Welcome

With diabetes awareness front and center this month, we thought we would shed some light on this growing health problem. Diabetes afflicts some 100-120 million people across the globe and while the types of diabetes and symptoms vary, the health obstacles and serious consequences of the disease remain the same. It is Horphag Research & Natural Health Science’s hope to help increase awareness and encourage responsible health behavior to keep diabetes in check. A number of studies on various natural ingredients and dietary supplements including Pycnogenol® have shown favorable results in managing diabetes. And, everyday we hear more encouraging news about promising new studies and alternative therapies showing positive results for diabetes health.

Best Regards,

REPORT

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WWW.PYCNOGENOL.COM

FEATURING...

THE LATEST UPDATES ON PYCNOGENOL®:
- MANAGING DIABETES DAILY
- HEART HEALTH
- THE NEWEST PRODUCTS FOR YOUR CUSTOMERS

CORPORATE ANNOUNCEMENT

Customer Meeting: This summer, Horphag Research hosted customers from all parts of Asia to participate in the annual Horphag Asia Regional meeting in Hua Hin, Thailand. Several customers were awarded for their contributions in the natural products marketplace. The meeting proved to be educational with Pycnogenol® science presentations from researchers including Prof. Peter Rohdewald, Dr. Suzuki, Dr. Ronald Watson, Dr. Con Stough and Dr. Gianni Belcaro.

The distinguished Charles Haimoff Award was granted to Professor Peter Rohdewald for his outstanding contribution to Horphag Research and Pycnogenol® Prof. Rohdewald has been an integral part of the company for more than 20 years and was a pioneer in developing quality control, analytics, production methods, and conducting biochemical, pharmacological and clinical trials on Pycnogenol®.

When asked what he admired most about Charles Haimoff, Prof. Rohdewald said, “I admired most on Charles his imper- turbable vision about Pycnogenol® as an incomparable gift from Mother Nature. He compared Pycnogenol® frequently with a rough diamond, overseen by most people, embedded into sand and stones. We have to bring out the brilliance by working on the facets of Pycnogenol® and that’s what I am actually doing. He was a unique charismatic person. As a businessman, he was absolutely convincing and straightforward.”

As many of you already know, Charles Haimoff was the developer of Pycnogenol® and worked with the ingredient for more than 40 years. He was the driving force behind every aspect of Horphag and his global visionary concept of healthy aging propelled the future research, sales and marketing of Pycnogenol®.

Prof. Rohdewald’s vision for the future of Pycnogenol® includes the hope of reaching and educating the medical community on natural products, especially open-minded doctors, and that they will use Pycnogenol® as a product to keep people healthy.

From left to right: Victor Ferrari COO, Professor Peter Rohdewald, Kenneth Tham GM Asia

100 million people deal with the challenges of living with diabetes...

family or friends, young or old, at home or traveling

Family & Diabetes Aware
NEW RESEARCH: PYCNOGENOL® HELPS PREVENT LEG, ANKLE SWELLING ON LONG AIRLINE FLIGHTS

Have you ever noticed how heavy and swollen your legs feel after a long airline flight? The swelling is caused by lack of movement and insufficient venous blood circulation, in tissues throughout the legs. According to new scientific research, relief is now in sight.

Experts report supplementing with Pycnogenol® as an integral part of a diabetes health routine

Alarmingly, more and more people are being diagnosed with either type I or type II diabetes each year with more than 100 million people suffering from some form of this disease. According to a recently published report, and comments by the World Health Organization, it's estimated that diabetes may be a leading cause of death worldwide. Scientists are hard at work studying the disease in order to help people manage the symptoms and lead a normal, healthy life. Innovative scientific research has uncovered a host of natural alternative therapies to keep diabetes at bay.

Last year alone, two encouraging studies were published on Pycnogenol® and type II diabetes demonstrating the antioxidant's effectiveness in lowering blood sugar levels. Previous research determined that the ingredient may help manage diabetic neuropathy. According to a clinical study published in DIABETES CARE, scientists discovered that type II diabetes patients had lower blood sugar and healthier blood vessels after supplementing with Pycnogenol®. The open, controlled, double-blind study demonstrated that patients who mild type II diabetes, subscribing to a regular diet and exercise program, were able to significantly lower their glucose levels when they supplemented with Pycnogenol®. A dosage as low as 15 mg significantly lowered blood glucose and 100 mg further lowered blood sugar levels, whereas higher dosages did only marginally further increase the effect.

A second clinical study published in 2004 shows that type II diabetes patients who continued to take their antidiabetic medication further lowered blood sugar levels and increased cardiovascular function after supplementing with Pycnogenol®. The double-blind, placebo-controlled study printed in IPSI SCIENCES, found that 77 type II diabetes type II patients who supplemented with 100 mg of Pycnogenol® for 12 weeks, at which point 30% of subjects achieved a significant lowering of blood glucose levels as compared to a placebo.

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Together, the natural ingredients produce an innovative formula to ensure travelers stay healthy during long trips. Pycnogenol® and Coenzyme Q10 have already been shown to help prevent and improve swelling due to long flights and travel. Pycnogenol® is being touted by experts as an integral part of a diabetes health routine.

A recent clinical study found that Pycnogenol® can have a positive effect on leg swelling (edema) during long airplane flights lasting 7-12 hours. Published in the July issue of Clinical and Applied Thrombosis/Hemostasis, researchers tested in-flight ankle swelling of 169 participants and found that passengers who supplemented with Pycnogenol® experienced less leg and ankle swelling and discomfort. Both symptoms are commonly associated with long distance travel. Long periods of immobility, dehydrated fluid intake and water loss in dry compressed airplanes are all triggers of leg swelling. Most people will notice the effects of in-flight swelling if they take their shoes off during the flight and have difficulty getting back into them at the end of the flight. Leg and ankle swelling can lead to dangerous conditions such as deep vein thrombosis (DVT). A new product introduced this year called Dr. Scurr’s® Zinopin® offers travelers relief from physical discomfort resulting from long distance flights. Zinopin’s special formulation includes Pycnogenol® and standardized ginger extract. Ginger has been used for years to combat motion sickness and Pycnogenol®'s effectiveness in improving circulation and helping to prevent leg and ankle swelling has been well documented in several separate clinical studies. Together, the natural ingredients produce an innovative formula to ensure travelers stay healthy during long trips. Visit www.pycnogenol.com for more information on the edema study.
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Chief Operating Officer
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PEEK: Pycnogenol® for your Heart

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