



The Great Grape and Fine Pine, OPC Antioxidant Extracts, 3rd Edition

Tonita d'Raye

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Written in collaboration with Bert Schwitters, author of the extraordinary book OPC in Practice. Foreword by Stephen A. Levine, Ph.D., author of the textbook Antioxidant Adaptation. This easy-to understand, well documented booklet is a must read for all who are interested in improved health. The booklet provides excellent information about the super heroes that protect our cells and get rid of the bad guys in our body. Grape seed and pine bark extracts are bioflavanols known as oligomeric proanthocyanidins (OPC's) and are often referred to as Pycnogenols. OPC's are 50 times more potent than vitamin E and 20 times more potent than vitamin C as free radical scavengers. OPC has been documented to help with circulatory disorders, cerebral failure, cardiovascular problems, allergies, inflammation, and aging. A Quick Read Health Book.

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