Welcome

New research brings additional news enjoying outdoor physical activity. With this in mind, our Report will focus on open nutrition and new research on Pycnogenol® as it relates to camping and outdoor sports and tourism.

Commitment to science continues to be a priority and we are eager to share these new research studies with you at this time. This year also marks our first published clinical studies on Pycnogenol®, making it a banner research year.

Important news about Pycnogenol®’s science and products are reaching millions of people daily through increased media attention online, in print and through broadcast outlets. We continue to increase our investment in scientific research and innovative product solutions in order to communicate the scientific health benefits Pycnogenol® has to offer globally.

Best Regards,

Victor Ferrari
Chief Operating Officer
Horphag Research

New Research: Pycnogenol® Reduces ADHD Symptoms in Children

Venous Insufficiency

Sports Endurance and Nutrition

Research on ADHD Symptoms in Children and Relieving Chronic Venous Insufficiency

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PRODUCT SPOTLIGHT

Un Destino: The Un Destino all natural beauty line was launched by Japanese supermodel Yumi Sugimoto’s company. Office Aya, Aya Sugimoto is the face of the product line and celebrity spokesperson for the marketing campaign. She is famous for her movie and singing career and is a dancer, actress, and model.

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Stay Healthy, Active and Pain Free with Pycnogenol®

Yumi Sugimoto is a dancer, actress and model. She is famous for her movie and singing career and is a dancer, actress, and model.

Learn how Pycnogenol® provides health-beneficial ingredients like plant extracts, tocotrienols, vitamin E and hyaluronic acid.

Pycnogenol® in the Un Destino beauty line and they include an oral skin health and beauty supplement called Sublime, a drink supplement, tonifying face cream, and Himalayan cleansing gel, face and body soap and moisturizing lotion. Each beauty product contains Pycnogenol® for optimal antioxidant protection and other ingredients like plant extracts, tocotrienols, vitamin E and hyaluronic acid.

Pycnogenol® is a versatile antioxidant and has an abundance of skin and beauty health benefits. Studies have demonstrated that Pycnogenol® works as a collagen stabilizer by binding to collagen in the skin and maintaining elasticity.

NEWSBRIEFS

Horphag Asia Meeting

Customer Meeting Highlights: Horphag’s Asia customers.

New Research: Pycnogenol® Reduces ADHD Symptoms in Children

New Research: Pycnogenol® Naturally Decreases Severe Chronic Venous Insufficiency

PRODUCT SPOTLIGHT

Un Destino: Damas e™e® “Pycnogenol”

CORPORATE ANNOUNCEMENTS

Customer Meeting Highlights: Horphag Asia Meeting

Pycnogenol®’s all-natural sports nutrition and endurance benefits

Helps improve blood flow, blood pressure, and circulation, fights cramping, and extends endurance to enhance peak muscle performance in athletes.

See pg 2 Pycnogenol® For Sports Nutrition: Stay Healthy, Active and Pain Free with Pycnogenol®
for more information on stress can affect muscle tissue and possibly rupture muscle cells. Free radicals can lead to aging and degenerative health conditions. Additionally, oxidative stress can affect muscle tissue and possibly rupture muscle cells. According to research in Lyon, Pycnogenol® will significantly extend the mitochondrial function of muscle cells.

Physical exercise increases our body’s need for oxygen. The blood flow characteristics play a key role for oxygen supply to muscles, return of carbon dioxide to the lungs and delivery of heat to the body. Specific muscle function generates autonomic energy production and prevents build-up of lactate acid. Research in General Physiology and Biophysics demonstrated Pycnogenol®’s ability to improve blood flow characteristics, helping the body achieve peak muscle performance and integrity. Nitric oxide (NO), a blood gas enhancer blood flow and plays a key role for the vascular response to exercise. Pycnogenol® has the capacity to support vascular requirements during exercise and acceleration production of endothelial nitric oxide. If the body experiences insufficient production of NO, the blood flow is impaired. Additional clinical studies on Pycnogenol® have shown in vitro (in the test tubes, under laboratory conditions) that the extract
can increase vasodilation consequently improving blood microcirculation (1) and contribute to better oxygenation of skeletal muscle. This fact is essential to athletes and anyone involved in intense physical activities, which may be followed by symptoms of inflammation. In separate studies in 2006 and 2008, Pycnogenol® demonstrated its anti-inflammatory effects in a number of different animal models.

