



OPC: Super nutrient

Information Sheet

What is OPC and what can it do?

OPC is a widely used abbreviation for Oligomeric ProanthoCyanidine (you can see why they use the three letters instead!)

This vital nutrient, found in *all* plants, is most readily available in grape seeds and pine bark. OPC has extraordinary and unique nutritive properties:

- It is the most powerful natural antioxidant available.
- Eighteen times more potent than vitamin C and fifty times more potent than vitamin E.
- Protects vitamins C and E, enhancing their effectiveness.
- Easily absorbed by the body, it penetrates everywhere needed.

Ingredients in Nutritech OPC?

Each pottle of Nutritech OPC from Enjoy Life contains 60 capsules, and each gelatin capsule contains the following:



- **OPC^x** 55 mg
- **Vitamin C** 250 mg
- **Blend^y** 260 mg

^x The OPC is grape seed extract guaranteed to be 95% pure OPC.

^y Consists of Catalase (enzyme), Hesperidin (antioxidant), and Trace Minerals (Omnimin).

Catalase, Hesperidin, Vitamin C, and OPC are all water soluble nutrients, that will work together synergistically. Trace minerals are also used by the body to enhance function at a cellular level.

Each capsule also contains trace amounts of magnesium stearate.

Capsules are best taken with meals.

Why supplement OPC?

- Plants and fruits contain only small quantities of OPC, usually concentrated in their skin, seeds, leaves and stems. This small amount is often lost if the vegetable or fruit undergoes food processing.
- Our food can be deficient in nutrients (including antioxidants and trace minerals) to start with because much of it is grown in polluted and/or depleted soils.
- It is common practice to pick fruit before it is ripe, as this reduces damage during transportation. However, as most antioxidants in fruit are developed in the final stages of sun ripening, this practice also reduces the amount of OPC in fruit.
- Our body's natural antioxidant defences diminish over time (as we age), making dietary antioxidants ever more important throughout life.
- It may be wise to compensate for rising levels of pollution and radiation. Some may claim supplementing is 'un-natural', but so are the current levels of detrimental substances like pollution in the environment.



Is OPC safe?

OPC has been recommended by doctors (especially in Europe) for many decades, and has been extensively tested for safety. To date it has been shown to be non-toxic, non-carcinogenic and non-allergenic. All evidence indicates that anyone in any condition can safely take OPC. *However*, as always when you are considering taking supplements, and especially for babies, pregnant women and those on medication, consult with your doctor **first**.

On very rare occasions those new to OPC may experience mild detoxification symptoms (these can include headaches, nausea, indigestion, etc) over the first few days only. If symptoms persist, see your doctor.

Because all the ingredients in Nutritech OPC are water soluble, the body should have no difficulties eliminating larger doses. Therefore even larger doses are very unlikely to produce any negative effects.