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# Nutrition

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THE BUSINESS MAGAZINE FOR DIETARY SUPPLEMENT AND NUTRACEUTICAL MANUFACTURERS

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## Clinical Studies

Proving the safety and efficacy of the industry's top ingredients

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## MegaNatural-BP: The Only Grape Seed Extract Clinically Proven to Support Healthy Hearts

One of the key indicators of a healthy heart is healthy blood pressure. Fortunately, there is a natural way to help maintain blood pressure levels within a healthy range: polyphenols.\* One of the largest natural depositories of polyphenols is grape seed extract. Manufactured exclusively by Polyphenolics, a division of Constellation Brands Inc., MegaNatural-BP is a patented grape seed extract with a unique structure and composition that has clinically proven benefits. Clinical studies have found that MegaNatural-BP supports blood pressure within the normal range.\*

As a science-driven organization, Polyphenolics has invested heavily in original research on MegaNatural-BP at both the laboratory and clinical levels.

### Human Clinical Study #1

**Publication:** Effect of Grape Seed Extract on Blood Pressure in Subjects with the Metabolic Syndrome<sup>1</sup>

**Study type:** randomized, double-blind, placebo-controlled

**Design:** Twenty-five subjects were randomized into three groups: a.) placebo, b.) 150 mg MegaNatural-BP per day and c.) 300 mg MegaNatural-BP per day. Each group took their respective treatment for four weeks.

**Results:** Blood samples showed MegaNatural-BP to be well-absorbed after a single dose, with a steep rise in polyphenols 90 minutes after ingestion. At the end of four weeks, both dosages of MegaNatural-BP were found to help maintain blood pressure levels (both systolic and diastolic) within the normal range.\*

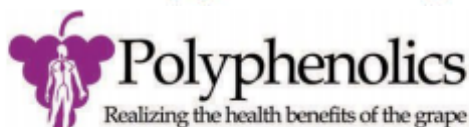
### Human Clinical Study #2

**Publication:** Effect of Grape Seed Extract in Subjects with Pre-Hypertension<sup>2</sup>

**Study type:** randomized, double-blind, placebo-controlled

**Design:** All 30 subjects began the trial by taking a placebo for two weeks. Then, they were randomized into two groups: a.) placebo and b.) 300 mg MegaNatural-BP per day. Each group took their respective treatment for eight weeks.

**Results:** At the end of eight weeks, MegaNatural-BP was found to help maintain



blood pressure levels (both systolic and diastolic) within the normal range.\*

### Human Clinical Study #3

**Publication (submitted):** Effects of grape seed extract beverage on blood pressure and metabolic indices in individuals with pre-hypertension: a randomized, double-blind, placebo-controlled trial<sup>3</sup>

**Study type:** randomized, double-blind, placebo-controlled

**Design:** All subjects began the trial by taking a placebo for two weeks. Then, they were randomized into two groups: a.) fruit-juice beverage (placebo drink) and b.) fruit-juice beverage with 150 mg MegaNatural-BP. Beverages were drunk twice per day for a total dose of 0 mg or 300 mg MegaNatural-BP. Each group took their respective beverages for six weeks then discontinued for an additional four weeks when a final follow-up assessment was conducted. Subjects were on study for 12 weeks total.

**Results:** Consumption of MegaNatural-BP beverage for six weeks led to a significant reduction in systolic BP compared to placebo beverage that returned to baseline after four week discontinuation of GSE beverage. Similar findings were apparent for diastolic BP, showing 4.7 percent reduction in DBP that returned to baseline after discontinuation of GSE beverage. Subjects with higher starting BP experienced greater BP reduction, which nearly doubled the effect size. Changes in fasting insulin and insulin sensitivity as calculated by HOMA-IR tended to be improved after six weeks of GSE beverage, suggesting metabolic effects of MegaNatural-BP.\*

MegaNatural-BP has also been the subject of two published safety studies. After submitting the studies to the FDA (U.S. Food and Drug Administration), MegaNatural-BP received No-Objection GRAS (generally recognized as safe) status. Clinical studies confirm that MegaNatural-BP is free of side effects. Every lot is rigorously tested to ensure purity and safety. MegaNatural-BP is manufactured through a patented hot-water-based-extraction process, with no traces of toxic chemicals or solvents in the final ingredient. Millions of MegaNatural-BP capsules have been sold providing further evidence of its safety.

### About Polyphenolics

Founded in 1996, Polyphenolics is dedicated to researching and developing innovative products using grape-seed-derived polyphenols to deliver specific and documented health benefits. As a division of Constellation Brands,—the world's leading premium wine company—Polyphenolics has access to an abundant supply of quality U.S.-grown grapes and maintains total control over the entire manufacturing process, from raw material procurement to final extraction. The consistency of every batch of MegaNatural-BP is verified through specialized HPLC testing. Consistent activity guarantees consistent results.

To learn more about using MegaNatural-BP in your dietary supplements and functional foods and beverages, call (866) 308-7678 or visit at [www.polyphenolics.com](http://www.polyphenolics.com).

For distribution in Germany, contact Dr. Behr GmbH, Rohstoffe für Diätetik und Pharmazie at 0228-976396-0 or email [sales\\_order@behrbonn.com](mailto:sales_order@behrbonn.com).

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

### References:

- 1 Sivaprakasapillai B, et al. *Metabolism Clinical and Experimental* 58 (2009):1743-1746.
- 2 Robinson M, Lu B, Kappagoda T. *Journal of Pharmacy and Nutrition Sciences*, 2012, 2, 155-159.
- 3 Park E, Edirisinghe I, Choy Y, Waterhouse A, Burton-Freeman B. Submitted/under review.
- 4 Edirisinghe I, Burton-Freeman B, Tissa Kappagoda C. *Clin Sci (Lond)*. 2008 Feb; 114(4):331-337.





## The only grape seed extract clinically proven to support healthy hearts

Your heart loves with every beat. So love it back with **MegaNatural®-BP** from Polyphenolics.

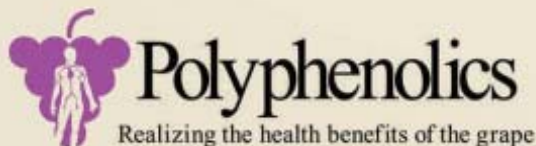
**MegaNatural®-BP** is uniquely positioned as the subject of two double-blind, placebo-controlled human clinical trials conducted at UC Davis. Both studies found that **MegaNatural®-BP** supports blood pressure within the normal range\* – with no adverse side effects.

Manufactured through a patented extraction process, **MegaNatural®-BP** is a group of structurally unique low-molecular weight compounds with dramatically increased absorption. Along with a healthy diet, regular exercise and achieving a desirable weight, **MegaNatural®-BP** can give your heart the clinically proven support it deserves.\*

To learn more about using **MegaNatural®-BP** in your dietary supplements, functional foods or beverages, call 866.308.7678 or visit us at [www.Polyphenolics.com](http://www.Polyphenolics.com).

For distribution in Germany, please call Dr. Behr GmbH, Rohstoffe für Diätetik und Pharmazie, Tel: 0228-976396-0, E-mail: [sales\\_order@behrbonn.com](mailto:sales_order@behrbonn.com)

- **Proprietary water extraction process**  
*(U.S. Patent 6,544,581 B1)*
- **Clinically proven**  
*(U.S. Patent 7,651,707 B2)*
- **Unique composition**  
*(U.S. Patent 7,767,235 B2)*
- **Exclusive production process**  
*(U.S. Patent 8,075,929 B2)*
- **No chemical solvents**
- **100% water-soluble**
- **FDA No-Objection GRAS**



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