As we begin a new year we reflect on the accomplishments and challenges encountered last year and look to reach even greater heights in 2008.

We recently came together to celebrate the 20th anniversary of Pycnogenol® in North America and our 200th scientific publication, milestones we’re proud to share with our customers.

The newsletter discusses new research breakthroughs with ADHD, perimenopausal symptoms and nitric oxide production and profiles unique product formulations recently introduced worldwide. All serve as reminders and incentives for us to continue our commitment to research and development of Pycnogenol® as the gold standard ingredient in the industry.

We look forward to a prosperous and busy 2008 with our esteemed partners.

Best Regards,

Victor Ferrari
Chief Operating Officer
Horphag Research

Pycnogenol® is a registered trademark of Horphag Research Ltd and is protected by U.S. patents #5,720,956 and #6,372,266. WWW.PYCNOGENOL.COM

CORPORATE ANNOUNCEMENTS

HORPHAG ANNUAL MEETING & PETER ROHDEWALD’S RETIREMENT PARTY

Last year’s Horphag Research fall meeting was held in Geneva and its purpose was two-fold. The business meeting in Geneva brought all of our global offices together to provide reports on the recent and strategic plans for 2008. Several days of festivities in Gstaad, Switzerland served as a retirement celebration for our esteemed colleague Peter Rohdewald, Ph.D. It brought together Peter’s family, friends and colleagues to celebrate over 25 years with Horphag Research.

Prof. Peter Rohdewald has been a significant influence on the impact and study of Pycnogenol®. He is a renowned professor and was instrumental in creating research programs for Pycnogenol® and its versatile applications and worked to share the scientific findings with colleagues, scientists and the public around the world. He developed the first quality control for the ingredient and advanced analytics and production methods of Pycnogenol®. His dedication to Pycnogenol® and quest for new knowledge is one of the driving forces behind its explosive growth.

Thank you Peter for all of your years of service.

PYCNOGENOL® CELEBRATES 20 YEARS IN NORTH AMERICA

The SupplySide West show in Las Vegas, Nevada last November was the perfect setting to celebrate Pycnogenol®’s 20th Anniversary in North America and its 200th scientific publication.

Hundreds of attendees, customers, friends and media contacts stopped by the NHS booth for a glass of Veuve Clicquot champagne to celebrate and share in these milestones. We would like to extend a special thank you to the industry and take time to reflect on the exceptional growth and success all made possible by the support from our valued partners. NHS proudly remains committed to our science-based roots and looks forward to a future of continued growth, applications and development programs with our worldwide partners.

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PYCNOGENOL® FOR COGNITIVE FUNCTION

FEATURE ARTICLE: PYCNOGENOL® FOR COGNITIVE FUNCTION

PYCNOGENOL® REDUCES PERIMENOPAUSAL SYMPTOMS
PYCNOGENOL® BOOSTS NITRIC OXIDE (NO) PRODUCTION

See pg. 2

NEWSBRIEFS
New Research: Pycnogenol® Reduces Perimenopausal Symptoms
New Research: Pycnogenol® Boosts Nitric Oxide (NO) Production

PRODUCT SPOTLIGHT
Clarins L-Skincare

CORPORATE ANNOUNCEMENTS
Horphag Annual Meeting & Peter Rohdewald’s Retirement Party
Pycnogenol® Celebrates 20 Years in North AMERICA

REPORT L O O K, F E E L, A N D L I V E B E T T E R

ISSUE 10 2008

LOOK, FEEL, AND LIVE BETTER
Science continues to discover benefits for ADHD Symptoms

A
nxiety-Deficit Hyperactivity Disorder (ADHD) is a prevalent issue affecting at least 1-2.5% of all school-age children according to the World Health Organization (WHO). One of the most notable issues surrounding ADHD is the overuse of stimulant medications. Many children with ADHD and AHD have found mediations with substantial knowledge as well as significant liability.

Advances in medicine have been extensively forthcoming in treating and managing cognitive disorders like ADHD, but the need for natural solutions remains and appears to be increasing due to the incidence of side-effects and ineffective treatment places – especially with children – on stimulant prescription medications.

Dr. Richard Passwater was the first to report the initial health benefit connection between Pycnogenol® and ADHD roughly twelve years ago. He has reported hundreds of letters and testimonials from people reporting a decrease in AHD and ADHD symptoms after one or two weeks. As a result, a number of case studies conducted by him have eventually lead to large scale research studies. Ongoing scientific research continues to discover Pycnogenol® unique health benefits for children suffering from ADHD-symptoms. And today, exciting new developments in Pycnogenol® research and ADHD has compelled us to share the results with you.

The latest findings, to be published in an upcoming issue of the journal Nutritional Neuroscience is a spin-off of a 2006 study found in the journal of European Child & Adolescent Psychiatry. They revealed Pycnogenol® helped reduce hyperactivity and improve attention, conduct and motor-visual coordination in children with ADHD.

The study shows Pycnogenol® balances stress hormones, which lower cortisol and dopamine, reducing disorder of ADHD. The current study measures urine samples and blood samples of the chil-
dren's stress hormone levels. In view of the safety of Pycnogenol® as it does not bear any hormone-like effect of adrenaline and dopamine, resulting in a decrease of ADHD. The journal of Neurological Research also revealed Pycnogenol® ability to naturally treat symptoms of ADHD. The study sampled 57 outpatient with ADHD with an average age of 9 years, from the Department of Child Psychology at the Children's University Hospital in Skarab. The Pycnogenol® group received 1 milligram of Pycnogenol® or placebo for every kilogram of body weight, on a daily basis for one month. Stress hormones were quantified from urine samples of the chil-
dren taken before and after supplementation with either Pycnogenol® or the placebo for a one-month period. After a one-month discontinuation of treatment, a third urine sample taken that revealed that ADHD symptoms had reduced. The stress hormone levels had increased again during the period when children had stopped taking Pycnogenol®, suggesting the effect of Pycnogenol® on stress hormones accounts for the improvement of attention and hyperactivity of the children.

