

Isotonix® OPC-3™

SG13009 – Single Bottle Value Size (90 servings)



Primary Benefits:

- ✓ Powerful antioxidant
- ✓ Promotes cardiovascular and joint health
- ✓ Helps maintain healthy cholesterol and blood glucose levels
- ✓ Supports blood vessel function
- ✓ Supports a healthy complexion

What Makes Isotonix OPC-3 Unique?

A free radical is an atomic structure with an unpaired electron in its outermost shell. These unpaired electrons tend to be highly reactive, resulting in chemical reactions such as oxidation. Because they have one or more unpaired electrons, free radicals are highly unstable. They scavenge the body to grab or donate electrons, causing damage to cells, proteins and DNA. Free radicals are naturally occurring; however, air pollution, stress, smoking, heavy exercising and ageing all contribute to the creation of harmful free radicals. Free radicals can cause oxidative damage to the body, potentially leading to serious health problems. Normally the body is able to protect itself from the damaging effects of free radicals, but if antioxidants are unavailable, or if free radical production becomes excessive, damage can occur.

Antioxidants are natural cell protectors, neutralising free radicals by pairing an electron to the outermost shell of radical oxygen molecules, rendering them harmless. Antioxidants are nutrients such as vitamins and minerals, and enzymes that are capable of counteracting the damaging, but normal, effects of the physiological process of oxidation in bodily tissues. Antioxidants work in two ways, chain breaking and prevention. A chain-breaking antioxidant such as vitamins A, C and E stabilises free radicals or causes them to decay into harmless atomic structures. A preventative antioxidant prevents the oxidation process by scavenging free radicals.

Isotonix OPC-3 is an isotonic-capable food supplement that is made from a combination of bilberry, grape seed, red wine, pine bark extracts and citrus bioflavonoid complex, all found to be potent antioxidants. Oligomeric proanthocyanidins (OPCs)

are bioflavonoids (complex organic plant compounds) found in fruits, vegetables and certain tree barks that provide nutritional benefits to the human body. Studies have shown OPCs to be more powerful than vitamin C and vitamin E in neutralising free radicals. Isotonix OPC-3 is the leading isotonic product to contain Pycnogenol®† in the world. Pycnogenol is a natural plant extract from the bark of the French maritime pine tree and is the most researched bioflavonoid.

Isotonic, which means “same pressure,” bears a chemical resemblance to the body’s blood, plasma and tears. All fluids in the body have a certain concentration, referred to as osmotic pressure. The body’s common osmotic pressure, which is isotonic, allows a consistent maintenance of body tissues. In order for a substance to be absorbed and used in the body’s metabolism, it must be transported in an isotonic state.

Isotonix dietary supplements are delivered in an isotonic solution. This means that the body has less work to do to obtain maximum absorption. The isotonic state of the suspension allows nutrients to pass directly into the small intestine and be rapidly absorbed into the bloodstream. With Isotonix products, little nutritive value is lost, making the absorption of nutrients highly efficient while delivering maximum results.

* This product is not intended to diagnose, treat, cure or prevent any disease.

† Pycnogenol is a trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.



Key Ingredients:

Grape Seed Extract

Grape seed extract is typically extracted from the seeds of red grapes (instead of white), which have a high content of compounds known as oligomeric proanthocyanidins (OPCs). Grape seed extract is extremely rich in polyphenols, compounds with high antioxidant activity. Grape seed extract has been found to maintain healthy cholesterol levels.

Red Wine Extract

Red wine extract is a potent antioxidant. This extract is found in grape vines, roots, seeds and stalks, with the highest concentration in the skins. The antioxidant properties of red wine extract contribute to maintaining healthy circulation by strengthening capillaries, arteries and veins, and promoting overall cardiovascular health.

Pine Bark Extract (Pycnogenol)

Pycnogenol is a natural plant extract from the bark of the maritime pine tree, which grows exclusively along the coast of southwest France in Les Landes de Gascogne. This unspoiled and natural forest environment is the unique source of pine bark. Pycnogenol is one of the most researched ingredients in the natural-product marketplace. Published findings have demonstrated Pycnogenol's wide array of beneficial effects on the body.

Pycnogenol acts as an antioxidant, and promotes the normal production of endothelial nitric oxide, which promotes the normal dilation of blood vessels.

Bilberry Extract

Bilberry extract is derived from the leaves and berry-like fruit of a common European shrub closely related to the blueberry. Extracts of the ripe berry are known to contain flavonoid pigments known as anthocyanins, which are powerful antioxidants. Scientific studies confirm that bilberry extract supports venous circulation. Bilberry extract helps maintain healthy circulation by strengthening capillaries, arteries and veins.

Citrus Bioflavonoid Complex

Bioflavonoids are antioxidants found in certain plants that act as light filters, which protect delicate DNA chains and other important macromolecules by absorbing ultraviolet radiation. They have been found to promote cardiovascular health, while helping to maintain healthy circulation by strengthening capillaries, arteries and veins.

Frequently Asked Questions:

What is a bioflavonoid?

Bioflavonoids are complex organic plant compounds. Plants and fruits differ in colours based on the specific bioflavonoids they contain. An increasing number of studies have shown how bioflavonoids support health. Bioflavonoids found in OPCs play a key role in cardiovascular health and maintaining vascular integrity. Bioflavonoids have been shown to demonstrate support for healthy circulation and cell vitality.

