

REPORT

ISSUE 22 2013

LOOK, FEEL AND LIVE BETTER

Interview with spokesperson: Dr. Fred Pescatore

*“My Desert Island
Supplement”* From a
practitioner view...

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Pycnogenol®: My Desert Island Supplement

Dr. Fred Pescatore offers advice on his favorite botanical extract



We sat down with NYC internist and healthy living expert Dr. Fred Pescatore to get a sense of what he experiences daily with his patients and how Pycnogenol® fits in to the routine. Dr. Pescatore is a best-selling author of several books including *The Hamptons Diet and Asthma & Allergy Cure* and has been an advocate and spokesperson for Pycnogenol® for the last decade.

How did you first learn about the natural extract, Pycnogenol®? I first learned of the ingredient from the President of the company. I was lucky enough to be at a medical conference that we were both attending. He knew I was a doctor who specialized in complementary medicine and I was glad to hear all about Pycnogenol® from the person who knows it best.

In a sea of natural product choices, what has driven you to become an advocate of Pycnogenol® and work with the ingredient for more than 7 years? It's easy to work with an ingredient when it works, when it has research to back up what it says it does and especially when the company is keen to keep its product pristine – meaning, there is no contamination and it is grown in a pristine forest. And, because of the basic property of being a super antioxidant and its ability to work on collagen and elastin – the two building blocks of just about everything in the body – you have an ingredient that can be used in many areas of health.

What has been your favorite research discovery with the ingredient? There are so many that it is hard to choose just one. Because I travel so much, I would have to say that the fact Pycnogenol® can decrease the symptoms of jet lag is key.

In your opinion, what has been the most significant Pycnogenol® research news? The most significant, in my opinion, is in the reduction of blood sugar, some of the asthma research, its heart health benefits, skin and of course, PMS reduction – I guess that was more than one.

What Pycnogenol® health benefits do you seem to recommend most to your patients? I believe in Pycnogenol® so strongly that all of my patients are put on the product. Because it is *that* good, and good for so many things, I have developed an entire supplement line with Pycnogenol® as my star ingredient. In fact, Pycnogenol® is one of my desert island supplements. So, if I had to go to a desert island and could only choose five supplements that could go with me, Pycnogenol® would definitely be one of them.

What Pycnogenol® health benefits do your patients seem to seek out? The women always seek out the health and beauty benefits – anything to make them look and feel younger and more beautiful.

Do you have any patient testimonials that come to mind in your years working in your practice in relation to Pycnogenol®? I had a young patient who tried just about everything for her skin. She was a model and it was crucial for her to look good. She came to me as a last resort and all I needed to do was add Pycnogenol® to her already extremely healthy regimen and her skin cleared up within a week. No more dryness or patchiness.

What would you like to see researched in the future? There is already so much, but I would be interested in more cognition studies (although the one that was done heralded excellent news) and muscle recovery after exercise would be another nice one.

First Berry.En Skincare line with Pycnogenol®



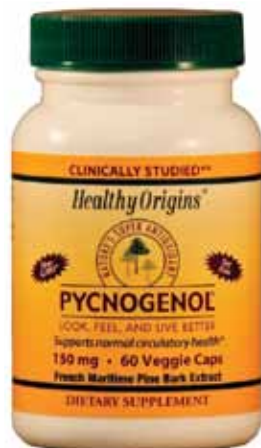
Berry.En launches its first innovative skincare line featuring Pycnogenol® available throughout Europe. The line boasts four skin nutrition products that truly pamper and protect the skin with luxurious moisture rich creams and gels.

Pycnogenol® Skin Nutrition Day Gel is a daily moisturizing gel cream for intensive hydration and protection against free radicals. Pycnogenol® protects the skin from daily pollution and stress and helps to rebuild elasticity essential for a smooth and young look. **Pycnogenol® Skin Nutrition Night Cream** is rich regenerating cream that boasts precious plant oils and natural antioxidants like Pycnogenol® to help the skin regenerate intensively from daily environmental stress. **Pycnogenol® Skin Nutrition Gel Serum** was designed as an intensive age defying serum that helps protect the skin and its structural proteins elastin and collagen. High concentrations of Pycnogenol® and a special paracress extract help to reduce fine lines and wrinkles upon regular application. **Pycnogenol® Skin Nutrition Eye Gel** provides intensive oil free eye care. Pycnogenol® protects the delicate eye area against free radicals and environmental stress.

Healthy Origins 150mg

Healthy Origins introduces the first 150mg Pycnogenol® dietary supplement in the United States. Available in a variety of bottle sizes including 30, 60 and 120 veggie capsules, the potent supplement dosage is convenient and eliminates the need to take it more than once a day.

Pycnogenol® supports heart and circulatory health and has more than 100 published clinical studies on its documented health benefits. It helps maintain healthy circulation by increasing vasodilation of blood vessels, consequently improving blood flow. Pycnogenol® is rich in procyanidins which may help provide protection from cell-damaging free radicals. Healthy Origins also offers a 30mg and 100mg per capsule Pycnogenol® product. For more information visit www.healthyorigins.com.



