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THE REPORT

LOOK, FEEL AND LIVE BETTER



Pycnogenol® in Menopause

Feeling Healthy and
Beautiful at any Age

New Research

Pycnogenol® Relieves
Symptoms of Restless
Legs Syndrome

Product Spotlight

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Vita S, Me.No.Pause and
Don't Sweat It

Focus on
Menopause



PYCNOGENOL®

feature story

Pycnogenol® in Menopause

Feeling Healthy and Beautiful at any Age

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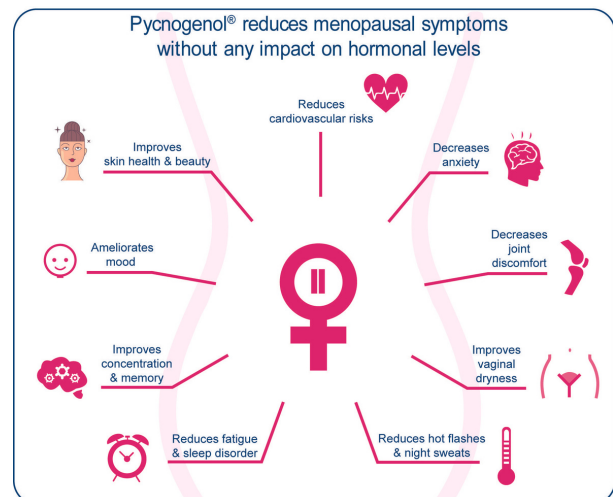


Menopause not only marks the end of fertile years, but it affects various physiological systems as a result of hormonal fluctuations. Climacteric symptoms include cognitive impairments, sexual dysfunction (vaginal dryness, loss of libido, dyspareunia), vasomotor symptoms (hot flashes, sweats), increased risk of cardiovascular problems, depressed mood, sleep disruption, joint and muscle aches and impaired sense of attractiveness (1, 2). This life-changing phase in all women's lives between 45 and 55 years can last from a few months up to 4 years (3). Interestingly, women from different cultures perceive the severity and mere occurrence of various symptoms very differently (4).

Hormone therapy (especially estrogen-progestogen preparations) has for a long time been a common way to treat menopausal symptoms. However, this treatment may cause an increased risk of severe adverse effects, including venous thromboembolism, strokes and even breast cancer (5). Thus, many women are looking for non-hormonal and natural ways to cope with the signs and symptoms of menopausal transition. Pycnogenol®, French maritime pine bark extract is a natural antioxidant and anti-inflammatory food supplement and was found to have beneficial properties for the various health impairments in perimenopausal women. It has been established that Pycnogenol® does not only improve menopausal symptoms but it also helps with cardiovascular, joint and skin health without affecting hormone levels (6).

Pycnogenol® relieves menopausal symptoms

To date, almost 500 menopausal women took part in different studies investigating the effect of Pycnogenol® on climacteric symptoms (6-9). A randomized, double-blind placebo-controlled 6-month study with 155 peri-menopausal women found all symptoms of the Women's Health Questionnaire (WHQ) to be significantly improved in the Pycnogenol® supplementing subjects, as compared to placebo controls (7). The symptoms on the WHQ include somatic (tiredness, headache) and vasomotor problems (hot flashes, sweating), depressed mood, memory and concentration issues, attractiveness, anxiety, sexual behavior, sleep, and menstrual problems.



feature story continued

In another study, the symptoms of 70 women in menopausal transition were evaluated with 38 subjects being supplemented with 100 mg Pycnogenol® per day for 8 weeks (8). The scoring system included 33 common signs and symptoms of menopausal complaints, which were improved significantly after Pycnogenol® intake. A significant efficacy of a low dosage of Pycnogenol® (60 mg daily) on climacteric symptoms could be shown in a randomized, double-blind placebo-controlled investigation with 170 women (6).

Menopause is a leading risk factor of cardiovascular disease (10). Supplementation of peri-menopausal women with 100 mg Pycnogenol® per day for 6 months was shown to normalize elevated blood pressure and to improve the lipid profile (9). Factors, connected to cardiovascular events (homocysteine and CRP values) were improved significantly and blood plasma free radicals were decreased significantly by 22%. Additionally, almost all symptoms of a menopausal questionnaire with 34 items, were improved after Pycnogenol® supplementation.

