

Pycnogenol (pine bark extract)

Description

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Use this with your own research, and share with your doctor as appropriate.

Saving this to a "Health" folder can help access.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

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

reduce scarring by increasing collagen & hyaluronic acid

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 Meniereâ€™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_202

BlazsÃ³ G, GÃ¡bor M, SchÃ¶nlaug F, Rohdewald P. Pycnogenol accelerates wound healing and reduces scar formation. *Phytother Res.* 2004 Jul;18(7):579-81. doi: 10.1002/ptr.1477. PMID: 15305320.

French Maritime Pine Bark Extract (Pycnogenol®) Effects on Human Skin: Clinical and Molecular Evidence

Susanne Grether-Beck; Alessandra Marini; Thomas Jaenicke; Jean Krutmann

Skin Pharmacol Physiol (2016) 29 (1): 13â€“17.

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Category

1. Uncategorized

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