

Primary Benefits of Isotonix® OPC-3®

- Combats free radicals
- Demonstrates anti-inflammatory activity
- Helps maintain healthy cholesterol levels
- Helps maintain healthy circulation by strengthening capillaries, arteries and veins
- Helps maintain joint flexibility
- Helps promote/support cardiovascular health
- Helps reduce mild menstrual cramping and abdominal pain
- Helps support visual health/visual acuity
- Potent free radical scavenger
- Promotes/supports healthy blood vessel dilation
- Promotes/supports healthy nitric oxide levels
- Supports a healthy complexion
- Supports healthy blood glucose levels
- Supports healthy platelet activity
- Supports healthy sperm quality



Value Size: 90 Servings
Product Code: [13009](#)



30 Servings
Product Code: [13007](#)

Supplement Facts		
Serving Size: 1 Capful (3.33 g)		
Servings Per Container: 30		
	Amount Per 1 Capful	% Daily Value*
Calories	8	
Total Carbohydrates	2 g	< 1
Sugars	2 g	**
Potassium (Bicarbonate)	93 mg	3
Grape Seed Extract	25 mg	**
Red Wine Extract	25 mg	**
Fine Bark Extract (Pycnogenol®)***	25 mg	**
Bilberry Extract	25 mg	**
Citrus Extract Bioflavonoids	25 mg	**

* Percent Daily Values are based on a 2,000-calorie diet.
 ** Daily Value is not established.
 *** Pycnogenol® is the registered trademark of Horphag Research, Ltd., and is protected by US Patent #5,720,956; 6,372,266 and pending applications and international patents.

Other ingredients: Fructose, glucose, citric acid, maltodextrin, silica, calcium sulfate and pectin.

Key Ingredients of Isotonix® OPC-3®

Grape Seed Extract
25 mg

Grape seed extract is typically extracted from the seeds of red grapes (rather than white), which have a high content of compounds known as *oligomeric proanthocyanidins* (OPCs). Grape seed extract is extremely rich in polyphenols, compounds with high antioxidant activity. Grape seed extract has been found to maintain healthy cholesterol levels.

Red Wine Extract
25 mg

Red wine extract is a potent antioxidant. This extract is found in grape vines, roots, seeds and stalks, with the highest concentration in the skins. The antioxidant properties of red wine extract contribute to maintaining healthy circulation by strengthening capillaries, arteries and veins, and promoting overall cardiovascular health.

In the late 1990s, scientists took note of a phenomenon among the French. There were very low rates of cardiovascular problems in the provinces where residents consistently ate high fat foods and drank red wine. Scientists concluded that the protective properties of red wine have helped the French maintain cardiovascular health for years and subsequent scientific studies have further shown that the OPCs found in red wine are particularly beneficial for protecting the heart and blood vessels.

Pine Bark Extract (Pycnogenol®)
25 mg

Pycnogenol is a natural plant extract from the bark of the maritime pine tree, which grows exclusively along the coast of southwest France in Les Landes de Gascogne. This unspoiled and natural forest environment is the unique source of pine bark.

Pycnogenol is one of the most researched ingredients in the natural product marketplace. Published findings have demonstrated Pycnogenol's wide array of beneficial effects on the body. Pine bark extract is an all natural combination of procyanidins, bioflavonoids and organic acids.

The extract has four basic properties: (1) it is a powerful antioxidant, (2) acts as a natural anti-inflammatory, (3) selectively binds to collagen and elastin, and (4) aids in the production of endothelial nitric oxide, which helps dilate blood vessels.

As one of the most potent natural scavengers of free radicals, Pycnogenol combats many aggressive free radicals before they cause oxidative stress to vital organs. Its super-antioxidant capabilities help support healthy blood platelet activity, support healthy blood glucose levels, reduce mild menstrual cramping and abdominal pain, maintain joint flexibility, promote cardiovascular health, promote healthy sperm quality, maintain healthy cholesterol levels and support a healthy complexion.

Bilberry Extract
25 mg

Bilberry extract is derived from the leaves and berry-like fruit of a common European shrub closely related to the blueberry. Extracts of the ripe berry contain flavonoid pigments known as anthocyanins, which are powerful antioxidants. Scientific studies confirm that bilberry extract supports healthy vision and venous circulation. Bilberry extract helps maintain healthy circulation by strengthening capillaries, arteries and veins.

