



# Pycnogenol, The Bark with the Bite

*A. W. Martin Ph.D.*

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Pycnogenol is the most powerful, antioxidant known to man. Made from the bark of the European pine, it is a natural energy source scientifically proven to be 50 times more powerful than vitamin E and 20 times more powerful than vitamin C. It has been shown to retard aging, reduce skin wrinkles, strokes, allergies, lessen fatigue and the frequency of colds and flus. This book describes its vast application and provides many case studies to back up the claims.

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