

Pycnogenol (pine bark extract)

Description

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Pycnogenol & tinnitus

Pycnogenol appears to improve vascular function in the body that helps to improve blood flow in the ears & reverse tinnitus symptoms more & more over time- 45% of in three months went to zero symptoms & over 87% after six months at 150mg/day.

Pycnogenol also appears to help reduce/reverse:

eye retinopathy

hay fever & asthma symptoms (over 60% ended inhaler use within three months)

all menopause symptoms

heart disease

diabetes

wrinkles, brown spots & other skin problems (increases collagen & hyaluronic acid)

pain & inflammation

Pycnogenol appears to:

speed the healing of injuries,

clean teeth & gums,

improve memory & cognition in adults of all ages & in kids with ADHD

increase athletic endurance after a month by 21% & reduces cramps by increasing blood flow to the muscles

Luzzi R, Belcaro G, Hu S, Dugall M, Hosoi M, Cacchio M, Ippolito E, Corsi M. Improvement in symptoms and cochlear flow with pycnogenol in patients with Meniere's disease and tinnitus. *Minerva Med.* 2014 Jun;105(3):245-54. PMID: 24988090. pubmed.ncbi.nlm.nih.gov/24988090/
Over 500 studies on pycnogenol-

pycnogenol.com/science

pycnogenol.com/fileadmin/pdf/Application_brochures/Bibliography_2023.pdf

Category

1. Uncategorized

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