Citrus Extract (Bioflavonoids)
25 mg

Bioflavonoids are antioxidants found in certain plants that act as light filters, which protect delicate DNA chains and other important macromolecules by absorbing ultraviolet radiation. They have been found to promote cardiovascular health, help maintain healthy circulation by strengthening capillaries, arteries and veins, and demonstrate anti-inflammatory activity.

What Makes Isotonix® OPC-3® Unique?

A free radical is an atomic structure with an unpaired electron in its outermost shell. These unpaired electrons tend to be highly reactive, resulting in chemical reactions such as oxidation. Because they have one or more unpaired electrons, free radicals are highly unstable. They scavenge the body to grab or donate electrons, causing damage to cells, proteins and DNA. Free radicals are naturally occurring; however, air pollution, stress, smoking, heavy exercising and aging all contribute to the creation of harmful free radicals. Free radicals can cause oxidative damage to the body, potentially leading to serious health problems. Normally the body is able to protect itself from the damaging effects of free radicals, but if antioxidants are unavailable, or if free radical production becomes excessive, damage can occur.

Antioxidants are natural cell protectors, neutralizing free radicals by pairing an electron to the outermost shell of radical oxygen molecules, rendering them harmless. Antioxidants are nutrients such as vitamins and minerals, and enzymes that are capable of counteracting the damaging, but normal, effects of the physiological process of oxidation in bodily tissues. Antioxidants work in two ways: chain breaking and prevention. A chain-breaking antioxidant, such as vitamins A, C and E, stabilize free radicals or cause them to decay into harmless atomic structures. A preventative antioxidant prevents the oxidation process by scavenging free radicals.

Isotonix OPC-3 is an isotonic-capable food supplement that is made from a combination of bilberry, grape seed, red wine, pine bark extracts and citrus extract bioflavonoids, all found to be potent antioxidants. Oligomeric proanthocyanidins (OPCs) are bioflavonoids (complex organic plant compounds) found in fruits, vegetables and certain tree barks that provide exceptional nutritional benefits to the human body. ***Studies have shown OPCs to be up to 20 times more powerful than vitamin C and 50 times more powerful than vitamin E in neutralizing free radicals.*** Isotonix OPC-3 contains the only isotonic form of Pycnogenol in the world. Pycnogenol is a natural plant extract from the bark of the French maritime pine tree, and the most clinically researched and potent bioflavonoid.

Isotonic, which means "same pressure," bears the chemical resemblance of the body's blood, plasma and tears. All fluids in the body have a certain concentration, referred to as osmotic pressure. The body's common osmotic pressure, which is isotonic, allows a consistent maintenance of body tissues. In order for a substance to be absorbed and used in the body's metabolism, it must be transported in an isotonic state.

Isotonix dietary supplements are delivered in an isotonic solution. This means that the body has less work to do to in obtaining maximum absorption. The isotonic state of the suspension allows nutrients to pass directly into the small intestine and be rapidly absorbed into the bloodstream. ***With Isotonix products, little nutritive value is lost, making the absorption of nutrients highly efficient while delivering maximum results.***

Isotonix® OPC-3® Frequently Asked Questions

What is Isotonix OPC-3?

Isotonix OPC-3 is a dietary supplement that bears some of the most powerful bioflavonoids currently known to research scientists. These bioflavonoids are scientifically termed oligomeric proanthocyanidins, commonly abbreviated OPCs. ***The purest and best-researched OPCs chosen for OPC-3 are prepared from grape seed, red wine, bilberries, Pycnogenol from pine bark and citrus fruit. This combination of potent OPCs is unique to OPC-3, as is the Isotonix delivery system, which enables rapid and highly efficient absorption of the OPCs.*** Isotonix OPC-3 has been shown to provide a variety of health benefits including but not limited to combating free radicals, demonstrating anti-inflammatory activity, helping maintain healthy cholesterol levels, helping maintain healthy circulation by strengthening capillaries, arteries and veins, helping maintain joint flexibility, helping promote/support cardiovascular health, helping reduce mild menstrual cramping and abdominal pain, helping support visual health/visual acuity, scavenging free radicals, promoting/supporting healthy blood vessel dilation, promoting/supporting healthy nitric oxide levels, supporting a healthy complexion, supporting healthy blood glucose levels, supporting healthy platelet activity and supporting healthy sperm quality.

