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# THE REPORT

LOOK, FEEL AND LIVE BETTER



## For A Healthy Summer

Skin Health & Beauty  
Improved Endurance &  
Sports Recovery  
Venous Health

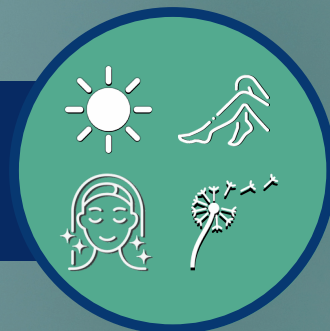
## Seasonal Allergies

Allergy Symptom Relief

## Company News

Pycnogenol® in the News

Sports,  
Beauty,  
Allergies...



# PYCNOGENOL®

# feature story

## Pycnogenol® for a Healthy Summer

The ideal companion for warmer months ahead

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Horphag Research



After a cold winter, the long-awaited warmth and sun has arrived to brighten days and mood again. Although we're itching to get outdoors, it's important to take proactive steps to guard against common health issues that crop up in the warmer months, such as seasonal allergies and venous discomfort. Many of us find joy in refocusing on fitness goals as we spend more time being active outside and adjusting skincare routines with the changing seasons. With its ability to enhance venous health, alleviate allergy symptoms, and contribute to overall skin and hair health, alongside boosting sports performance, Pycnogenol® proves to be an ideal companion for the warmer months ahead.

### Allergy symptom relief

Allergies are very common with 10-30% of the world population suffering from allergic rhinitis (1). Especially in spring and summer, when flowers are in full bloom, many experience symptoms like red, itchy eyes, skin rashes or a blocked or runny nose. Results from clinical trials suggest an amelioration of birch and other pollen allergy symptoms, like allergic rhinitis symptoms after Pycnogenol® intake 5 to 8 weeks before pollen season (2, 3). Allergic asthma symptoms were also relieved with Pycnogenol® and the number of patients requiring rescue antihistamines or asthma inhalers was lower after Pycnogenol® intake (3, 4).

### Skin health and beauty

Prolonged exposure to UV-light generates reactive oxygen radicals, triggers pro-inflammatory processes and can cause sunburn and premature skin aging. In over 20 studies, Pycnogenol® was shown to provide skin health benefits, like decreased melasma pigmentation, limited photo-ageing (5-8), increased skin hydration and greater skin elasticity (8, 9).

Skin over-pigmentation and melasma pigment intensity and size were significantly reduced after Pycnogenol® supplementation, leading to smaller and lighter melasma spots (6, 8). Pycnogenol® showed significant photo-protective effects by increasing the resistance of participant's skin to UV exposure, needed to trigger skin redness (7).

### PYCNOGENOL® FOR A HEALTHY SPRING AND SUMMER



ALLERGIES



SKIN CARE



SPORTS



VENOUS HEALTH

# feature story continued

Clinical investigations of Pycnogenol® intake revealed increased hyaluronic acid synthase by 44% and collagen by 40% (9). Consequently, skin hydration and skin elasticity were increased, and skin fatigue was decreased with Pycnogenol®(9). In a study with urban outdoor workers, Pycnogenol® intake during the hot summer season led to reduced skin water loss by 14% and improved skin elasticity by 13% (8).

Remarkably, intake of Pycnogenol® also protects hair health, leading to a significant increase of hair density by 30% in a placebo-controlled study in parallel to an improvement of scalp microcirculation (10).

## Improved endurance and sports recovery

Pycnogenol® improves endurance and reduces cramps by acting as a strong antioxidant (11-14). The endurance time of the recreational athletes on a treadmill was significantly increased by 21% after Pycnogenol® supplementation (11).

In triathletes, Pycnogenol® intake improved the performance by reducing the overall triathlon time by 10 min 48 sec, compared to a time-reduction of 4 min 36 sec with training only (12). Additionally, the athletes reported less post-training pain and cramps with Pycnogenol®.

## Venous health and jet lag symptoms after travels

High summer temperatures can increase leg and feet swelling and discomfort. Such “heat edema” can occur in overweight people, in diabetics, in people with chronic venous insufficiency (CVI) but also in healthy adults (15, 16).

Several clinical studies show the efficacy of Pycnogenol® for healthy veins and its ability to relieve leg swellings in healthy people and in CVI (risk-) patients by normalizing blood flow, microcirculation, capillary permeability and reinforcing vein elasticity (17-22).

Pycnogenol® intake was more effective in decreasing ankle swelling and improving microcirculation in the summer season compared to elastic compression (17). The severity of CVI symptoms, such as heaviness, swelling and leg pain were significantly relieved with Pycnogenol® (18).

Another common scenario of swollen legs is during long distance flights (23). Pycnogenol® was shown to reduce leg swelling, ankle circumference, edema score and leg pain after 7 – 12-hour flights in subjects with certain risk for thrombosis (21, 22). In addition, Pycnogenol® supplementation ameliorated jet lag symptoms like sleep alterations, fatigue, anxiety, deterioration in cognitive function and visual impairment (22, 24).



