

# HERBALIST

## Grape Seed and Pine Bark extracts

When you are looking for extracts that help the body in our anti-aging quest, two plant sourced extracts stand out. These are Grape Seed and Pine Bark Extract (also known as the Maritime Pine).

Both of these extracts contain high levels of Vitamin C and E and are high in antioxidants. These vitamins and antioxidants help to protect our cells from oxidative damage which is accelerated by the many pollutants we are exposed to daily. These extracts assist by delaying the aging process, with some of the most visible signs being in the skin.

Grape Seed and Pine Bark Extracts assist by strengthening and protecting the collagen in the skin, slowing the rate of collagen breakdown and keeping the skin firm, supple and vibrant by maintaining integrity and elasticity. Connective tissue is the fibrous tissue in the body and consists mainly of collagen fibres which bind and support the organs and other structures of the body.

Grape Seed and Pine Bark extracts are well known to also benefit the blood vessels, eye and cardiovascular health and have anti-inflammatory action. Due to these positive benefits these extracts can be taken as a nutritional supplement and are often used to treat connective tissue and skin disorders, injuries and wounds.



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