



## A natural antioxidant

Bio-Pycnogenol tablets are based on a patented extract made from the bark of French maritime pine (*Pinus pinaster*). Bio-Pycnogenol contains a unique blend of water-soluble, naturally occurring bioflavonoids and fruit acids several of which are also powerful antioxidants. Bio-Pycnogenol is a dietary supplement without added nutrients.

### A very safe extract

Pycnogenol has been on the market for more than 40 years. The substance has been investigated in a wide range of scientific studies. Pycnogenol has been labeled GRAS (Generally Recognized As Safe) by independent toxicology experts. This means that it is regarded as completely safe for human consumption.

### EFSA

The European Food Safety Authority (EFSA) has preliminary approved that French maritime pine bark:

- *Pinus Pinaster* (French maritime pine bark) works as an antioxidant, helping to maintain good health by protecting cells from oxidative damage
- Pine bark extract (Pycnogenol) which supports good blood circulation



# Bio-Pycnogenol®

## Nutrient content per 2 tablets:

Ekstrakt af Pinus pinaster A. **2 tablets**  
80 mg

## Dosage

2 tablets daily.

Pycnogenol®i is a registered trademark owned by Horphag Research Ltd. and protected by U.S. Patent # 4,698,360.

## Content

90 tablets = 22 g.

## Pregnancy

Bio-Pycnogenol should not be taken during the first 3 months of pregnancy.

## Ingredients

Tablet filler: Microcrystalline cellulose  
Anticaking agent: Maltodextrine  
Extract of bark from French maritime pine (Pinus pinaster A.)  
Coating agent: Hydroxypropyl methylcellulose  
Anticaking agents: Tricalcium phosphate, magnesiumsalts of fatty acids

Dietary supplements should not replace a varied diet.

## Storage

Room temperature. Not in direct sunlight  
Keep out of reach of children.

*The ingredients in this product are not organically grown. The word "Bio" merely relates to the bio-availability or biochemical organic nature of the product.*



## What are bioflavonoids?

Bioflavonoids or flavonoids are a superior group of water soluble, so-called secondary plant substances containing flavone substances. They function as plant pigments and antioxidants. Bioflavonoids are found in fruit, vegetables, nuts, seeds, and roots. Bioflavonoids have various health properties similar to those of vitamins. This collective group of compounds were

formerly referred to as "vitamin P". The P stands for "permeability", or penetrability.

Ingestion of a sufficient amount of bioflavonoids is considered an important part of a healthy and varied diet.

## What is Pycnogenol?

Pycnogenol is made from the bark of French maritime pine with the Latin name Pinus pinaster. The trees are cultivated in a 2,5 million acre plantation in the South-western part of France. The wood is used for manufacturing furniture, and all trees that are cut down are replaced with new saplings, making the entire production fully sustainable. The loads of bark that is a waste product of the lumber production is used as a raw material to manufacture pycnogenol, which is extracted from the bark. It takes approx. 1000 kg of bark to produce 1 kg of Pycnogenol. It is important that the bioflavonoids are extracted from the bark within 48 hours after the tree is cut down. The fresh bark is pulverized and extracted with ethanol and water using a patented process. After being thoroughly cleansed, the raw extract is spray-dried and turned into a fine brown powder. The extract is then standardized to a 70% +/- 5% content of the active plant substances known as procyanidines.

There are many different types of bioflavonoids in pycnogenol, for example catechin, epicatechin, flavones and taxifolin. Pycnogenol also contains a variety of fruit acids, including caffeic acid, ferulic acid, gallic acid, coumaric acid and vanillic acid. Both bioflavonoids and fruit acids can be found in other fruits and vegetables, but not in a single plant and not in the same proportions.