Being the lead active ingredient in the context of a patented complex dietary formulation (Lady Prelox®), Pycnogenol® has also been shown to be beneficial in peri- and post-menopausal women, regarding vaginal dryness, sexual function and emotional and physical health (11-13).

Pycnogenol® improves skin, joint health and maintains a healthy cardiovascular system in menopausal women

In over 20 published dermatological clinical investigations, Pycnogenol® was shown to provide numerous health benefits to the skin. These benefits include decreased pigmentation, increased skin hydration, improved skin microcirculation and greater skin elasticity, leading to a beautifully glowing skin appearance with less wrinkles (14-21). Many menopausal women complain about increased joint pain and indeed, there are several hypotheses regarding the decreasing estrogen levels during menopause influencing osteoarthritis prevalence and severity (22). Pycnogenol® has been shown to act beneficially in patients with signs of osteoarthritis, decreasing inflammation, pain, need for analgesic medication and stiffness and improving physical function (19, 20, 23-28).

The frequency and severity of perimenopausal symptoms was associated with vascular/endothelial dysfunction, explaining the increased risk for cardiovascular diseases (29). One of the vastly researched properties of Pycnogenol® is its positive effect on the vascular and endothelial health (7, 30-32). The suggested mechanism of action of Pycnogenol® is an activation of the endothelial nitric oxide synthase, which leads to an optimized NO generation. This results in vasorelaxation and improved tissue perfusion.

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For more information, please visit www.pycnogenol.com.

product spotlight

Modex® Natural is a patented performance nutrition formula designed to improve performance, aid recovery and enhance cognitive function.

Launched in Australia, **Modex®** is an easy to digest liquid, optimal for absorption and ideal for all levels of fitness. The blend of natural ingredients includes Pycnogenol®, aloe vera, papain enzyme and honey which provide potent anti-inflammatory and antioxidant properties with clinically proven benefits. Pycnogenol® helps the body and brain achieve peak performance in both athletes and healthy individuals because it is clinically proven to enhance blood microcirculation, reduce inflammation, neutralize free radicals and regenerate collagen and hyaluronic acid. Papain enzymes play a key role in clearing your stomach at an optimal rate to maximize absorption.



Modex® liquid tonic is best taken daily or before working out. Consume 100ml 1 - 4 hours prior to training/race or game day or take 30ml anytime of the day to maintain general health and fitness. A suitable loading period when first starting is 100ml daily for 2 weeks. For more information visit www.modexnatural.com.

Vita S Vitamin by Dr. Awie is a versatile beauty supplement launched in Thailand and utilizes Pycnogenol®'s clinically researched skin benefits for healthy skin from within.

The formula's main ingredients are Pycnogenol® and Apple phenol, a green apple extract imported from Japan. Pycnogenol® is a powerful antioxidant that has been shown to help reduce pigmentation and address skin concerns like blemishes, reduce acne scars and increase skin lighting during seasonal changes when dark spots can emerge. The extract also reinforces skin barrier function for those exposed to urban environmental pollution.



Vita S By Dr.Awie is available in a variety of box sets ranging from 1-10 boxes. The manufacturer recommends taking 2 capsules in the morning and 2 capsules in the evening. Follow [@DrAwie_vitas](https://twitter.com/DrAwie_vitas) for more information.

White Pine® Pycnogenol® is a comprehensive beauty line featuring oral and cosmetic formulas created for healthy and younger looking skin.

Developed in India, **White Pine®** is available in 25mg or 50mg Pycnogenol® capsules along with a selection of topical serums including Red Oil, Detox Mousse and Mirror Glaze. When it comes to antiaging and antioxidant activity, the patented extract Pycnogenol® is 50 times more potent than vitamin E and 20 times more potent than vitamin C. The formulation provides clinically researched skin benefits as it moisturizes, elevates hyaluronic acid generation, stimulates synthesis of new collagen, increases skin elasticity, reduces skin fatigue and pigmentation for even, brighter looking skin, arrests activity of enzymes breaking-down collagen and elastin and helps limit photo-aging.



White Pine® Pycnogenol® is available exclusively at CHOSEN, one of India's leading cosmetic retail stores in 11 different SKUs.



Womaness™ launches **Me.No.Pause.**, a natural menopause supplement designed to support menopause symptoms including hot flashes, night sweats, memory and mood.

