



White grape seed extract from FRANCE

The grape seeds processed are all from the vineyards of the Champagne region and the Bordeaux region in France.

OPCs (oligo-proanthocyanidins) are extracted from grape seeds in a four-step, environmentally friendly process. These steps involve only hot water and a food solvent. In each step, high molar mass OPCs (tannins) are gradually removed, while low molar mass and bioavailable OPCs are concentrated.

The active grape seed extract in the LIGHT LEGS formula is comprised of 75% low molecular weight OPCs which makes it unique and efficient on heavy legs syndrome.

Even though it affects a third of the world population, and women 8 out of 10, on a daily basis, the heavy legs syndrome is often not taken seriously.

LIGHT LEGS

ACTIONS

- 1 Supports venous circulation
- 2 Helps to decrease the sensations of heavy legs
- 3 Helps to maintain the integrity of blood vessels and capillaries.

EUROPEAN CLAIMS

NETTLE LEAF supports venous circulation. Can reduce the feeling of tired and heavy legs. Helps to maintain healthy leg-vein functions. Promotes circulatory well-being. Favourable influence on the blood circulation. For legs relief.

HIBISCUS used for the good circulation of blood in microvessels / Helps to decrease the sensations of heavy legs

VITAMIN C contributes to normal collagen formation for the normal function of blood vessels.

Clinical studies can only be used in non E.U. market countries. For European claims, please see reverse.

Clinical study

A panel of 200 people recruited according to criteria of venous insufficiency (swollen ankles, calves and feet, superficial dilatation of capillaries, tingling, pain, nocturnal muscle tension) received 150 mg of the white grape seed extract for 30 days.

Results:

After only 15 days of treatment, 3 out of 4 patients say they have noticed the first beneficial effects.

The first effects are felt on average after 7 days (90% in less than 10 days)

The legs are lighter and there are fewer cramps.

After 30 days, the discomfort in the legs and feet improves and the night-time awakenings disappear.

Mechanism of action

In heavy legs syndrome, there is a structural disorganization of the media layer of vessels with an alteration of the collagen and elastic fibres following an oxidation induced by free radicals.

Low molar mass OPCs have an action on the synthesis of collagen which is a constituent of blood vessels. They also have a beneficial effect on elastic fibres and on microcirculation. Finally, OPCs have the ability to capture free radicals thanks to their antioxidant activity.

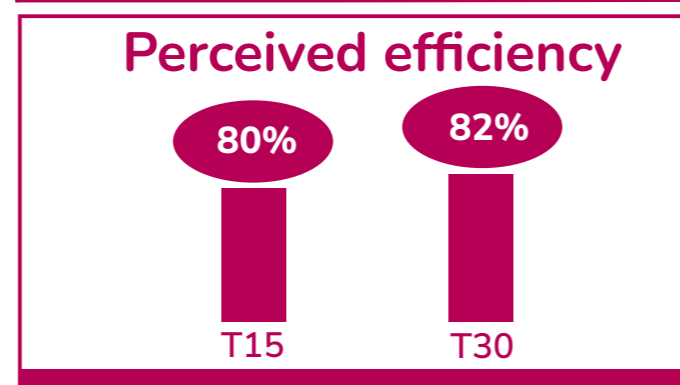
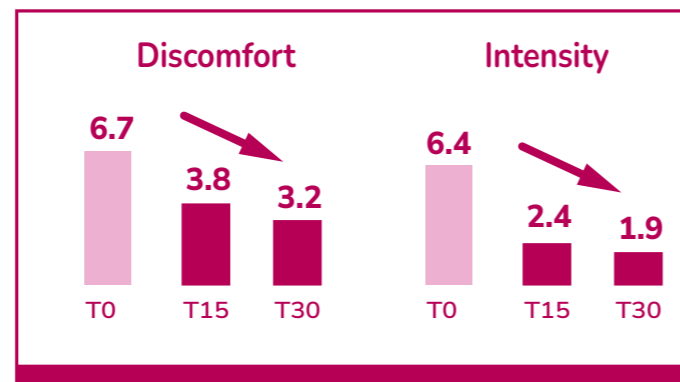
In 2020, a new study was carried out in collaboration with a phlebologist, with a panel of 51 French women aged between 30 and 65 years old. All patients had been suffering from heavy legs syndrome for 3 years at least. For 30 days, they received 150mg of the white grape seed extract, once a day. Intensity and discomfort levels were assessed.

Results:

INTENSITY FOR 3 SYMPTOMS:

- feeling of heaviness in the lower limbs
- feeling of painful legs
- feeling of swollen legs.

Discomfort: how heavy legs syndrome affects everyday life (walking, climbing stairs, difficulty to fall asleep, prolonged standing...).



Information and studies are available on request.



Natural blackcurrant-hibiscus flavour



PC02457

ACTIVES

For 1 dose per day (4g)*

Concentrated acerola juice (Malpighia punicifolia L. ou Malpighia glabra)	90 mg
Of which: vitamin C	12*mg
White grape seed extract (Vitis vinifera)	150 mg
Hibiscus flower dry extract (Hibiscus sabdariffa L.)	790 mg
Nettle leaf dry extract (Urtica dioica L.)	20 mg
Of which: silicon	0,4 mg

*15 % NRV (Nutrient Reference Values)



Add 4g of powder to 200mL of water. Take one stick per day.

This food supplement is suitable to a vegan diet. However, we do not guarantee the absence of cross contamination with several animal derived products.