

Research Report



Grape Seed Extract

Researched and Written by Brenda Templin

This report is on the health and preventative benefits of Grape Seed Extract, which is the key ingredient in all of Melaleuca's ProVex® products.

Since much of the content below is from medical journals, which can be tedious reading for most of us, I'd like to summarize the benefits of grape seed extract (GSE) here. The benefits of GSE can be summarized in five different categories:

- The first category is protection against pollution and environmental toxins. As nature's most potent antioxidant, GSE helps to reduce and prevent free radical damage. It also reduces the rate of aging and wrinkling of the skin, and reduces the risk of cancer.
- The second category involves age-related illnesses. GSE improves joint flexibility and prostate function, reduces mental aging and enhances energy.
- Thirdly, GSE benefits auto immune diseases by enhancing the immune system, reducing inflammation, helping to control allergic responses and balancing the breakdown of proteins.
- Fourth, GSE benefits nutritional deficiencies by reducing fatigue, improving visual acuity, reducing the frequency and severity of colds and enhancing the benefits of vitamins.
- Finally, probably the most significant benefit of GSE is its protection against cardiovascular disease. GSE not only reduces the risk of heart disease and stroke, but also helps improve peripheral and central circulation, reduces varicose veins, repairs artery and vascular lining and aids in resistance to bruising.

Many companies manufacture grape seed extract, but one stands far above all others. Melaleuca, world leader in producing products for prevention of cardiovascular disease, introduced its breakthrough product, PROVEXCV® in 1997. Through an alliance with Dr. John D. Folts, Ph.D., F.A.C.C., who had already spent several years researching the effects of flavonoids on platelet stickiness, more extensive research revealed that specific amounts of grape seed, grape skin, Ginkgo biloba, bilberry and a flavonoid called quercetin showed a significant decrease in factors contributing to heart disease.

Further research revealed that there is a wide variation in the antioxidant and anti-platelet properties of grapes. When specific premium strains of grape seed and grape skin extracts were combined in ratios proprietary to Melaleuca, a synergistic effect enhanced platelet-inhibition to more significant levels. According to the lead scientist, "The science behind PROVEXCV® is compelling. By combining the two grape extracts with the enzyme blend and the other ingredients found only in PROVEXCV®, anti-platelet activity is increased exponentially above the sum of the ingredients' effects by themselves."

Many natural plant extracts cannot effectively be absorbed by the body, meaning that your system might not be able to benefit from the antioxidant properties. The latest research has confirmed that combining the premium grape seed, grape skin, quercetin, ginkgo biloba, and bilberry extracts in PROVEXCV® with Melaleuca's proprietary enzyme blend greatly enhances the absorption of the flavonoids and thereby increases their antioxidant and platelet regulating properties.

The results of research behind PROVEXCV® has been documented in the Journal of Investigative

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"Being a Melaleuca Marketing Executive, it is an advantage when we can show clinical studies to back up our claims about the benefits of becoming a Melaleuca customer. So once again, thank you." S.B.

"All the reports are very informative and helpful. They will definitely be of great help in getting my customer base interested. Many thanks..." S.D.

"Excellent! Thorough and informative. Thank you!" J.A.

"I just wanted to say

Medicine and the Federation of American Societies for Experimental Biology Journal.

Introduction to Grape Seed Extract

[Grape Seed Extract](#) is a very informative article from the University of Maryland Medical Center. *The Center for Integrative Medicine was founded in 1991 by Brian Berman, M.D., and is an inter-departmental center within the University of Maryland School of Medicine. The Center for Integrative Medicine is a leading international center for research, patient care, education, and training in integrative medicine; and the CIM is a National Institutes of Health (NIH) Center of Excellence for research in complementary medicine. Emphasizing an approach to healing that values mind, body and spirit, the Center is committed to : Evaluating the scientific foundation of complementary medicine; Educating health professionals and the public; and Integrating evidence-based complementary therapies into clinical care to help people achieve and maintain optimal health and well-being.*

Whole Health Md gives a good general introduction to [Grape Seed Extract](#).

Proanthocyanidins Are Recommended for a Variety of Conditions

In the article [Unlock The Power Of Seeds And Bark](#), which was published in the July, 2000 edition of *Better Nutrition*, author J. Jamison Starbuck, N.D. points out that proanthocyanidins are recommended for treating such conditions as ocular disease, cardiac disease, circulatory disorders, inflammation, diabetes, liver damage, ADHD (attention deficit hyperactivity disorder) and even cancer. (*Jamison Starbuck, J.D., N.D. is a licensed naturopathic and homeopathic physician. Her Missoula (Montana)-based family practice treats the whole person via constitutional homeopathy, botanical medicine, nutrition, counseling and other natural modalities. Dr. Starbuck is also a consulting editor for Time-Life Books.*)

[Oligomeric proanthocyanidin complexes: history, structure, and phytopharmaceutical applications](#)

