

# REPORT

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LOOK, FEEL AND LIVE BETTER

## **Pycnogenol® for Menopause Relief**

*Don't sweat it.  
Pycnogenol®  
has you covered*

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## Pycnogenol® for Menopause Relief

*Don't sweat it. Pycnogenol® has you covered*

**W**omen spend more than one-third of their lives in menopause and post-menopause. Today more than ever they are in tune with their bodies and take great care to manage their health as they navigate this life stage. Troublesome symptoms like hot flashes and mood swings, or yet even more serious issues such as heart disease are increasingly met with resistance by forging a healthy lifestyle through diet, exercise and scientifically supported supplements.

"Women experience a number of changes during menopause due to shifting hormones and lower levels of estrogen. Hot flashes, night sweats and fatigue can interfere with everyday activities. These symptoms can be severe and occur for several years as the body adjusts to the reduced level of estrogen. We know that fluctuating hormones can also contribute to increased risk of heart disease and it's important to take steps to manage that risk during menopause," said nationally renowned natural health physician and author, Dr. Fred Pescatore.

Peer-reviewed research shows that adding Pycnogenol® to your daily routine can help alleviate common symptoms at all stages of menopause while also reducing the risk factors associated with heart disease.

Recently, the extract was shown to normalize cardiovascular risk factors in perimenopausal women. Research published in *Minerva Ginecologica* reveals that daily supplementation with Pycnogenol® reduces perimenopausal symptoms and cardio risk factors such as high blood pressure. It is the first study to show the effects on cardiovascular risk markers including oxidative stress, homocysteine and C-Reactive Protein (CRP) levels. After 8 weeks of taking 100 mg of Pycnogenol® participants reported feeling significant relief of hot flashes, reduction of night sweats and mood improvement.

This new study builds on previous research conducted on hundreds of patients that shows the benefits of Pycnogenol® for minimizing common, disruptive symptoms of menopause including night sweats, hot flashes,

depression, anxiety and memory problems by supporting vascular relaxation, which allows the body to rid itself of excess heat. Pycnogenol® is safe, as it was demonstrated not to influence hormone levels in a study with 170 participating menopausal women.

**PYCNOGENOL®**  
FRENCH MARITIME PINE BARK EXTRACT  
WOMEN'S HEALTH  
BEST FRIEND

**PERIMENOPAUSAL AND MENOPAUSAL : SYMPTOMS**

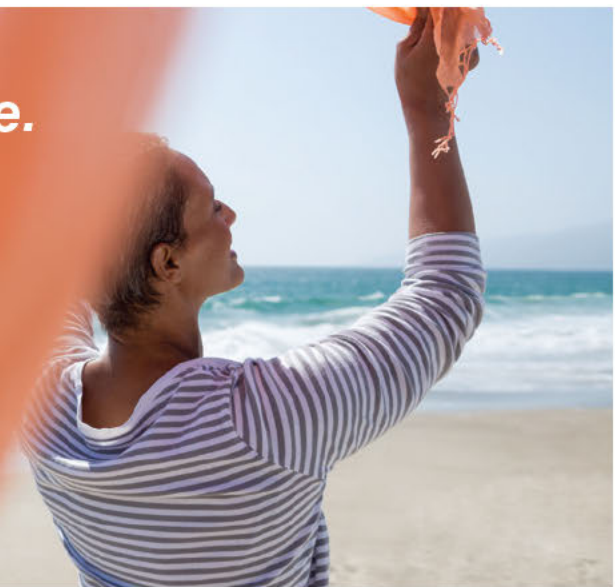
VAGINAL DRYNESS  
HOT FLASHES  
ANXIETY  
SLEEP DISORDER  
JOINT DISCOMFORT  
MENSTRUAL SYMPTOMS  
SKIN AGING  
CARDIOVASCULAR RISKS

**PYCNOGENOL® HELPS SOOTHE ALL SYMPTOMS WITHOUT ANY IMPACT ON HORMONAL LEVELS**

To view our entire new menopause infographic, visit [www.pycnogenol.com](http://www.pycnogenol.com)

*Pycnogenol® for the transition in life.*

MENOPAUSE



# product spotlight

## Development of Sports Nutrition Product Line

Spanish Pharma Company Kern has developed a line of sports nutrition products including **Finisher® Recovery** with Pycnogenol®.

**Finisher® Recovery** is delivered in a lemon-flavored powder that reconstitutes with carbohydrates for fast absorption and of prolonged effect, sodium, potassium and amino acids.

The formulation includes Pycnogenol® and vitamins B1, B6 and B12. Magnesium and vitamins B6 and B12 contribute to normal energy metabolism and help decrease fatigue. Magnesium and potassium contribute to the normal functioning of muscles. Pycnogenol® has been studied extensively for sports nutrition and was found to boost muscle performance, increase endurance, and hasten post-exercise recovery by alleviating cramping and muscle pain and stimulating blood flow to muscle tissue.



## Formula Focus on Menopause

From recently launched **Plagen Chung** in Korea, reformulating the already established product to focus more on the needs of menopausal woman.