What is a bioflavonoid?

Bioflavonoids are complex organic plant compounds. Plants and fruits differ in colors based on the specific bioflavonoids they contain. An increasing number of clinical studies have shown how bioflavonoids support health. ***Bioflavonoids found in OPCs play a key role in cardiovascular health and maintaining vascular integrity.*** Bioflavonoids have been shown to demonstrate support for healthy circulation and cell vitality. Normal collagen renewal is promoted, which supports firmness of the skin, joint cartilage and connective tissue.

What sets Isotonix OPC-3 apart from other bioflavonoid products?

Isotonix OPC-3 offers scientifically supported OPCs, found to be the most potent antioxidants for human health. In addition to being powerful antioxidants, these individual OPCs have been shown to provide a myriad specific health benefits. This science-driven selection of OPCs is unique to OPC-3, as is the Isotonix delivery system, which enables rapid and highly efficient absorption of the OPCs. ***The potent nutrients, in combination with the highly effective delivery system, makes OPC-3 the most powerful free radical scavenging product available.***

Is Isotonix OPC-3 safe?

Yes. OPCs are among the most valuable constituents of a healthy human diet. OPCs have been researched and used for over 30 years throughout Europe. Extensive safety studies were conducted which revealed no evidence for human toxicity or allergic reactions. ***OPC-3 contains pure OPCs in combination with carefully balanced quantities of potassium and fructose/glucose, which set up the isotonic delivery system. OPC-3 is free of harmful chemicals, preservatives and alcohol.*** OPC-3 should be taken as directed.

How long does it take to benefit from Isotonix OPC-3?

OPC-3 not only provides the most potent OPCs available, the unique Isotonix delivery system ensures that the small intestine rapidly absorbs the OPCs, which are available in the blood stream within minutes. This is because the OPCs are delivered in liquid form. The liquid is isotonic, which means it duplicates the environment in our cells and blood stream regarding pH, electrolytes, etc. This enables the OPCs to enter the body easily and with a high level of bioavailability. ***Because of the rapid absorbability, the body should benefit from Isotonix OPC-3 almost immediately.***

What is the advantage of taking Isotonix OPC-3 regularly?

Many effects of OPC-3 start to work after a single serving. Studies with human volunteers have found that the health benefits of OPCs may take a while to occur. This may be the case for health concerns resulting from everyday wear and tear, where time simply has taken its toll. ***Taking Isotonix OPC-3 daily enables the body to sustain a consistent antioxidant defense.***

Why should everyone take Isotonix OPC-3?

Everyone is subject to free radical damage and oxidative stress. Free radicals develop as byproducts of physiological processes that occur within the body. This damage does not cause noticeable harm at first, yet may add up over the years. This process is largely responsible for the aging process. Free radicals have been linked directly to premature aging, poor circulation, poor heart health and poor immune health.

OPCs are the most powerful natural free radical neutralizers and you get the best of all OPCs by taking Isotonix OPC-3. Regular use every day is vital for keeping free radicals in check and a long, healthy life. Laboratory studies have shown that OPCs are more powerful antioxidants than vitamin C and vitamin E.

Can you take Isotonix OPC-3 in soda, juice, coffee, etc., rather than water?

It is possible but not recommended. ***This product should only be taken as directed. In order to keep the product in an isotonic form and to achieve the maximum delivery speed, it needs to be taken on an empty stomach with 2 oz. of water per capful.*** Mixing the products with anything else besides other Isotonix products and water slows down the delivery time and may affect the percentage of uptake.

I am healthy and athletic, why should I take Isotonix OPC-3?

