

The Redwine extract

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The French Paradox

Since time began, people have sensed, for example, that a glass of red wine can be beneficial to their health. Yet scientifically positive effects were only proven in the last 30 years.

The so-called French paradox was only proven in 1979, as it became evident that the French have a one-third lower rate of heart attack than people say in the US, even though the French eat fattier food, smoke more and exercise less, but drink considerably more red wine. Meanwhile, numerous research studies were undertaken worldwide on this phenomenon, always leading to the same result: the likelihood of death by a heart attack or stroke is 40-60% less if red wine is consumed regularly.

OPC

OPC (Oligomere Pro-Cyanidine) is a colorless natural plant substance that is found in many fruits, vegetables, nuts, tree bark and in leaves. To date, OPC has been detected in over 500 different plants. OPC content in plants is what causes leaves to change their colour in autumn. An exceptionally large amount of OPC is found in grapes, especially in the pips and in the skins. Therefore grapes which are specifically cultivated to be seedless, should be discouraged.

White wine or red wine?

Why is it that when you compare the health benefits of red and white wine, red wine is far greater? Yet, white grapes contain more OPC than red grapes. The answer lies in the production of white wine – where the skin and seeds are removed immediately after pressing the grapes. This in contrast to red wine where the skins and seeds are included in the fermentation process for around two to three weeks. It is during this time that the red pigment entering into the juice resulting in a high concentration of OPC and thus healthy red wine is the result. Of course, red wine is to be consumed in moderation, so as not to cause exposure to the harmful impact of alcoholism.

Recommended daily intake of OPC

The ideal daily intake is 20 – 40g of pure alcohol, which is a maximum of 200 – 400 ml of wine per day. Unfortunately it is very difficult to determine how much OPC is contained in a bottle of wine as this varies hugely depending on many factors which influence the process while the wine is being made, but it would be less than 100mg. However, this amount is not enough to tap the full potential of OPC, so it is recommended that OPC in capsule form be taken as a nutritional supplement.



OPC and your body

OPC is almost 100% bioavailable, meaning that it is completely absorbed in the intestine and distributed throughout the whole body by the circulation. Our body is not able to produce OPC by itself and therefore must be taken from the food we eat.

Please note: OPC must not be equated with the vitamins, because they are not indispensable for life.

If OPC is found in fruits and vegetables, why should one need additional OPC in capsule form?

Most fruit is picked in an unripened state and then transported to stores for sale. OPC content in fruit develops at the very end of the ripening process and so the fruit we buy has a lower OPC content. Furthermore, as we peel most fruit, we remove the part that contains the most OPC. So if we want to take advantage of higher values of OPC, this is only possible by taking supplementary capsules.

**For the following diseases Redwine extract
has a preventive or curative effect:**

Heart / Blood vessels	Protection of the vessel walls Improved blood circulation (less atherosclerosis) Stroke Heart attack High Blood Pressure Varicose Veins Swollen legs (edema) Hemorrhoids Thrombosis Cholesterol
Eye	Glaucoma (high eye pressure) Cataract (cloudy lens) Age amblyopia Conjunctivitis Damage caused by diabetes
Skin	Improved elasticity Structure of collagen (skin firmer, less wrinkles) Delayed aging process Skin rashes (eczema, acne, psoriasis, allergies) Faster wound healing Less hair loss
Musculoskeletal system	Arthritis (rheumatoid arthritis) Rheumatic complaints Gout Faster healing of injuries
Allergies	Hay fever Asthma
Central nervous system	Lack of concentration Learning problems Forgetfulness Tiredness, fatigue Alzheimer's Parkinson's Depression
Female complaints	Irregular period Menstrual Menopausal symptoms
Men	Improvement of prostate function

The impact of OPC

The spectrum of activity of OPC is almost too good to be true. In the spotlight is the protective effect on the walls of blood vessels, in the arteries the susceptibility to atherosclerotic deposits ("hardening of the arteries") is reduced and in the veins, the walls are tightened and less permeable, which results in fewer varicose veins and less leg swelling. OPC neutralises harmful free radicals that can cause damage in various organs in the body. This explains why so many conditions are impacted by OPC.

Despite this impressive list of benefits, we need to emphasize that red wine extract is not a medicine, but only a food supplement and therefore any medically prescribed therapy must be continued.

Red wine extract – the healthy ingredients of red wine

In a capsule of red wine extract we also include Vitamin C, resveratrol, and bio-flavonoids. Vitamin C, which itself also is an antioxidant, enhances the effects of OPC and vice versa. Resveratrol is also a powerful antioxidant extracted out of grape seeds and has the additional effect of an increase in fat oxidation, combating fungi, is life prolonging and increases the "good" HDL cholesterol.