Nutriphyt Launches Fertility Line in Europe



Nutriphyt launches a new line of innovative fertility products in Europe to provide natural solutions for men and women suffering with infertility.

Fertility Woman is a duo pack comprised of two supplements, Improve® and Omarin®, designed to address factors needed for ovum quality and those necessary for optimal fertility levels.

The Improve® formula combines fatty acids DHA which is crucial for the integrity and fluidity of the ovum membrane with antioxidants like L-carnitine and coenzyme Q10, which together play an important role in cell energy production. Folic Acid and Zinc are added along with plant extract Maca for sexual function and 50mg of Pycnogenol®, proven to improve the peripheral blood saturation.

Omarin® is a fish oil supplement with a high concentration of the polyunsaturated omega-3 fatty acids EPA and DHA, the ideal source of omega-3 fatty acids for pregnant women.

Fertility Man is also a duo pack comprised of Qualisperm® and Linusit® and created to address sperm quality that is necessary for optimal fertility levels in men. Qualisperm® combines antioxidants astaxanthin and L-carnitine, together with coenzyme Q10 to play an important role in the energy production in sperm cells. B-vitamins are also important for energy production and Folic Acid and Zinc have been shown to significantly increase sperm concentration and morphology in sub-fertile men. Plant extract Maca increases sexual function and 50mg of Pycnogenol® is scientifically proven to improve sperm morphology.

Linusit® is a flax oil supplement containing both omega-3 and omega-6 fatty acids which have a positive correlation with sperm concentration and motility. For more information visit www.nutriphyt.be.

HORPHAG ASIA HOSTS CUSTOMERS

Horphag Asia's regional meeting welcomed a record 80 participants from 14 countries to Phuket, Thailand this past spring. The 11th annual meeting brought together customers and researchers for a 3-day session that highlighted Pycnogenol® science breakthroughs. Dr. Takafumi Kohama accepted the Charles Haimoff Award for his sixteen years of comprehensive and dedicated research contributions on Pycnogenol® in Japan. Horphag was awarded this honor in recognition of the extensive scientific and clinical research on Pycnogenol®, making it one of the most clinically-tested phytomedicinal ingredients in the world.

Pycnogenol® data was presented by distinguished speakers Dr. Gianni Belcaro of the University of Chieti-Pescara, Italy, Prof. Nobushiro Hamada of Kanagawa Dental College, Japan and Dr. Takafumi Kohama of Keiju General Hospital, Japan. Recent and new research in the fields of skin, women's health, endothelial function, dental health and cognitive function was reviewed.

Victor Ferrari, CEO of Horphag led the annual meeting, providing kickoff and closing remarks. Dr. Jeff Strong, director of scientific communications for Horphag Asia, led a discussion on Pycnogenol®'s skin care benefits.



Horphag Research 11th Regional Meeting

JW Marriott Phuket Resort & Spa
Phuket, Thailand
28th – 31st May 2013

NYC DINNER WITH FRIENDS

In May, SupplySide Marketplace provided the perfect backdrop for Horphag USA to assemble a group of customers, colleagues and media for a night out in the Big Apple. The evening included cocktails, conversation and dinner at Armani Restaurant, offering a taste of New York City nightlife. The event was a nice change of pace from the hustle and bustle of the trade show. Look for your invitation next year! We aim to make this an annual event in NYC.



*Left to Right:
Steven Lamm M.D.,
Mathias Greger,
Sebastien Bornet and
Frank Assumma*

new research

Pycnogenol® Reduces Metabolic Syndrome

A study published in *Phytotherapy Research* shows the effectiveness of Pycnogenol® supplementation in reducing risk factors associated with metabolic syndrome including waistline obesity, high cholesterol, high blood pressure and high blood sugar, when paired with a healthy diet and exercise. The results showed that all five risk factors of metabolic syndrome were significantly improved at three months with 150mg of Pycnogenol® a day and with further improvement at six months.

look
live
feel
better



Pycnogenol® Reduces Oxidative Stress in Smokers

A controlled study shows a low daily dosage of 50mg Pycnogenol® lowers plasma reactive oxygen metabolites in healthy smokers. The study published in *Minerva Medica* investigated healthy cigarette smokers over an eight-week period followed by two weeks cessation.



welcome

What an exciting year this has been for our company. Thank you for being part of the change, challenges and successes that have made our infrastructure and product stronger and our distribution wider.

We pause to spend some time with Dr. Fred Pescatore who has been instrumental in telling the Pycnogenol® story and share some of his experiences and thoughts on the ingredient.

I look forward to connecting with each of you during fall events and trade shows!

Best Regards,

A handwritten signature in black ink, reading "Victor Ferrari".

Victor Ferrari
Chief Executive Officer
Horphag Research

featuring...

PYCNOGENOL®: MY DESERT ISLAND SUPPLEMENT

THE LATEST PRODUCTS USING PYCNOGENOL®

PYCNOGENOL® REDUCES METABOLIC SYNDROME

PYCNOGENOL® REDUCES OXIDATIVE STRESS IN SMOKERS



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