

Customer Meeting Highlights



Horphag Research hosted its 4th annual regional meeting this spring in Phuket, Thailand May 23-26. The 4-day meeting agenda included a number of educational seminars and networking activities enjoyed by Horphag's Asia customers.

New Pycnogenol® studies were presented by researchers from around the world including Prof. Gianni Belcaro, Prof. P. Cisar, Dr. Liao Mei-Fen, Dr. T. Kohama, Prof. Dr. Petra Hogger, Prof. Dr. A. Matsumuri and Prof. Emeritus Peter Rohdewald. These esteemed researchers also provided an overview of innovative studies that are currently ongoing. Topics covered included science on Pycnogenol® for microcirculation disorders, osteoarthritis, climacteric syndromes in peri-menopausal woman, pregnancy pain relief, anti-inflammation action, and inflammation and healing of heart failure.

Attendees enjoyed social activities like golf and bungee jumping. We would like to extend our thanks to all of our Asia customers and guest presenters for making the meeting a success!

PRODUCT SPOTLIGHT

Un Destino



Un Destino: The Un Destino all natural beauty line was launched by Japanese superstar Aya 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.

There are six products containing Pycnogenol® in the Un Destino beauty line and they include an oral skin health and beauty supplement called Sabinna, a drink supplement, tonifying face cream, oil-free face

Aya Sugimoto visits the French maritime pine forest

cleansing gel, face and body soap and moisturizing lotion. Each beauty product contains Pycnogenol® for optimal antioxidant protection and other ingredients like placenta extract, tocotrienols, vitamin E and hyaluronic acid.

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



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Welcome

Summer weather brings additional time enjoying outdoor physical activities. With this in mind, our Report will focus on sports nutrition and new research on Pycnogenol® as it relates to cramping and muscle pain and recovery.

Commitment to science continues to be a priority and we are eager to share three new research studies with you in this issue. This year alone we have seven 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 our investment in scientific research and innovative product solutions in order to communicate the natural health benefits Pycnogenol® has to offer globally.

Best Regards, 
Victor Ferrari
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FEATURING...

THE LATEST UPDATES ON
PYCNOGENOL®:

SPORTS ENDURANCE AND NUTRITION

RESEARCH ON ADHD SYMPTOMS IN
CHILDREN AND RELIEVING CHRONIC
VENOUS INSUFFICIENCY

LATEST PRODUCTS FOR YOUR
CUSTOMERS

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ISSUE 6 2006

REPORT

LOOK, FEEL, AND LIVE BETTER

NEWSBRIEFS

Pycnogenol® For Sports Nutrition:

*New Research:
Pycnogenol® Reduces ADHD
Symptoms in Children*

*New Research:
Pycnogenol® Naturally
Decreases Severe Chronic
Venous Insufficiency*

PRODUCT SPOTLIGHT

*Un Destino
Derma e®
Iklen® Pycnogenol®*

CORPORATE ANNOUNCEMENTS

*Customer Meeting Highlights:
Horphag Asia Meeting*



Learn how Pycnogenol®'s all-natural
**sports nutrition
and endurance
benefits**

helps improve blood flow, blood pressure, and circulation, fights cramping, and extends antioxidants to achieve peak muscle performance in athletes.

See pg.2 Pycnogenol® For Sports Nutrition:
*Stay Healthy, Active and Pain free With
Pycnogenol®*



PYCNOGENOL®
LOOK, FEEL, AND LIVE BETTER



PYCNOGENOL® FOR SPORTS NUTRITION

Stay Healthy, Active and Pain Free with Pycnogenol®

From World Cup professional level soccer to the neighborhood soccer game, the benefits of continued physical activity provide a feeling of overall good health to everyone. It is important to take proper care of your body and listen to what it is saying. Incorporating Pycnogenol® into your daily routine lends many health benefits for sports nutrition. There are several important ways Pycnogenol® helps our body adjust to physical activities and strenuous exercise.

First, Pycnogenol®'s super-antioxidant properties make it ideal to fight dangerous effects of free radicals as a result of exercise which demands excess energy from the body. 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 *Lipids*, Pycnogenol® will significantly extend the antioxidant network in a performing athlete.