What sets Isotonix OPC-3 apart from other bioflavonoid products?

Isotonix OPC-3 offers scientifically supported OPCs. In addition to being antioxidants, these individual OPCs have been shown to provide a myriad of specific health benefits. This science-driven selection of OPCs is unique to OPC-3, as is the Isotonix delivery system, which enables rapid and highly efficient absorption of the OPCs.

How should I take OPC-3?

OPC-3 is for ADULT USE ONLY.

Pour one level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 ml) and stir. As a dietary supplement take once daily or as directed by your healthcare provider. Take two capfuls per 68 kg of body weight daily for the first 7-10 days, and take one capful thereafter as a maintenance programme. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

How long does it take to benefit from Isotonix OPC-3?

Many effects of OPC-3 start to work after a single serving. OPC-3 not only provides some of the most potent OPCs available, the unique Isotonix delivery system ensures that the small intestine rapidly absorbs the OPCs, which are available in the blood stream within minutes.

Taking Isotonix OPC-3 daily enables the body to sustain a consistent antioxidant defence.

Why should everyone take Isotonix OPC-3?

Everyone is subject to free radical damage and oxidative stress. Free radicals develop as byproducts of physiological processes that occur within the body. This damage does not cause noticeable harm at first, yet may add up over the years. This process is largely responsible for the ageing process. Free radicals have been linked directly to premature ageing, poor circulation, poor heart health and poor immune health.

OPCs are the most powerful natural free radical neutralisers. Daily, regular use is vital for keeping free radicals in check.

Can you take Isotonix OPC-3 in soda, juice, coffee, etc., rather than water?

It is possible but not recommended. This product should only be taken as directed. In order to keep the product in an isotonic form and to achieve the maximum delivery speed, it needs to be taken on an empty stomach with 2 oz./ 60 ml of water per capful. Mixing the products with anything besides other Isotonix products and water slows down the delivery time and may affect the percentage of uptake.

I am healthy and athletic, why should I take Isotonix OPC-3?

Everyone is vulnerable to the ageing process caused by continuous free radical damage. Athletes tend to be exposed to elevated levels of oxidative stress. Free radicals develop as byproducts during metabolism when calories are processed with oxygen. The increase in activity creates additional free radicals. In fact, these free radicals are known to limit performance, as free radicals appear to take their toll on muscle tissue.

Does OPC-3 have visible benefits?

As OPCs support collagen production in the skin, an increase of smoothness and support of elasticity is the natural result. Skin smoothness was increased after three months as measured by 3-dimensional topography. It requires patience to show visible effects. It is essential to continuously take OPC-3 to keep skin cells at their peak vitality.

On a short-term basis, many people notice a fresher-looking skin complexion. This is a result of healthy blood microcirculation, which helps detoxify the skin and improves the nutrient supply.

Does OPC-3 have a rejuvenating effect?

The damage caused by free radicals adds up with time. A cause for more worry is the fact that your body's own mechanisms to keep free radicals in check declines with increasing age — when you need them the most. Suddenly, we find ourselves confronted with some typical age-related problems. Some cells of our body are more vulnerable to free radicals than others. OPC-3 has the ability to go in and do a knockout job, cleaning and scavenging the free radicals that feast on cellular energy, and take it away from vital processes.*

What are the cardiovascular health benefits of OPCs?

Scientist Albert Szent-Györgyi, who received the Nobel Prize for the discovery of vitamin C, discovered OPCs. Szent-Györgyi found that OPCs work in a similar fashion as vitamin C in strengthening the walls of arteries, veins and capillaries.*

In the past 20 years scientists discovered that OPCs bear a lot more benefits for the cardiovascular system. Epidemiological studies have shown that regular intake of OPC antioxidants supports a healthy cardiovascular system. OPCs appear to be particularly helpful in maintaining healthy cholesterol levels and healthy arteries.

Pycnogenol in Isotonix OPC-3 plays a key role, as it promotes healthy nitric oxide (NO) levels. NO is a tiny molecule which

serves as a key messenger molecule in the blood stream. It promotes relaxation of smooth muscle-surrounding arteries and supports normal artery diameter and blood flow. Healthy NO levels help maintain normal blood pressure. This benefit has been explicitly demonstrated with Pycnogenol in studies. NO also promotes healthy blood platelet activity thus preserving a normal, fluid environment and thereby promotes cardiovascular health.*

What exactly is Pycnogenol?

Pycnogenol is the trademark of Horphag Research (UK) Ltd. for a standardized extract of bark of the French maritime pine tree. Pycnogenol is particularly renowned for its extensive clinical research with more than 120 studies published in peer-reviewed medical journals. The flavonoids in Pycnogenol not only act as powerful antioxidants, they also appear to promote the normal generation of nitric oxide (NO). NO plays a key role in regulating cardiovascular health. Nitric oxide promotes the normal relaxation of arteries, supports normal diameter of blood vessels and helps maintain healthy blood pressure and circulation. NO promotes normal platelet activity allowing the blood to maintain a normal, fluid viscosity. Pycnogenol has been awarded various patents for its ability to support healthy platelet activity.*

Does Isotonix OPC-3 contain pork or pork products?

No.

Is Isotonix OPC-3 vegetarian?

Yes.

Is this product manufacturer in a Good Manufacturing Practice(GMP) facility?

Yes, this product is manufactured in a GMP compliant facility which is inspected by the Food and Drug Administration (FDA) of the United States of America.