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# THE REPORT

LOOK, FEEL AND LIVE BETTER



## Cognitive Function

Pycnogenol® for  
Cognitive Function  
at Any Age

## Hair Density Research

Pycnogenol® Increases  
Hair Density in  
Menopausal Women

## Company News

Horphag Asia Hosts  
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Focus on  
Cognition



# PYCNOGENOL®

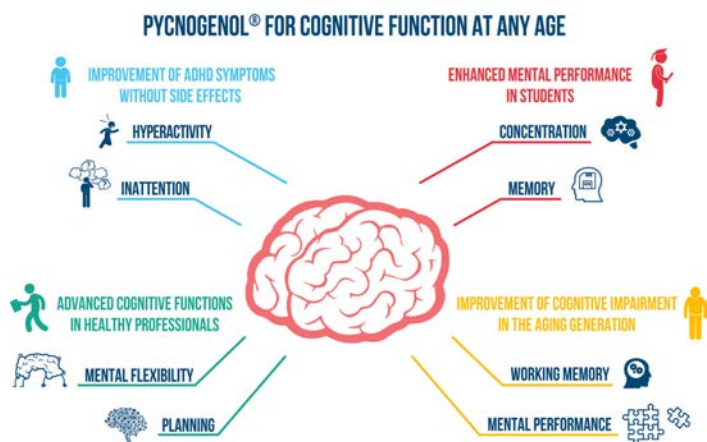
# feature story

## Pycnogenol® for Cognitive Function at Any Age

By: Franziska Weichmann, PhD  
Manager of Scientific Communications/Product Development  
Horphag Research

Cognitive function refers to the mental processes and abilities that enable us to think, reason, remember, learn, and solve problems. It plays a crucial role in our daily activities, relationships, work, and overall well-being. Brain hyperactivity is frequently observed in children and adolescents, sometimes adults and is commonly referred to as attention deficit hyperactivity disorder (ADHD). The decline of brain activity with memory problems and mental performance deficits is often related to aging. Chronically stressful school- or work-related situations can lead to cognitive decline also in younger people (1, 2).

Remarkably, Pycnogenol® French maritime pine bark extract has shown a broad spectrum of cognitive-related benefits for young and older people. These benefits range from reducing ADHD in children (3-8) to improving cognitive function in students, healthy adults (9, 10) and in aging people (11-14).



### Pycnogenol® improves ADHD symptoms in children

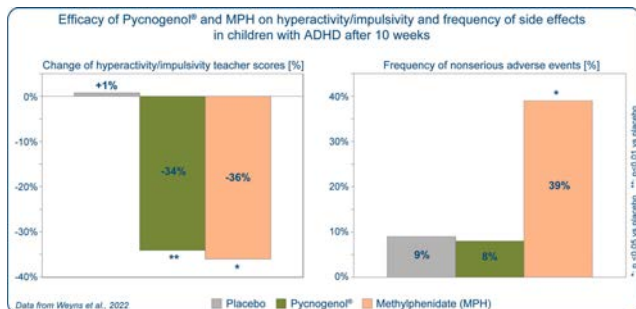
ADHD is the most common behavioral disorder in children – globally 5% of children are affected – with an increasing prevalence (15, 16). Commonly, patients are treated with methylphenidate hydrochloride (MPH, tradenames include Ritalin), which is associated with various adverse effects (17).

In a recently published double-blind, randomized, placebo-controlled clinical trial, children with diagnosed ADHD received either Pycnogenol®, MPH or placebo for 10 weeks (3). According to the teachers' rating, hyperactivity and impulsivity were significantly improved by 34% with Pycnogenol® and by 36% with MPH. Inattention was ameliorated as well with both remedies. MPH led to significantly more adverse effects, to loss of appetite and significant weight loss in the children. With Pycnogenol®, a physiologically appropriate weight gain for this age group was observed (4). The researchers concluded that with the almost complete lack of adverse effects, Pycnogenol® is an efficacious alternative for MPH in children's ADHD, especially in the school environment.

Another placebo-controlled study showed that Pycnogenol® intake for 4 weeks relieved hyperactivity and improved attention of children with ADHD significantly compared to placebo and baseline with no reported side effects of Pycnogenol® (5).

In another study, the levels of stress hormones in ADHD-affected children were shown to be normalized with Pycnogenol® supplementation, leading to decreased hyperactivity (6).

# feature story continued



## Enhanced mental performance in students

In an observational study, healthy students (18-27 years) took Pycnogenol® for 8 weeks (9). The students in the Pycnogenol® group showed significantly improved attention, better serial addition abilities and increased memory skills. Consequently, the test results of the supplemented students were better by 7.6% compared to the control group's results.