The multifunctional product contains active ingredient Pycnogenol® (60mg/day), oil containing gamma linolenic acid, soy isoflavones and Vitamin E.

As a potent antioxidant, Pycnogenol® supports vascular relaxation, which enables the body to release excess body heat, mitigating the sensation of hot flashes and nighttime sweating women experience while undergoing menopause transition. The extract was also shown to significantly reduce cardiovascular risk markers including oxidative stress, C-Reactive Protein levels and homocysteine in perimenopausal women.



## Menopause Product from Korea

Chungho Nais introduces **Daily Queen Premium**, an innovative women's menopause product from Korea.

The formula contains active ingredient Pycnogenol® (60mg) in addition to 18 different plant extract ingredients. Multiple studies show Pycnogenol® reduces “climacteric symptoms” such as hot flashes, depression, panic attacks, cholesterol as well as other common symptoms associated with women entering perimenopause and menopause transition.



## Innovative Pycnogenol® Products Launched in Taiwan

Bioinventor has launched LeBonHertz™ branding series of innovative Pycnogenol® products in Taiwan including a children's chewable vitamin, an eye health formulation and skincare facial mask.

- **Pycno 100mg Pure Quick Coating Tablet and Pycno 50mg Full Time Plus Vegetarian Capsule** are both powerful and versatile antioxidant formulations backed by Pycnogenol®'s science portfolio of 140 clinical studies to support heart and circulation, joint health, eyes, diabetes and sports nutrition among other health benefits.
- **Pycno 25mg EZ-Take Chewable** offers a blueberry yogurt flavor and the antioxidant formula is designed to support children's health.
- **MIRTO 120mg Miro Light 360° Coating Tablet** is a proprietary eye health formulation that combines Pycnogenol® and Mirtoselect®, a standardized bilberry extract. Research has shown the ingredients work synergistically together to help protect vision and provide normal intraocular pressure support which helps maintain eye health and sight.
- **Pycno TIMELESS Bio-Cellulose Second Skin Face Mask (Age Defying)** is designed around Pycnogenol®'s multitude of topical beauty and skin care benefits including antioxidant and anti-inflammatory benefits and its ability to bind and protect collagen and elastin to help keep skin smooth and youthful looking.



## Unique Formulation to Help Relieve Cold Symptoms

**PROROYAL PROPO'RUB®** was launched by Laboratoires Phytoceutic in France to help relieve cold symptoms.

**PROPO'RUB®**'s unique formulation combines Pycnogenol® with propolis, vitamin C, Zinc and elderberry. Pycnogenol®'s anti-inflammatory and antioxidant efficacy has been shown to reduce the duration and severity of the common cold. Published research examining a combination of the Pycnogenol®, Vitamin C and Zinc resulted in shortening the average duration of cold symptoms by three days and eased primary symptoms. Propolis is a natural substance forged by bees from trees and a biological protector of the hive against external aggressions. Vitamin C and Zinc promote proper functioning of the immune system and Elderberry helps relieve common cold symptoms.



## Horphag Asia Hosts Customers



**H**orphag Asia welcomed more than 100 customers, researchers and partners from 12 countries to Yangon, Myanmar this spring for the 14th annual regional customer meeting.

The three-day meeting offered an overview and panel discussions on recent Pycnogenol® research and new vitality ingredient Robuvit®.

Pycnogenol® data was presented by distinguished speaker guests Dr. Gianni Belcaro of the University of Chieti-Pescara, Italy and Prof. Petra Högger, University of Würzburg, Germany. Dr. Belcaro presented

research on Pycnogenol® and muscle mass preservation and venous health while Prof. Högger led a discussion on joint health. Horphag Research science experts Prof. Peter Rohdewald, Dr. Frank Schonlau and Dr. Jeff Strong discussed research results on the Pycno Centella® product for management of atherosclerosis, Pycnogenol® and menopause . Horphag CEO Victor Ferrari led the meeting along with a productive session on the art of strategic selling.

Thanks to all who attended and we look forward to seeing you next year!



*In loving memory of our dear friend and colleague  
Pascal Walter*

## welcome

**G**reetings from Geneva! We are particularly excited to share some recent product launches and are energized by the emerging, versatile applications of Pycnogenol®.

On the women's health front, we continue to help navigate the challenges menopause presents, adding another significant study to our research catalog. The latest research focuses on the cardio-protective benefits of the extract.

We hope you stop by and visit during one of the upcoming trade shows this fall. We look forward to collaborating on new ideas and formulations.

Best Regards,

Victor Ferrari  
Chief Executive Officer  
Horphag Research

follow us on...



## featuring ...

PYCNOGENOL® FOR MENOPAUSE RELIEF

THE LATEST PYCNOGENOL® PRODUCTS

PYCNOGENOL® CORPORATE ANNOUNCEMENTS

Pycnogenol® French maritime pine bark extract, is a registered trademark of Horphag Research Ltd and is protected by U.S. patents #5,720,956 and #6,372,266 and other international patents.  
[www.pycnogenol.com](http://www.pycnogenol.com)