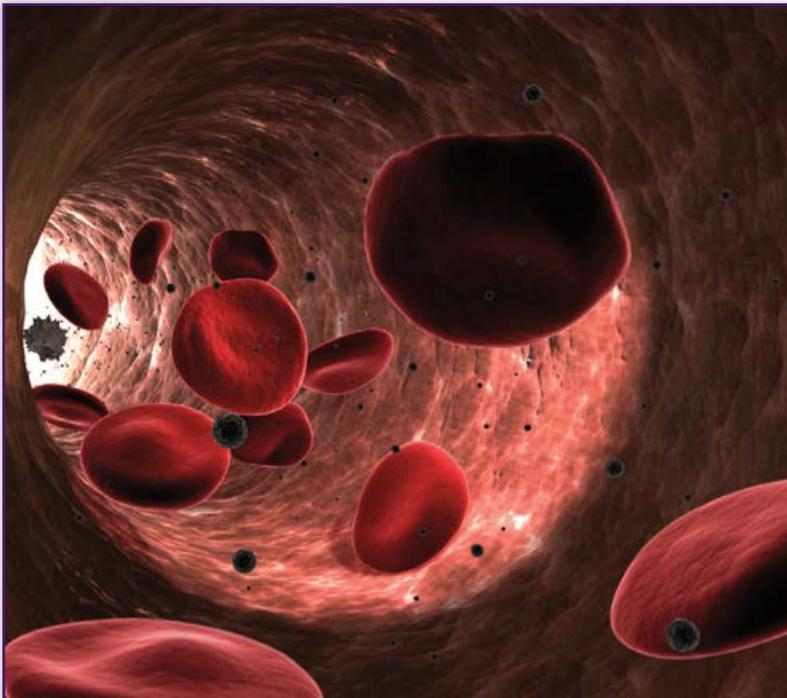




USANA Studies . . .

A Double Dose of Heart Benefits

Boston University School of Medicine and USANA scientists teamed up to study the impact a blended supplement of grape seed extract and vitamin C has on people suffering the detrimental effects of coronary artery disease (CAD).



An Arterial Motive

Normally, arteries and other blood vessels expand and contract to deliver blood, oxygen, and nutrients throughout the body. In those suffering from CAD, this expansion and contraction may be compromised and may be a future predictor for risk of stroke or heart attack. Researchers in this study examined the participants' microvascular function in the small blood vessels in the fingertips, before and after taking the blended supplement.

The study showed that just hours after ingesting the supplement, participants' microvascular function improved; their blood vessels began expanding and contracting more like what is typically expected in healthy blood vessels. Interestingly, this only occurred when epicatechin, one of the bioflavonoids in grape seed extract, was also present in their blood.

Keep Your Guard Up

Oxidative stress is associated with a variety of chronic degenerative diseases, including CAD, so researchers also measured plasma levels of vitamin C and plasma antioxidant reserve (PAR)—a measure of the blood's resistance to oxidative stress. Over the course of the study, circulating levels of vitamin C increased in participants after supplementation. Interestingly, the participants' PAR mirrored exactly the levels of vitamin C in the blood, suggesting a causal link between vitamin C concentrations and PAR. This suggests that regular intake of vitamin C may significantly increase the body's capacity to guard against the detrimental consequences of oxidative stress.

Your Body Benefits

USANA scientists and Boston University found that continuous and regular intake of a supplement with both grape seed extract and vitamin C improves vascular health by providing both antioxidant protection and an improvement in micro-vascular blood flow.

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.