## Advanced cognitive function in healthy professionals

Another study evaluated the effects of Pycnogenol® on cognitive function in healthy professionals between 35 and 55 years (10). Attention, mental performance, memory, and overall cognitive function were improved after Pycnogenol® supplementation compared to the control group.

## Improvement of cognitive function in the aging generation

As individuals age, they may experience changes in cognitive function. While cognitive decline is a normal

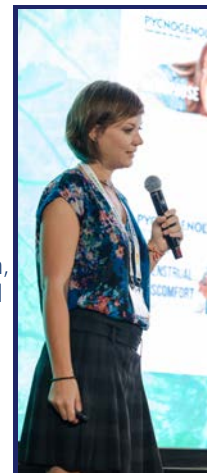
part of the aging process, the extent and impact of these changes can vary among individuals. A few studies have shown that Pycnogenol® can help to keep a good mental performance and to manage mild cognitive impairment (11-14).

In 3 studies with either healthy aging subjects, people with mild cognitive impairment or patients with Parkinson's disease, Pycnogenol® respectively showed beneficial effects on cognitive impairment, attention, mental performance, and memory, compared to control groups (11-13).

A placebo-controlled trial with healthy subjects between 60 and 85 years showed statistically significant improvements for memory-based cognitive functions with Pycnogenol® (14).

## Pycnogenol® regulates cellular NO concentration, improving brain function

The underlying mechanism of action of Pycnogenol® is based on its ability to regulate the endothelial function via adjusting nitric oxide (NO) production (18, 19). It has been shown that NO has beneficial effects on brain function (20). By regulating vascular smooth muscle relaxation, NO leads to increased blood flow, which ensures sufficient supply of oxygen to neuronal cells (21). In addition, NO has been found to regulate neuronal functions and helps to modulate key neurotransmitters, thus contributing to processing signals in the brain (22, 23). Interestingly, the active metabolites of Pycnogenol® build up inside the endothelial blood cells and possibly pass the blood-brain barrier (19).



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**For more information, please visit [www.pycnogenol.com](http://www.pycnogenol.com).**



# product spotlight

## Capelli, pelle e unghie LIQUIDO

Yamamoto® Research introduces **Capelli, pelle e unghie LIQUIDO**, a new-generation food supplement designed to nourish and support hair, skin and nail health.

The formulation of **Capelli, pelle e unghie LIQUIDO** is characterized by a blend of antioxidant, trophic and nourishing elements such as: Pycnogenol®, ExceptionHYAL® Star hyaluronic acid, Coenzyme Q10, Vitamin C, Zinc, Beta-carotene, Watts'up®, Copper and Biotin.



The blend of high-quality ingredients has powerful antioxidant and anti-inflammatory properties that work together to help contribute to collagen formation for normal skin function and maintain normal hair and nails.

The manufacturer recommends taking one vial a day. For more details, visit [www.yamamotonutrition.com](http://www.yamamotonutrition.com).

**Odelphi's Daily Support for Perimenopause** is a natural, hormone-free solution that provides powerful nutrients to support women on their perimenopause journey.

The formula contains patented antioxidant Pycnogenol® (60mg), which is clinically validated to provide multi-symptom peri/menopause support working synergistically with high potency Rhodiola Rosea to support stress response, and bioavailable forms of 4 key B vitamins for low mood, brain fog, apathy and low energy. Pycnogenol®'s deep catalog of menopause research shows it tackles disruptive symptoms such as hot flushes, night sweats, fatigue and increases skin elasticity.



Take 1 capsule in the morning with or without food. For more information visit [www.myodelphi.com](http://www.myodelphi.com).

**Laboratoires PYC** is launching 10 new food supplement formulas in convenient packaged powder stick form, including **Robuvit® Energy Booster**.

The Energy Booster powder sticks contains 300mg Robuvit®, a French oak wood extract supported by 25 clinical studies involving over 600 subjects. Robuvit® is a caffeine-free natural energizer that provides support for fatigue management, sports performance, detoxification and more.

The Robuvit® sticks are grapefruit and jasmine flavored. Visit [www.laboratoire-pyc.com](http://www.laboratoire-pyc.com) for more information.



**neos:lab Liquid Enhancer Pycnogenol®** is a clarifying serum launched in Korea designed to soothe and correct the skin's pH and water-oil balance while alleviating various sensitive skin symptoms like redness and breakouts.



The serum is formulated with active ingredients such as Pycnogenol®, a super antioxidant that protects the skin from oxidative stress, reduces hyperpigmentation and provides healthy energy. Tea Tree complex contains purifying 4-terpineol, which is extracted from tea tree leaves, tea tree leaf oil and tea tree extract to make the skin clearer. Centella Asiatica extract comfortably soothes and moisturizes the skin stimulated by the environment.