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**For more information, please visit [www.pycnogenol.com](http://www.pycnogenol.com).**

# product spotlight

Kordel's **Renawell Robuvit®**, targeted for liver and kidney care, is now available in the retail and online marketplaces in Malaysia.

**Renawell** contains 100mg of Robuvit® French oak wood extract, containing health-bearing bioflavonoid species roburins. Clinical research has shown Robuvit®'s potential in increasing the liver's enzyme capacity to effectively remove toxins, and delay liver fibrosis in patients with metabolic dysfunction-associated fatty liver disease.



In addition to the promising results on liver health, a 4-week supplementation with Robuvit® reverses albuminuria by more than 70% in hypertensive patients with temporary kidney dysfunction.

**NOI** launched their branded Robuvit® in 2021 and continues to sell the highest available daily dosage available in Japan at 400mg Robuvit®, targeting anti-fatigue and improvement in sleep quality.

**NOI Robuvit®** is a type of polyphenol extracted from French oak wood and a highly potent blend of antioxidants, ellagitannins, and is a unique source of roburins and bioflavonoids. The extract is supported by 25 clinical studies involving over 600 subjects that have demonstrated its support for energy, detox, mitochondrial support, fitness and more. Research shows Robuvit® leads to Urolithin A generation in the body and new mitochondria are assembled, fully functional, to provide optimal energy levels naturally.



The product is sold online and through health professionals.

**Ginseng and Robuvit® 200 mg** by Natahaé brings to market a remarkable natural product for energy and physical performance.

The combination of American Ginseng and Robuvit®, French oak extract is designed to reduce fatigue, improve physical and energy performance, improve mood, quality of sleep and cognitive abilities. Twenty-five clinical studies on Robuvit® have demonstrated its ability to affect cellular mitochondria and ribosomes, improve energy and muscle protein synthesis, and decrease oxidative stress.



Kobho Labs introduces **W-Balance**, a new supplement available in Spain designed to manage menopause symptoms like hot flashes and fatigue.

The **W-Balance** formula combines 10 synergistic compounds to overcome a variety of symptoms such as hot flashes, anxiety, or muscle weakness during menopause. Active ingredients, many having antioxidant and anti-inflammatory properties, include 60mg Pycnogenol®, black cohosh, Sea buckthorn, royal jelly, GABA, L-tryptophan, Trans-Resveratrol, and Vitamins B6, D and E.



Pycnogenol® has been the subject of numerous studies supporting its benefits for menopause including reducing symptoms such as hot flashes, night sweats, anxiety and memory and concentration problems while having no impact on hormonal levels. It is commonly used to improve circulation and combat oxidative stress in the body.

**VeNatura** launches **Pycnogenol® 30mg** supplement in Turkey supporting overall health and wellness.

Pycnogenol® has four basic health properties – it's a powerful antioxidant, acts as a natural anti-inflammatory, promotes collagen and elastin in the skin, and supports endothelial nitric oxide production which helps dilate blood vessels.

Thanks to its properties, Pycnogenol® supports whole body health including cardiovascular function and circulatory health, joint health, skin care, sports nutrition, cognitive function among others. These applications are backed by 160 published clinical studies on 13,000 subjects supporting its versatile benefits.



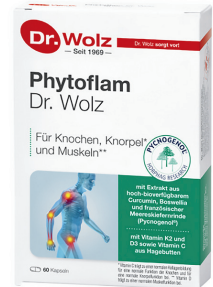
# new research | company news



**Phytoflam Dr. Wolz®** is an innovative joint supplement complex created to support the normal function of bone, cartilage, muscles, and nerves.

**Phytoflam Dr. Wolz®** consists of highly bioavailable curcumin, boswellia, Pycnogenol® (30mg) and vitamin K2, D3 as well as vitamin C from rosehip extract. Vitamin C protects the cells from oxidative stress also supporting the normal functioning of the immune system. Active ingredient Pycnogenol® is a unique and natural antioxidant and anti-inflammatory and supports joint health, helps stabilize muscle loss and supports muscular function and endurance.

The manufacturer recommends taking three capsules a day..



## Pycnogenol® in the News

The Horphag Research team is thrilled to present a selection of recent media features highlighting the research and advantages of Pycnogenol® in prominent publications like Woman's World, BestLife and Forbes.

These media articles are instrumental in educating consumers about the array of research supporting Pycnogenol® and raising awareness of the brand. Please explore the articles through the links provided below:



# For a Healthy Summer



## welcome

With the welcome arrival of warm weather everyone seems to be heading outdoors with more regularity – whether it’s a new fitness routine or just to get some fresh air. However, with these pleasant changes, many will feel the unwelcome effects of allergies.

In our cover story, we discuss how Pycnogenol® can help mitigate seasonal side-effects to help those affected by allergies, maximize your workout or dial-in your summer skincare routine.

Also, don't forget to take a look at the new product launches with our branded ingredients Pycnogenol® and Robuvit®. We are proud of these new products and hope you are too.

Best Regards,

A handwritten signature in black ink, appearing to read 'Victor Ferrari'.

Victor Ferrari  
Chief Executive Officer  
Horphag Research

## featuring...

- Allergy Symptom Relief
- Skin Health & Beauty
- Product Spotlight
- Company News

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