Everyone is vulnerable to the aging process caused by continuous free radical damage. Athletes tend to be exposed to elevated levels of oxidative stress. Free radicals develop as byproducts during metabolism when calories are processed with oxygen. Athletes inhale 10 to 20 times more oxygen during physical activity over rest periods. The increase in activity creates additional free radicals. In fact, these free radicals are known to limit performance, as free radicals appear to take their toll on muscle tissue. ***Studies on recreational athletes have shown a 20 percent endurance increase with OPCs, as compared to a control group receiving a placebo. Another study has shown that athletes using OPCs suffered significantly less muscle cramping during and after performing.*** Isotonix OPC-3 helps to maintain healthy blood flow and this supports oxygen supply to muscles.

Does OPC-3 have visible benefits?

As OPCs support collagen production in the skin, an increase of smoothness and elasticity is the natural result. Such an effect was objectively measured in women aged 40 years and older. ***Skin smoothness was increased after three months as measured by 3-dimensional topography.*** Likewise, increased skin elasticity was recorded with a special instrument known as a cutometer. It requires patience until skin cells have renewed significant amounts of collagen to show visible effects. It is essential to continuously take OPC-3 to keep skin cells at their peak vitality.

On a short-term basis, many people notice a fresher-looking skin complexion. This is a result of healthy blood microcirculation, which helps detoxify the skin and improves the nutrient supply. ***Regular use of OPC-3 helps defy photo-aging of the skin.***

Does OPC-3 have a rejuvenating effect?

The damage caused by free radicals adds up with time. A cause for more worry is the fact that your body's own mechanisms to keep free radicals in check decline with increasing age — when you need them the most. Suddenly, we find ourselves confronted with some typical age-related problems. Some cells of our body are more vulnerable to free radicals than others. ***OPC-3 has the ability to go in and do a knockout job, cleaning and scavenging the free radicals that feast on cellular energy, and take it away from vital processes.***

What are the cardiovascular health benefits of OPCs?

Scientist Albert Szent-Györgyi, who received the Nobel Prize for the discovery of vitamin C, discovered OPCs. Szent-Györgyi found that OPCs work in a similar fashion. ***They strengthen the walls of arteries, veins and capillaries.***

In the past 20 years scientists discovered that OPCs bear a lot more benefits for the cardiovascular system. Epidemiological studies have shown that regular intake of powerful OPC antioxidants supports a healthy cardiovascular system. ***OPCs appear to be particularly helpful in maintaining healthy cholesterol levels and healthy arteries.***

Pycnogenol in Isotonix OPC-3 plays a key role, as it stimulates an enzyme in the body to promote healthy nitric oxide (NO) levels. NO is a tiny molecule which serves as a key messenger molecule in the blood stream. It promotes relaxation of smooth muscle-surrounding arteries and supports normal artery diameter and blood flow. ***Healthy NO levels help maintain normal blood pressure. This benefit has been explicitly demonstrated with Pycnogenol in two clinical studies.*** NO also promotes healthy blood platelet activity thus preserving a normal, fluid environment. OPCs are especially helpful for smokers. OPC-3 packs a powerful punch when it comes to maintaining excellent cardiovascular health.

How can OPC-3 help my eyes?

Loss of eyesight is the disability people fear more than all others. Isotonix OPC-3 contains specific OPCs successfully tested for eye health.

Bilberry extract was shown to help maintain overall eye health in the vast majority of people in a study. Pycnogenol has been shown to support healthy capillaries in the eye. Isotonix OPC-3 helps maintain visual health and supports visual acuity.

Does OPC-3 have benefits specifically for women?

Some OPCs were shown in clinical trials to help women who suffer from mild pain and cramping during the menstrual period. ***When women were supplemented with OPCs, starting at least a week before their menstrual period, pain values were found to be significantly lowered.***

What exactly is Pycnogenol?

Pycnogenol is the registered trademark of Horphag Research (UK) Ltd. for a standardized extract of bark of the French maritime pine tree. Pycnogenol is particularly renowned for its extensive clinical research with more than 120 studies published in peer-reviewed medical journals. ***The flavonoids in Pycnogenol not only act as powerful antioxidants, they also appear to aid in the generating of nitric oxide (NO). NO plays a key role in regulating cardiovascular health.*** Nitric oxide triggers the relaxation of arteries, restoring the normal diameter of blood vessels and supports healthy blood pressure and circulation. NO allows platelets to be less "sticky" allowing the blood to maintain a normal, fluid viscosity. ***Pycnogenol has been awarded various patents for its ability to influence platelet activity.*** In addition, in one of the few clinical trials of Pycnogenol, it dramatically inhibited smoking-induced platelet aggregation for longer than three days at a 200 mg dose.

