



Live Better, Longer: The Science Behind the Amazing Health Benefits of OPC

Richard A. Passwater

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Your body is constantly being attacked by very harmful substances known as free radicals. You cannot see them, smell them, or touch them, but they are always there, trying to destroy body proteins and cell membranes. OPC's (oligomeric proanthocyanidins) are among today's most potent and promising free-radical fighters. Found in grape seeds, red wine, and the bark of French maritime pine trees, more powerful than vitamins C and E, the gold-standard among antioxidants. This book explains the benefits of OPCs in combating modern-day killer diseases and in protecting the body's billions of cells.

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