

chapter suggest, the pine secret once held by intuitive cultures is now being validated by the cutting-edge science of our time.

That's because within French Maritime pine bark exists **Pycnogenol®**, a unique substance promising remarkable potential for positive health change. While this extraordinary nutritional secret has been hidden away throughout the eons, only showing glimmers of its health-enhancing power, Pycnogenol's moment to shine has finally arrived.



### ANCIENT WISDOM REVEALED

The presence of what is now known as Pycnogenol (pronounced “pick-NAH-jen-all”) can be traced far back to ancient civilizations. Pine bark has been considered a health-promoting substance for millennia, with therapeutic applications emerging in different parts of the world as history marched on:

- **4th Century B.C.:** Greek physician Hippocrates, known as the “Father of Medicine,” mentioned pine bark as a means to relieve inflammation.<sup>1</sup>
- **15th Century A.D.:** H. Minner, a Swiss pharmacist who compiled the *Thesaurus Medicaminum* in 1479, referred to pine bark as useful in healing wounds.<sup>2</sup>
- **16th Century A.D.:** German naturalist Hieronymus Boch suggested topical application of pine bark for skin ulcers and its general use in helping with skin disorders.<sup>3</sup>

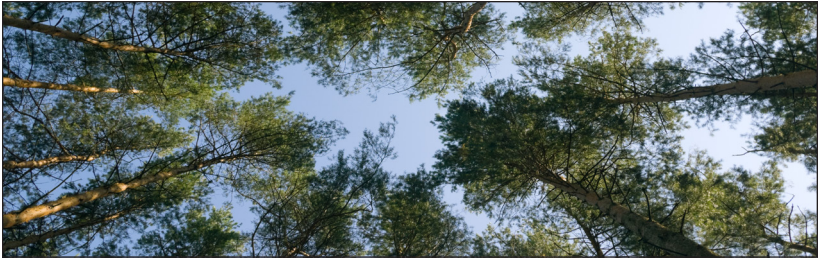
One of the most intriguing pine bark revelations is that these legendary health figures’ observations have turned out to be *incredibly accurate and far ahead of their time*.

### NEW WORLD DISCOVERY

In 1535 French explorer Jacques Cartier had a historic pine bark experience that catalyzed Pycnogenol's emergence in modern times. Caught in punishing Quebec snowstorms while following the Saint Lawrence River, Cartier and his malnourished crew came down with scurvy. Many died before local Iroquois introduced the crew to a tea prepared from the bark and needles of a native pine known as the “Annedda” or “Tree of Life.”<sup>4</sup> Upon drinking the concoction, Cartier and his remaining men recovered within days. This left a lasting impression on

the Gallic pioneer, who took notes on pine's beneficial properties.

Four centuries later, researchers at the University of Bordeaux in France came across Cartier's writings and were inspired to investigate pine bark. The researchers found that pine bark fit perfectly into their work with bioflavonoids (health-promoting plant pigments), especially the antioxidant bioflavonoid compounds known as oligomeric proanthocyanidins (OPCs). It was discovered that the **French Maritime Pine** (*Pinus maritima*), a tree found in serene forests along the coastlines of southwestern France, was rich with the beneficial plant compounds that saved Cartier and crew – and thus **Pycnogenol** came to be.<sup>5</sup>



### Did you know?

Originally, “Pycnogenol” was the scientific name for a class of polyphenols, but it now refers to a special patented blend of proanthocyanidins extracted from French Maritime Pine bark.<sup>6</sup> Modern-day Pycnogenol offers numerous advantages over pine bark concoctions of the past; including standardization (which ensures consistent levels of active ingredients) and advanced pharmaceutical-grade processing for purity and potency.

Ongoing research has revealed that Pycnogenol has far more nutritional value than originally anticipated. Experts now believe that Pycnogenol performs the following important biological actions within the human body:

- Considered a “Super Antioxidant,” Pycnogenol helps **protect against free radical damage**.<sup>7</sup>
- By influencing endothelial nitric oxide production, Pycnogenol may **promote healthy circulation**.<sup>8</sup>
- Pycnogenol is believed to help **regulate the immune system** and **modulate the body's inflammatory response**.<sup>9,10</sup>
- Pycnogenol **binds to** and **protects collagen and elastin**, helping bring its nutritional support to the skin, arteries, organs and connective tissues.<sup>11</sup>

With these four important biological keys, Pycnogenol may unlock peak vitality across multiple body systems, structures and functions, delivering support for heart health, cholesterol levels, healthy blood pressure maintenance, immunity, skin health, healthy aging and much more. Read on to learn about how one supplement can have such far-ranging influence on our well-being.