**Liquid Enhancer Pycnogenol®** joins neos:lab product line-up of high-performance skin care solutions. For more information visit [www.neoslab.us](http://www.neoslab.us).

The Optimal Aid product line introduces **Mitochon Aid** formulated with Robuvit®, a caffeine-free natural energizer, to their family of targeted supplements available in Japan.

**Mitochon Aid** contains 100mg of Robuvit® French oak wood extract, NMN, B vitamins and pterostilbene per daily dose. The product is designed to support individuals who take a proactive approach in maintaining their overall health and wellness but might struggle with low energy or busy lifestyles. Robuvit® has been clinically studied and provides support for fatigue management, sports performance, detoxification and more.



The formula is available in one- or two-month supply packages. Visit [www.Optimal-aid.com](http://www.Optimal-aid.com) for more information.

# new research | corporate announcements



Vita Health Care launches **Vita Collaplant Complex**, a revolutionary beauty drink and plant-based alternative to collagen, proving beauty and veganism can go hand in hand.

Rich in high quality ingredients dosed to perfection, this citrus flavored powdered drink is formulated with 50mg Pycnogenol®, Vitamins C and B12, biotin, zinc, hydrolyzed rice protein, vegan glucosamine sulfate (made from corn), hyaluronic acid, astaxanthin, coenzyme Q10, amino acids and other elements.

**Vita Collaplant Complex** supports hair, skin and nail health by providing health benefits for collagen formation, healthy connective tissue, energy and fatigue reduction, bone and muscle function and immune health.



Look for **Vita Collaplant Complex** in pharmacies and drugstores. For more information visit [www.vitahealthcare.ch](http://www.vitahealthcare.ch).

## Pycnogenol® Increases Hair Density in Menopausal Women

A recent double-blind, randomized, placebo-controlled **study** published in Health Sciences Reports found Pycnogenol® to significantly increase hair density in menopausal women.

The study found Pycnogenol® increased hair density from the baseline of 225.8 hairs/cm<sup>2</sup> to 293.6 hairs/cm<sup>2</sup> after two months of supplementation – a statistically significant increase of 30%. Study participants also experienced decreased transepidermal water loss in scalp skin and a decrease in resting flux of scalp skin by 21% after two months and 44% after six months, indicating an improvement of scalp microcirculation as blood flow improved.

## Horphag Asia Hosts Customers

Horphag Asia welcomed ninety-four guests to their 17th annual regional meeting in Phuket, Thailand. The three-day meeting brings together customers, researchers and collaborative partners providing new research and product updates on Pycnogenol®, Robuvit® and Centellicum®.

A distinguished group of guest speakers presented at the conference including:

- Prof. Dr. Petra Högger, University of Würzburg, Germany - Unveiling the Bioactivity of Pycnogenol® and Robuvit®
- Prof. Dr. Gianni Belcaro, University of Chieti, Italy - Improved Vigor with Robuvit® & Tissue Healing with Centellicum®
- Prof. Dr. Nina Hermans, University of Antwerp, Belgium - Pycnogenol® For Management of Pediatric Attention-Deficit Hyperactivity Disorder
- Dr. Franziska Weichmann, Horphag Research - Pycnogenol® for Women's Health & Beauty / Air Pollution and Skin Health
- Dr. Jeff Strong, Horphag Research, Asia - See the Forest for the Trees: An Update on Pycnogenol® Eye Health Benefits and The Mirtogenol® Combination
- Mr. Victor Ferrari, CEO, Horphag Research - Product Solutions from Around the World



Congratulations to both Mr. Yuji Matsushita of Tradepia Corporation in Japan who was presented with the Lifetime Achievement award, and to Mr. Yasuhisa Tatsumi of DKSH Japan who was awarded the Salesperson of the Year award. The event concluded with a festive gala dinner and entertainment. Thank you to all who attended and made the meeting such a success.

# Improving Cognitive Health



## welcome

The preservation and enhancement of cognitive health has long been a priority for us. With each passing year, this key component of overall wellness continues to gain traction amongst consumers and researchers alike.

In this issue, we spend time exploring how Pycnogenol® benefits overall cognitive health. Furthermore, we continue to seek partnership opportunities to create high quality nutritional formulations to meet your customers' needs.

We believe there is no substitute for investing in research with the goal of discovering significant, science-based evidence which delivers meaningful improvements to overall quality of life.

Best Regards,

Victor Ferrari  
Chief Executive Officer  
Horphag Research

## featuring...

- Cognitive Health
- Hair Density Research
- Product Spotlight
- Corporate Announcements

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Infographic on Cognitive Function:



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and other international patents.