The results reveal Pycnogenol® lowers stress hormone levels by 26%, in the case of adrenaline and dopamine was also lowered by 33%. Pycnogenol® steers in brain physiology involving learning, cognition, attention and behavior. Dr. Rohdewald concluded that the findings demonstrate a significant stress hormone lowering effect in a nutritional supplement for the first time.

Results of the 2006 study were published in the journal of European Child & Adolescent Psychiatry. They revealed Pycnogenol® helped reduce hyperactivity and improve attention, conduct and motor-visual coordination in children with ADHD. Dr. Peter Rohdewald of the Institute of Pharmacological Chemistry at Germany's University of Munich and one of the authors of the study concluded that the improvement in view of the safety of Pycnogenol® as it does not bear any hormone-like effect of adrenaline and dopamine, resulting in a decrease of ADHD. The journal of Neurological Research also revealed Pycnogenol® ability to naturally treat symptoms of ADHD. Is it what makes the extract exceptionally pleasing to parents who may be worried about medicating their children with stimulant medications?

Pycnogenol® Boosts Nitric Oxide (NO) Production

A study published in the October edition of Hypertension Research reveals Pycnogenol® helps individuals by enhancing healthy nitric oxide (NO) production which leads to an increase in blood flow and oxygen supply to muscles. Nitric oxide, a key cardiovascular chemical produced in the body helps to ensure the arteries serve to deliver more nutrients and oxygen to the muscles, helping muscles to cope with increased physical activity and demand. The study supports the understanding and the need to reduce ADHD symptoms which is what makes the extract exceptionally pleasing to parents who may be worried about medicating their children with stimulant medications.

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“This study suggests that when taking Pycnogenol® , Nitric oxide, a key cardiovascular chemical produced in the body helps to ensure the arteries serve to deliver more nutrients and oxygen to the muscles, helping muscles to cope with increased physical activity and demand. The study supports the understanding and the need to reduce ADHD symptoms which is what makes the extract exceptionally pleasing to parents who may be worried about medicating their children with stimulant medications.

In a study funded by the National Institute of Health, 57 children with ADHD of ages 9-12 years, from the Department of Child Psychology at the Children's University Hospital in Skarab, were given a basic psychiatric examination by teachers and par-
ents were given a basic psychiatric examination by teachers and par-
ents at Ham-Ming Hospital in Taiwan with 155 perimenopausal women. Each day, patients either received 200 mg Pycnogenol®, or placebo and, and recorded their symptoms using the Women's Health Questionnaire (WHQ). The WHQ consisted of the following: somatic symptoms, depression, mood, vasomotor symptoms, memory/concentration, attract-
tion, anxiety, sexual behavior, sleep problems and menstrual symp-
toms. After six months, LDL (bad) cholesterol dropped by 10 percent with Pycnogenol®, while HDL (good) cholesterol increased by 4 percent. Patients who supplemented with Pycnogenol® also had increased antioxidant levels compared to the placebo groups. During the study, a significant improvement of symptoms was reported from the Pycnogenol® group after one month. All symptoms of the WHQ improved significantly compared to the start of treatment, and patients did not report unwanted side effects. In the placebo group, no significant changes of symptoms were reported.

According to Dr. Peter Rohdewald, Institute of Pharmaceutical Chem-
istry at Germany's University of Munich and a lead researcher of this study, there is a shift away from the use of drugs for the treatment of ADHD due to side effects and in its absence women are searching for safe and natu-
ral options to help manage their symptoms. He adds that this study investi-
gating Pycnogenol® as a potential natural alternative is very encouraging in view of the safety of Pycnogenol® as it does not bear any hormone-like activity at all.

A small amount of Defining Lifting Eye Lift may be applied gently with your fin-
gertips to the eye contour area after cleansing.

The product is an innovative ingredient in both Clarins products due to its antioxidant and anti-inflammatory properties along with its ability to actively help to collag en and elastin formation forming the full beauty of the eyes. It provides the skin with nutrition in Omega 3, 6 and 9 and stimulates skin's ability to regenerate enzymes to create a radiant complexion. A combination of ingredients provide maximum beauty benefits including Senegalese Acacia, Rose and Pycnogenol® for protecti on and microcirculation; Liskin Rock for oxygenation and Licorice and Aloe for nourishment for the skin.

Pycnogenol® is a new product designed to reveal the full beauty of the eyes. It provides the skin with nutrition in Omega 3, 6 and 9 and stimulates skin's ability to regenerate enzymes to create a radiant complexion. A combination of ingredients provide maximum beauty benefits including Senegalese Acacia, Rose and Pycnogenol® for protection and microcirculation; Liskin Rock for oxygenation and Licorice and Aloe for nourishment for the skin.

Double Serum Generation 6 may be applied in the morning and/or evening before your regular moisturizer.

Pycnogenol® is an essential active ingredient in both Clarins products due to its antioxidant and anti-inflammatory properties along with its ability to actively help to collagen and elastin formation forming the full beauty of the eyes. It provides the skin with nutrition in Omega 3, 6 and 9 and stimulates skin's ability to regenerate enzymes to create a radiant complexion. A combination of ingredients provide maximum beauty benefits including Senegalese Acacia, Rose and Pycnogenol® for protection and microcirculation; Liskin Rock for oxygenation and Licorice and Aloe for nourishment for the skin.

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