

Health Bulletin



Super Antioxidant Provides Additional Relief To Diabetics

(NAPSA)—Complementary medicine and adjunct therapies to even serious disease are becoming more commonplace. A recent survey by the National Center for Complementary and Alternative Medicine and the National Center for Health Statistics showed that up to 62 percent adults have used some form of complementary or alternative medicine including dietary supplements.

Many patients look for complementary therapies, such as natural ingredients, to further reduce their risk of long-term complications. According to clinical studies, scientists have discovered that type II diabetes patients had lower blood sugar and healthier blood vessels after supplementing with the powerful antioxidant found in Pycnogenol® (pic-noj-en-all), extract from the bark of French maritime pine tree. One study, published last year, demonstrated that patients with mild type II diabetes, undertaking a regular diet and exercise program, were able to significantly lower their blood sugar levels when they supplemented with 50-200 mg of Pycnogenol.

"Favorable research results on the glucose-lowering effect of this natural extract encourages further studies with Pycnogenol to explore its potential in obtaining control in patients with mild type II diabetes," said Dr. Peter Rohdewald, one of the authors of the study.

High blood sugar damages blood cells and blood vessels. This study suggests that problems arising from high blood sugar are sig-

nificantly reduced and that Pycnogenol did not affect insulin levels in diabetic patients. Almost 18 million Americans have diabetes, caused by a resistance to insulin, and require daily monitoring of blood sugar, exercising regularly and counting carbohydrates.

According to Dr. Rohdewald, this antioxidant may be helpful in controlling cardiovascular problems common in diabetics. Type II diabetes can cause an elevation of LDL "bad" cholesterol. Damage to blood vessels from the disease exhibits circulatory problems such as hypertension, from which 50 percent of type II diabetics suffer. Solid evidence shows that this extract effectively helps reduce high blood pressure, LDL cholesterol and enhances circulation. With heart attack and stroke being the leading causes of death among type II diabetics, Pycnogenol is touted as an important part of a diabetes health routine.

Earlier studies, with 1,000 diabetes patients, showed Pycnogenol has the ability to seal leaky capillaries in the eye preventing the progression of vision loss in patients suffering from diabetic retinopathy, a diabetes-induced disease that ultimately leads to blindness.

A natural plant extract, Pycnogenol is available in more than 140 dietary supplements and health products worldwide. The extract has been widely studied for the past 35 years and has more than 120 published studies and review articles on safety and efficacy. For more information, visit www.pycnogenol.com.