

# Featured Topic: Grape Seed Extract (6 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# New Research on Grape Seed Extract and Cancer

- Researchers exposed colon cancer cells to a specific, tannin-free grape seed extract containing only the small, active, absorbable and beneficial OPC compounds
  - Result: **70-80% reduction in number of live cancer cells**
- In an animal model of colon cancer, the same grape seed extract **suppressed the growth of tumors by up to 90%**
- The researchers found that grape seed inhibited a pathway in the body called HIPPO-Yap that leads to cancer cell formation

# Other Health Benefits of Grape Seed Extract

- Helps the body produce glutathione, the master antioxidant that protects DNA and strengthens the immune system
  - **37% increase in total glutathione levels** in healthy animals, and doubled the glutathione levels in animals eating poor quality diets
- Assists the liver in processing toxins and spent hormones
  - **58% increase in liver antioxidant levels** (animal model of impaired liver function)
- Increases insulin sensitivity and reduces high blood sugar levels
  - **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- Reduces blood pressure levels
  - **6% reduction in high blood pressure levels** in men with pre-hypertension

# Why is grape seed so useful for so many different diseases?

- Powerful antioxidant (water soluble)
- Contain beneficial flavonoids - Oligomeric proanthocyanidins or OPCs
- Not only protect cells against free radical activity, but also improves blood circulation and strengthens blood vessels
- New research finds that OPCs from grape seed work on the cellular level as well, to help prevent the genetic changes which lead to the formation of cancer cells

# Take grape seed extract if you have concerns about

- Arthritis
- Heart disease and High blood pressure
- Diseases of the veins or circulatory system (varicose veins, or chronic venous insufficiency)
- Diabetes and its complications, especially diabetic retinopathy
- Vision problems, including macular degeneration
- Cancer
- Alzheimer's disease and other dementias

# Not all “grape seed” is grape seed!

- Researchers purchased 21 “grape seed extract” products at retail stores and online
- Each sample was tested to determine if it was real grape seed extract, and whether it was potent (the amount of proanthocyanidins)
- **Result: 50% of the products were completely fake or sub-potent**
  - 6 products were potent grape seed extracts
  - 9 products were very low potency – **barely any OPCs**, were probably grape seed mixed with peanut skin
  - 6 products had **NO grape seed extract**, they were entirely peanut skin extract
- Price is no guide – **the products with no grape seed at all were equal in price or more expensive** than the authentic grape seed extracts!

# Yes to OPCs, No to Tannins!

- Oligomeric proanthocyanidins (OPCs)
  - Low molecular weight
  - Easy absorption
  - Significant health benefits
- Some grape seed extracts contain Polymeric Proanthocyanidins (AKA – **tannins**)
  - High molecular weight
  - Poor absorption
  - No comparison to the documented health benefits of OPCs
  - Sold as beneficial “grape seed extract” although does not have the same benefits as OPCs
- Look for grape seed that is tannin free; 150 – 600 mg daily