

***Abstract***

**Image Awareness Wellness Institute Health Letter**

**Flavonoid Complex**

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Flavonoids are the water soluble coloring pigments found in fruits and vegetables. There are thousands of flavonoids. They have a unique ability to inhibit the formation and activity of peroxynitrite, a very powerful oxidant. This compound is implicated in damage to the circulatory system, the immune system, and brain and nerve tissue.

Flavonoids inhibit the growth of many types of cancer. Research by the Southern Research Institute showed that the ingredients in Flavonoid Complex slowed breast cancer cell growth in culture by 96%.

Flavonoids also offer promise as preventatives for heart disease. They strengthen blood vessel walls, inhibit oxidation of cholesterol, and decrease the stickiness of blood platelets. Flavonoids have powerful anti-inflammatory properties.

Many flavonoid products have been promoted which have little scientific backup. Most of the claims for pycnogenol, the flavonoids in pine bark, are based on work on other flavonoids such as those in green tea and persimmons.

GNLD provides flavonoids in Tre, Flavonoid Complex, and Super C.

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