Physical exercise increases our body's need for oxygen. The blood flow characteristics play a key role for oxygen supply to muscle, return of carbon dioxide to the lungs and delivery of lactic acid to the liver. Only sufficient muscle oxygenation warrants aerobic energy generation and prevents anaerobic build-up of lactic 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, enhances blood flow and plays a key role for the vascular response to exercise. Pycnogenol® has the capacity to support vascular requirements during exercise and accelerates 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 its ability to **1)** relax constricted arteries, significantly enhancing vasodilation **2)** increase vasodilation consequently improving blood microcirculation **3)** and contribute to better oxygenation of skeletal muscle. All of these activities lead to enhanced NO production and an increase in vasodilation which normalizes blood pressure.

Strenuous exercise is known to involve muscle damage which may be followed by symptoms of inflammation. In separate studies published this year and in 2004 and 2005, Pycnogenol® demonstrated its anti-inflammatory effects in a number of clinical trials.

The link between Pycnogenol® and sports endurance was first studied several years ago at California State University. In a double-blind, placebo-controlled, crossover study design, recreational athletes were supplemented with either Pycnogenol® or placebo for 30 days and were then crossed over to the other group for an additional 30 days. The athletes performed under controlled conditions on a treadmill with individual settings adjusted to 85%

of a person's maximum oxygen consumption to prevent too rapid exhaustion and reduce anaerobic metabolism. Results of the study showed a statistically significant increase of athlete endurance while taking Pycnogenol® as compared to endurance recorded from participants taking the placebo.

Muscle cramping is a common problem for people of all ages, ranging from the most fit to people who suffer from health problems. An increase in physical activity can lend itself to sore muscles and fatigue which can take several days to subside.

A new study published in *Angiology* shows that supplementation with Pycnogenol® improves blood flow to the muscles which speeds recovery after physical exercise. The study demonstrated that Pycnogenol® significantly reduces muscular pain and cramps in athletes and healthy, normal individuals. Poor circulation in the muscle is known to cause cramps and Pycnogenol® improved the cramping in patients due to a stimulation of blood flow to their muscle tissue.

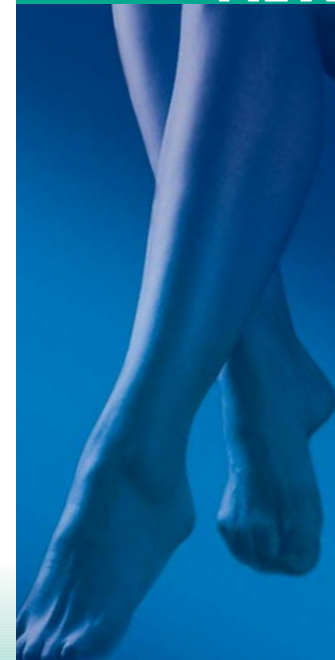
Researchers at L'Aquila University in Italy and at the University of Würzburg in Germany studied the effects of Pycnogenol® on venous disorders and cramping. The study consisted of 66 participants who had experienced normal cramping at some point, had venous insufficiency, or were athletes who suffer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

The researchers found a significant decrease in the number of cramps participants experienced while supplementing with 200 mg of Pycnogenol® once a day for four weeks. Participants who had experienced normal cramping had a 25 percent reduction in the number of cramps experienced while taking Pycnogenol®. Participants with 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 on Pycnogenol®.

According to one of the lead researchers of the study Dr. Peter Rohdewald, the findings indicate that Pycnogenol® can play an important role in sports by improving blood flow to the muscles and hastening post-exercise recovery. This is great news to the millions of athletes worldwide and extremely significant for all individuals interested in muscle cramp and pain relief with a natural approach.

As new research breakthroughs on Pycnogenol® for sports nutrition continue to be discovered, the findings thus far seem to indicate that Pycnogenol® plays an important role for sports nutrition. Currently there are sports drinks and sport supplements available worldwide with Pycnogenol® as an active ingredient and more are in development.

NEW RESEARCH:



Pycnogenol® Naturally Decreases Severe Chronic Venous Insufficiency

Recent findings published in the journal of *Clinical and Applied Thrombosis/Hemostasis* show a significant symptom reduction of chronic venous insufficiency (CVI) in patients after supplementing with Pycnogenol®. Published results from this study showed Pycnogenol® to be more effective in reducing edema (leg swelling), tight calves, skin alterations, pain during walking and swelling limbs than Daflon®, a combination of diosmin and hesperidin and a commonly prescribed drug used to treat CVI.

Researchers at L'Aquila University in Italy conducted a comparative analysis by supplementing 86 patients with severe CVI with Pycnogenol® and Daflon®.