The link between Pycnogenol® and sports performance was first studied nearly 20 years ago at California State University. In a double-blind, placebo-controlled study, the athletes performed under controlled conditions on a treadmill with individual settings adjusted to 90% of a person’s maximum oxygen consumption to prevent too rapid exhaustion and reduce anaerobic metabolites. Results of the study showed a statistically significant increase of athletic endurance while taking Pycnogenol® as compared to endurance recorded from participants on the placebo group. Muscle cramping is a common problem for people of all ages, ranging from pregnancy to aging and degenerative health conditions. Additionally, oxidative stress can affect muscle tissue and possibly rupture muscle cells. According to research in Lyon, Pycnogenol® will significantly extend the mitochondrial function of muscle cells.

Researchers at L'Aquila University in Italy and at the University of Würzburg in Germany studied the effects of Pycnogenol® on venous disorders and cramping. The study consisted of 66 individuals who had experienced normal cramping at some point, had venous insufficiency, or were athletes who suffer from exercise-induced cramping.

The researchers found a significant decrease in the number of cramps. Participants experienced normal cramping at some point, had venous insufficiency, or were athletes who suffer from exercise-induced cramping.

According to the United States Centers for Disease Control (CDC), 7.6% of American children are diagnosed with Attention-Deficit Hyperactivity Disorder (ADHD) and 43% of children are taking medication for this disorder. Some types of medications used to treat ADHD have side effects and may have side effects. More families are seeking natural options to avoid the potentially dangerous side effects of prescription drugs. Past research on Pycnogenol® has demonstrated its positive effects on ADHD and a new study further explored the extract's ability to become a viable natural option for treating this disorder.

Recent findings published in the journal of Clinical and Applied Dermatology show a significant reduction of Leg ulcers due to venous insufficiency (CVI) in patients after supplementing with Pycnogenol®. Furthermore, a 2008 study showed Pycnogenol® may be even more effective in reducing long leg swelling (lymphedema), skin changes, pain, during swelling and healing legs than Daflon®, a combination of diosmin and hesperidin and a commonly prescribed drug used for CVI.

Researchers at Chulalongkorn University in Thailand conducted a double-blind, placebo-controlled study to assess the protective effect of Pycnogenol® on venous disorders and cramping. The study consisted of 66 participants who had taken Pycnogenol® supplemented with CVI and experienced decreased ankle swelling by 35 percent, while Daflon® experienced decreased ankle swelling by 10 percent, while Daflon®

Pycnogenol® treatment decreased ankle swelling by 10 percent. A composite score for edema including pain, restless legs, impaired visual coordination and visual fatigue. The results for motor-control and attentional improvement in these scores.

Participants who had venous insufficiency experienced a 40 percent reduction in the number of cramps, and athletes with frequent cramping experienced a 13 percent reduction in the number of cramps while taking Pycnogenol®. Participants with venous insufficiency experienced a 40 percent reduction in the number of cramps while taking Pycnogenol®. According to one of the lead researchers of the study Dr. Peter Rohdewald, Ph.D. one of the key benefits of Pycnogenol® is the ability to increase NO production and improve microcirculation to their muscle tissue.

A controlled study, Pycnogenol® helped reduce hyperactivity and improves attention, concentration, and self-esteem in children with ADHD (age 4-11 years) with ADHD.

Pycnogenol® treatment, there was a significant deep sleep in hyporesponsive and autism children compared to the scores at the start of the study. The results for motor- and attentional coordination and concentration showed a significant increase for participants who took Pycnogenol® after one month of the study compared to the start of the study. Participants who were part of the placebo group showed significant improvement in these scores.

The researchers found a significant decrease in the number of cramps. Participants experienced normal cramping at some point, had venous insufficiency, or were athletes who suffer from exercise-induced cramping.

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