



Live Longer Live Healthier: The Power of Pycnogenol

Hasnain Walji PhD

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A consumer-oriented book of up-to-date research and nutritional information about Pycnogenol, Proanthocyanidins, and Bioflavonoids for anyone who wants to use the newest and most powerful antioxidants to help slow the aging process, strengthen the immune system, relieve arthritis distress, and work against the free-radical damage that encourages cancer. This book contains: 1. The facts about Pycnogenol and the other antioxidants. 2. Functions and benefits of use 3. Who may need these supplements 4. Antioxidants and the Immune System 5. Therapeutic uses: stress, common cold, infections, arthritis, heart health, cancer, Aids, and brain function. 6. Safety and contraindications.

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