Grape Seed Extract and Heart Disease

This recent study concludes that both in vitro incubation and oral supplementation with purple grape juice decrease platelet aggregation, increase platelet-derived nitric oxide release, and decrease superoxide production. [Select flavonoids and whole juice from purple grapes inhibit platelet function and enhance nitric oxide release](#)

[Purple grape juice improves endothelial function and reduces the susceptibility of LDL cholesterol to oxidation in patients with coronary artery disease](#)

[Grape seed proanthocyanidin reduces cardiomyocyte apoptosis by inhibiting ischemia/reperfusion-induced activation of JNK-1 and C-JUN](#)

[Grape Juice Has the Same Benefits as Red Wine](#)

DR. FOLTS & PROVEXCV™

In October 1998, Dr. John Folts gave a presentation to the American Dietetic Association on flavonoids and heart disease. In it Dr. Folts explained, in detail, the research he is conducting on PROVEXCV®. An audio tape of this presentation is available through Melaleuca. This presentation caught the attention of the Associated Press. The AP story appeared in over 100 newspapers and TV news programs, including ABC News. Here is one of the news stories we've found online. [Augusta Chronicle article about Dr. Folts and PROVEXCV®](#)

[Grape juice, but not orange juice or grapefruit juice, inhibits human platelet aggregation](#)

[Select flavonoids and whole juice from purple grapes inhibit platelet function and enhance nitric oxide release](#)

thank you for the report and to let you know how helpful I found it. — A really useful newsletter! Thanks." D.H.

"A real gold mine of info." J.K.

"Thanks for your tireless pursuit of truth. It is a huge resource to us!!" P.L.

"I love this report, and the leads generated from it..." D.B.

Grape Seed Extract and Cancer

This study shows the exceptionally high preventive effects and strong anticarcinogenic effect against prostate cancer. [Anticarcinogenic effect of a polyphenolic fraction isolated from grape seeds in human prostate carcinoma DU145 cells: modulation of mitogenic signaling and cell-cycle regulators and induction of G1 arrest and apoptosis](#)

[Anti-tumor-promoting activity of a polyphenolic fraction isolated from grape seeds in the mouse skin two-stage initiation-promotion protocol and identification of procyanidin B5-3'-gallate as the most effective antioxidant constituent](#)

Grape Seed Extract and Chemotherapy Induced Toxins

This study shows that grape seed extract can reduce the toxic effects associated with chemotherapeutic agents. [Amelioration of the cytotoxic effects of chemotherapeutic agents by grape seed proanthocyanidin extract](#)

This is another study showing that grape seed extract reduces the toxic effects of chemotherapy. [Chemopreventive effects of grape seed proanthocyanidin extract on Chang liver cells](#)

Grape Seed Extract Protects Against Free Radicals and Oxidative Stress, Including Drug Induced Toxicity and Other Chemical Toxins

This study suggests that in vivo grape seed extract pre-exposure may protect multiple target organs from a variety of toxic assaults induced by diverse chemical entities. [Unique organoprotective properties of a novel IH636 grape seed proanthocyanidin extract on cadmium chloride-induced nephrotoxicity, dimethylnitrosamine \(DMN\)-induced splenotoxicity and mocap-induced neurotoxicity in mice](#)

This article concludes that both in vitro and in vivo experiments demonstrated that grape seed extract is highly bioavailable and provides significantly greater protection against free radicals and free radical-induced lipid peroxidation and DNA damage than vitamins C, E and beta-carotene. [Free radicals and grape seed proanthocyanidin extract: importance in human health and disease prevention](#)

Results of this medical study show that grape seed extract is a more potent scavenger of oxygen free radicals as compared to vitamin C and vitamin E succinate. [Oxygen free radical scavenging abilities of vitamins C and E, and a grape seed proanthocyanidin extract in vitro.](#)

Although not specifically related to research on grape seed extract, I feel that this particular medical abstract reveals significant findings about the effects of antioxidants in diabetes. As nature's most powerful antioxidant, grape seed extract has been shown to be beneficial in diabetic conditions such as neuropathy, capillary weakness, and retinopathy. [The role of free radicals, oxidative stress and antioxidant systems in diabetic vascular disease.](#)

Grape Seed Extract and Hair Growth?

[Proanthocyanidins from grape seeds promote proliferation of mouse hair follicle cells in vitro and convert hair cycle in vivo](#)

Grape Seed Extract and Acute Renal Failure

[Reversal of experimental myoglobinuric acute renal failure with bioflavonoids from seeds of grape](#)

Comments From Your Researcher

I would love to know what you think about this report. You may [contact us](#) with any suggestions or comments about this report.

Remember, if you want to know any more about grape seed extract, RM Barry Publications' very own booklet "[All About Grape Seed Extract](#)" will do the trick. It has a question and answer format and covers everything you wanted to know about free radicals, oxidation, proanthocyanidin, flavonoids, health benefits of grape seed extract and more.

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