The hormone-free formula includes selected ingredients with remarkable clinical results including Pycnogenol® which supports healthy blood circulation to help manage hot flashes and night sweats and insomnia; Bacognize® (a Bacopa monnieri extract) which supports cognitive health, memory, and focus; and adaptogen ashwagandha, known for its benefits to help mind and body better handle stress and promote libido.



Me.No.Pause. is the latest addition to the Womaness™ selection of menopause product solutions. It's available in the United States and was awarded one of W Magazine's "Best Vitamin Supplements of 2021". For best results, adults should take daily for at least four weeks or as directed by a doctor. For more information visit www.womaness.com.

new research | corporate announcements



Don't Sweat It, developed by Awesome Woman for Wellness & Beauty

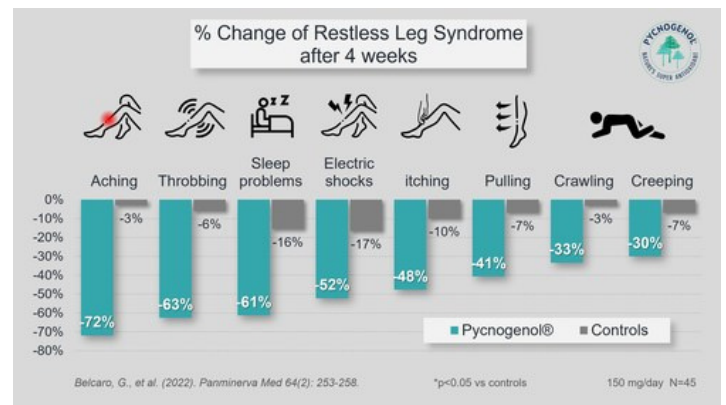
Dry skin, fine lines and hot flashes stealing your peace? **Don't sweat it.** Made with a powerful blend of Pycnogenol®, grape seed extract, B-vitamin complex, vegan vitamin D3, plus calcium and phosphorus, this potent little capsule is a godsend for women 35+. It not only helps relieve common symptoms like night sweats and hot flashes, it packs amazing skin benefits—boosting hydration and fighting fine lines and dullness. It also supports heart, bone and joint health, while helping ease moodiness and irritability. More about the hero ingredient: Pycnogenol® is a 100% pure, patented ingredient backed by 40 years of research and 135 clinical trials with numerous health and beauty benefits for women in the (peri) menopause years.



Don't Sweat It is available as a beauty-from-the-inside supplement on **Birchbox.com** and as part of the **AwesomeWoman.com** complete healthcare experience for women.

Pycnogenol® Relieves Symptoms of Restless Legs Syndrome

Newly published research in *Pain Medicine* found Pycnogenol® helps relieve and may prevent symptoms associated with Restless Leg Syndrome (RLS). After four weeks of daily supplementation with 150mg of Pycnogenol®, results included a significant decrease in Restless Legs Syndrome symptoms, including crawling, throbbing, aching and sleep problems. Additionally, the need for pain managements was significantly reduced for those in the Pycnogenol® group.



Remembering Dr. Richard Passwater

“Our hearts are saddened by the recent loss of Dr. Richard Passwater. We have had the pleasure of collaborating with him for more than 30 years on various projects including groundbreaking research discoveries, six educational books on Pycnogenol® and decades of enlightening conversations and interviews for his Vitamin Connection column published in *Whole Foods* magazine. Dr. Passwater was truly an industry pioneer and a brilliant scientist. We have lost a great colleague and a treasured friend. We will miss him dearly. Our thoughts continue to be with his wife Barbara and sons.”

– Victor Ferrari, CEO Horphag Research



Dr. Passwater participating in a book signing at the Horphag Research booth at SupplySide West trade show in 2015.

Improving Women's Health



welcome

It is gratifying to see the many ways our customers apply the clinical studies on the benefits of Pycnogenol® to bring innovative products to market. In this issue you will see how Pycnogenol®'s benefits for women's health, specifically menopause, lead to the development of result-oriented solutions for the consumer.

Our science-based research group continues to produce important findings. With newly published work on Restless Leg Syndrome we highlight how Pycnogenol®'s circulation boosting attributes effectively reduce symptoms.

As always, please let us know how we can continue to support you in market. We look forward to seeing you soon!

Best Regards,

A handwritten signature in black ink, appearing to read "Victor Ferrari".

Victor Ferrari
Chief Executive Officer
Horphag Research

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