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Oligomeric proanthocyanidins -OPC's

OPC's consist of bioflavonoids and polyphenols.

Bioflavonoids form "part" of a complex array of other antioxidants with capabilities to increase the effectiveness of water soluble vitamins - making them easily absorbed by the body.

They are also able to cross the blood-brain barrier, helping to provide antioxidant protection for the brain and nervous system.

Bioflavonoids are plant chemicals that give fruits and vegetables their natural bright colors.

Polyphenols are "groups of super antioxidants" found in red wine, blueberries, purple grapes, green tea and other vegetative sources.

Proanthocyanidins a class of bioflavonoids found in a variety of plants such as: grapes – grape seed extract.

Pine bark.

Lemon tree bark.

Hazelnut tree leaves.

Blueberries.

Cherries.

Cranberries.

Oligomeric, translated from Greek, means "a part".

The antioxidant properties of these substances are known to slowing oxidative damage in the brain and other organ systems throughout the body neutralize free radicals protect cells from oxidative damage prevent mutations of DNA that can lead to cancer protecting the body against the ravages of radiation exposure as well as chemical pollution from pesticides, heavy metals and other toxins.

OPC'S are easily absorbed and work synergistically with other antioxidant nutrients, increasing the effectiveness of other vitamins like A, C and E.

OPC'S help to prevent inflammation by reducing the production of histamine, thus decreasing allergic symptoms and reactions.

OPC'S also support the circulatory system by improving the oxygenation of blood flow throughout the body.

It is important to understand that OPC'S, like other nutrients, cannot "cure" any disease, condition or create good health alone, but can be used as "part" of a healthy life-style along with other supplements to improve or extend quality of life.

Many believe they can create good health by supplementing with a pill.

This belief is sometimes the direct result of the many exaggerated health claims professed by marketing companies to sell and promote their products. Most mass and multi-level marketed nutritional products contain low nutrient levels that have little or no therapeutic effect.

They sell the positive perspective of an idea or theory with little substance at a very high cost.

To put things in a proper view, learning to distinguish sales oriented information from the actual research and having realistic expectations are key.

Many times, positive results from any given study are overstated and accentuated in order to downplay the negative side, thus convincing you to buy the product or formula advertised.

There is always a negative or qualifying side to any study.

There is no magic bullet.

If you take the time to research the scientific data about the purpose of

supplements and their relationship to diet and health, you will quickly recognize the hype and be more aware of how to create whole health wellness for your dogs and yourself.

OPC'S work best when combined with other antioxidants like Beta-carotene, Vitamin C, Vitamin E, selenium and the amino acid L-cysteine.

There are many different types of free radicals that have various destructive functions. Antioxidants have specific actions and all of them are needed as "part" of the whole to deactivate the variety of inevitable free radicals that are part of the life process.

The sum of all health practices and therapies creates the whole.

It is through this synergistic effect of harmony combined and balance that we achieve wellness.

Diet, exercise and life-style management combined play a more decisive role in the state of your dogs and your health than any other single factor.

Consuming adequate antioxidant rich foods, eliminating known toxins and regular exercise are the most important contributors to achieving and maintaining good health.

DIY synergistic antioxidant blender recipes.

Mix blend as part of the feed pan.

As supplement containing healthy amounts of antioxidant phytochemicals, brain boosters, B complex vitamins, vitamin E, selenium, calcium, zinc, potassium, essential fats and fiber (an important component missing in most conventional diets).

In a blender or shred, add one banana, a half cup of frozen blueberries two cups or more of vanilla or almond flavored milk (carrageenan-free), rice milk, coconut milk, or water, two tablespoons of lecithin granules, a tablespoon of raw wheat germ, three teaspoons of brewer's yeast, two teaspoons of krill, fish or flax oil or - three teaspoons of ground flax meal (whichever you choose to use).

Blend all ingredients until smooth in a blender thin with additional milk if needed. Carrageenan is commonly used in non-dairy milk as a thickener, but it is known to produce inflammation in the body.

Rice milk or nut-based milks are generally non-problematic for most dogs.

Try find one which is acceptable for your dog.

Use freshly made as supplement with every meal.

Antioxidant berry sorbet – as part of the feed pan.

In a blender or shred fresh or frozen berries or mixed variety of blueberries,

strawberries and others - combine with vanilla or almond flavored milk (carrageenan-free), rice milk, coconut milk, or water.

Carrageenan is commonly used in non-dairy milk as a thickener, but it is known to produce inflammation in the body.

Rice milk or nut-based milks are generally non-problematic for most dogs try find one which is acceptable for your dog.

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