



# **User's Guide to Pycnogenol: Learn How to Use This Remarkable Antioxidant to Fight Inflammation and Reduce Your Risk of Disease (Basic Health Publications User's Guide)**

*Richard A Passwater*

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One of the most remarkable natural antioxidants ever discovered, Pycnogenol is a complex of more than forty individual antioxidants extracted from the bark of French maritime pine trees. It has been shown in scientific studies to reduce the risk of cardiovascular diseases, painful inflammation, and even erectile dysfunction.

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