How do I take OPC-3?

Each capful of Isotonix OPC-3 contains 125 milligrams of bioflavonoids, of which 75 milligrams are oligomeric proanthocyanidins in an isotonic-capable base. That means that the OPC-3 active ingredients will be delivered in the highest concentration to the small intestine, where most absorption of nutrients occurs.

To start using Isotonix OPC-3 for its benefit as an antioxidant and free radical scavenger, take one level capful for every 75 pounds of body weight for the first seven days. This is referred to as the saturation serving. Then, switch to a daily serving of one capful per 150 lbs. of body weight, as a maintenance dose. For example, if you weigh 190 pounds, you would take three servings of Isotonix OPC-3 per day for seven days, and then switch to two servings per day for long-term health maintenance.

Isotonix OPC-3 has a pleasant natural grape flavor, is a vegetarian product and mixes instantly when added to water. ***This product should be taken on an empty stomach for the fastest, most effective delivery of the active ingredients.*** OPC-3 is a natural food supplement that should be taken for a lifetime.

What is the history of OPCs?

In 1534, French explorer Jacques Cartier was leading an expedition up the St. Lawrence River. Trapped by bad weather, Cartier and his crew were forced to survive on a ration of salted meat and biscuits. Cartier's crew began to suffer from severe deficiency of vitamin C and showed symptoms of scurvy. ***Many crewmembers died before the surviving members encountered a friendly Native American who saved most of their lives. He told them to make a tea from the bark and needles of the pine tree to cure their malady. They complied and, as a result, Cartier and many crewmembers survived.***

Some 400 years later, Professor Jacques Masquelier of the University of Bordeaux, France, read a book by Cartier detailing their expedition. He concluded that pine bark not only contained some vitamin C, but obviously was a good source of bioflavonoids, whose effects are similar to those of vitamin C. Further studies and research revealed that the pine bark contained an array of proanthocyanidins complexes. These compounds were also found in a variety of plants, including grape seeds, cranberries, peanut skin, lemon tree bark and citrus rinds. Masquelier termed the active ingredients of the pine bark *pycnogenols*, which today are referred to in the scientific community as oligomeric proanthocyanidins, or OPCs.

Isotonix® OPC-3® Testimonials

Market America claims that Isotonix OPC-3 “helps reduce mild menstrual cramping and abdominal pain.” Well... mine were no *mild* menstrual cramps. They used to be so severe that I would be rendered useless for 2 or 3 days each month, and while I may have not howled, I would often cry out of pain. These symptoms disappeared completely soon after I started taking OPC-3. I wish I had found it 25 years earlier!

Also, before OPC-3, I used to get the flu or a bad cold at least 2 or 3 times each flu season. Some of them would keep me in bed for almost a week at a time. I have not had the flu or a cold since I started taking OPC-3! A few times I woke up feeling like I was coming down with something, but it would be gone by the time I finished breakfast.

Another “perk” — my cold sores are all gone. I used to be getting them every 6 weeks or so, and they would linger for a couple of weeks at a time. I did get 2 or 3 cold sores after I started taking OPC-3, but they disappeared after just a few days, and they happened a long, long time ago.

~ Magdalena “magz” Marfione, on OPC-3 since January 2004

I used to suffer from seasonal allergies, for which I took Flonase. I’d go through my initial prescription and 5 or more refills each allergy season. After 2 or 3 years on OPC-3, one Flonase nasal inhaler would last me a year. This year I used Flonase ONCE!

I’ve noticed other benefits, too. I used to have really bad knees — the joint pain was so bad that I had to stop running. Now my knees don’t bother me at all and I’m back to running again.

I also can’t remember the last time I had a cold. My wife tells me I had one in 2005, but I don’t recall. Just recently I had a scratchy throat one morning, so I doubled my dose of OPC-3 for a few days — not only did the scratchy throat go away, I also ended up with so much extra energy that I was able to stay up a lot later than usual, without feeling tired at all!

~ Chuck Marfione, on OPC-3 since January 2004

FDA-enforced disclaimer: 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.