daily Value not established

stiffness and impaired function, while their treadmill walking distance nearly tripled. Researchers concluded that Pycnogenol could help relieve discomfort and increase mobility in those with joint problems.17

REFERENCES

3. F. M. Campbell, P. F. Nicol, K. M. Moor, M. Crudiwan and N. Hoggard, Lower levels of damaged protein biomarkers in the plasma of overweight type 2 diabetic men following supplementation with a standardised bilberry extract. Proceedings of the Nutrition Society 2012, (71) (OCE2), E130

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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