After eight weeks of treatment, patients who supplemented daily with Pycnogenol® experienced decreased ankle swellings by 35 percent, while Daflon®

treatment decreased ankle swelling by 19 percent. A composite score for edema including pain, restless legs, feeling of heavy swollen legs, and skin alterations was found to be decreased with Pycnogenol® by 64%, whereas Daflon® was only half as effective.

According to Peter Rohdewald, Ph.D. one of the researchers of the study, Pycnogenol® has demonstrated its efficacy and safety in several clinical trials and symptoms of CVI have been reduced significantly by Pycnogenol® in controlled studies. Rohdewald added that he was pleased to see that not only did Pycnogenol® decrease CVI symptoms, but the results were significantly more successful than the prescription drug used for treating CVI.

Visit www.pycnogenol.com for more information on Pycnogenol® for CVI.

According to the United States Centers for Disease Control and Prevention (CDC), 7.8% of American children are diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and 4.3% of children are taking medication for this disorder. Some types of medications used to treat ADHD may be addictive and may have some side effects. Many 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 explores how the extract is becoming a viable natural option for treating this disorder.

The June 17 edition of the journal of *European Child & Adolescent Psychiatry* shows a significant reduction of ADHD symptoms in children after supplementing with Pycnogenol® everyday for one month. In the randomized, double-blind placebo-

controlled study, Pycnogenol® helped reduce hyperactivity and improve attention, concentration and motor-visual coordination in 61 children (average age 9½ years) with ADHD.

kilogram of body weight, on a daily basis each morning, for one month.

After one month of Pycnogenol® treatment, there was a significant drop in hyperactivity and inattention

compared to the scores at the start of the study. The results for motor-visual 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 no significant improvement in these scores.

Dr. Peter Rohdewald, Institute of Pharmaceutical Chemistry at Germany's University of Munster and one of the authors of the study, said the findings are especially notable for parents who are concerned about overmedicating children diagnosed with ADHD.

He notes the results of this study show Pycnogenol® may serve as a safe, effective treatment for children diagnosed with ADHD.

For more information on the ADHD study, we invite you to visit www.pycnogenol.com.



NEW RESEARCH:

Pycnogenol® Reduces ADHD Symptoms in Children

Forty-one patients from the Department of Child Psychology at the Children University Hospital in Slovakia received Pycnogenol® and 16 received placebo. Participants in the Pycnogenol® group received 1 mg of Pycnogenol® or placebo for every

compared to start of the study and placebo in both the Child Attention Problems scale (CAP) and the Connor's Teacher Rating Scale (CTRS) results. The Connor's Parent Rating Scale (CPRS) results also showed a decrease in hyperactivity

saving it from destruction. This action helps keep the skin firm and prevents wrinkles. It also improves microcirculation of tiny skin capillaries which help support better oxygen, nutrient and hydration supplies to the skin.

Derma e® Eye Lighten Dark Circle Cream

Derma e® Eye Lighten Dark Circle Crème: Derma e® bodycare company adds an all natural eye crème to their Basics Collection. Available throughout the United States, Eye Lighten Dark Circle Crème with Pycnogenol® was formulated with herbal extracts and antioxidants to



diminish the appearance of dark circles, reduce puffiness, and restore skin health to the delicate skin around the eyes

The eye crème's exclusive silky, soft formula is a unique blend of botanicals including yarrow, horse chestnut, ginkgo biloba, witch hazel and eyebright extracts to help strengthen leaky capillaries and reduce swelling and inflammation. Two powerful antioxidants,

Pycnogenol® and green tea extract, protects skin structures from free radical damage and support healthy circulation. The crème also hydrates, leaving skin around the eye brighter and radiant.

Iklen® Pycnogenol®



Iklen® Pycnogenol®: Iklen®

Pycnogenol® is a revolutionary skin lightening food supplement recently introduced by Merck. Exclusively available in France, Iklen helps reduce photo-aging and the appearance of brown spots. Active ingredients in the product are Pycnogenol®, Vitamin C and E, borragé oil, primrose and colza oils.

According to clinical research on Pycnogenol®, the botanical extract helps reduce the appearance of brown spots for clearer, spot free skin. Additional research on Pycnogenol®'s photo-aging properties

demonstrates its ability to increase skin photo protection by inhibiting inflammation which occurs in response to environmental factors like ultraviolet (UV) light exposure. The essential oils in Iklen help restore skin flexibility and tonicity.

Merck recommends taking one or two caplets a day for optimal results either alone or in association with a dermatological treatment.