

## RED VINE

Helps to relieve symptoms related to non-complicated chronic venous insufficiency, such as sensation of swelling, heaviness and tingling of the legs.

**60 capsules 7 500 mg**

VEGETARIAN

PESTICIDE FREE

GMO FREE

NPN 80041320

### History<sup>2</sup>

*Vitis vinifera* is native to southern Europe and the Middle East and has been cultivated for its clusters since millennia. It is now mainly grown in temperate regions of the world, and occupies about 8 million hectares. 250 million hectoliters of wine are produced each year.



BPF  
GMP

#### MEDICINAL INGREDIENTS

*Vitis vinifera* (Grape) seed extract (*Vitis vinifera*, Seed) ..... 150 mg  
(80% Oligomeric proanthocyanidins)  
(50:1, QBE 7 500 mg)  
Vine (*Vitis vinifera*, Leaf) ..... 250 mg

#### NON-MEDICINAL INGREDIENTS

Cellulose, magnesium stearate and hypromellose.

#### RECOMMENDED DOSE

Adult: 1 capsule 1 time a day. Take with a glass of water.

#### DURATION OF USE

Use for a minimum of 1 month to see beneficial effects. Consult a health care provider for use beyond 3 months.

#### WARNINGS

- Consult a health care provider prior to use if you are pregnant or breastfeeding.
- Consult a health care provider if symptoms worsen.
- The product may contain sulphites.

#### KNOWN ADVERSE REACTION

Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use.

#### VITIS VINIFERA L.

*USDA Classification*<sup>1</sup>

*Kingdom : Plantae*

*Division : Magnoliophyta*

*Class : Magnoliopsida*

*Order : Rhamnales*

*Family : Vitaceae*

*Genus : Vitis L.*

*Species : Vitis vinifera L.*

## Professionals

Many studies have focused on the vine in recent decades, particularly the polyphenols in grapes. It contains indeed resveratrol, OPC (Oligo proanthocyanidins) and flavonoids such as quercetin. It has been shown since the 80s, when studies in France, the OPC could relieve symptoms of varicose veins and venous shortcomings.<sup>3,4,5</sup>

More recently, grape leaf extracts showed similar results. A trial has assessed that the daily intake of 360 mg of extract for a period of 12 weeks induces reduction of edema and swelling of the legs in people suffering from chronic venous insufficiency.<sup>6,7,8,9</sup>

However, the composition of vine leaves can vary widely and affect the content of active compounds. In 2008, more than a hundred samples were analyzed in a study showed that the grape leaves contain, on average, 0,6% to 3,5% of flavones, 0,25 to 1,45% anthocyanins, and 4,6% to 18,9% polyphenols. This is why the Red Vine capsules Léo Désilets Maître Herboriste integrate 150,0 mg of an extract standardized to 80% OPC (from 50: 1, DHE 7500 mg) to ensure an optimal supply of active compounds.



# LEO DESILETS

### Léo Désilets Master Herbalist

is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

## RÉFÉRENCES

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- <sup>2</sup> **Vigne Rouge.** *Passeport Santé.* Available online at: [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=vigne\\_rouge\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=vigne_rouge_ps) (consulté le 16.03.2015)
- <sup>3</sup> Henriot JP. **Exemplary study for a phlebotropic substance, the EIVE Study.** *Fairfield, Conn: Primary Source; not dated.* Étude mentionnée et résumée dans : *Natural Standard* (Ed). Foods, Herbs & Supplements - Grape seed (*Vitis vinifera*, *Vitis coignetiae*). *Nature Medicine Quality Standard.*
- <sup>4</sup> Thebaut JF, Thebaut P, Vin F. **Study of Endotelon W in functional manifestations of peripheral venous insufficiency.** *Gaz Med.* 92:96-100. 1985 Étude mentionnée et résumée dans : *Natural Standard* (Ed). Foods, Herbs & Supplements - Grape seed (*Vitis vinifera*, *Vitis coignetiae*). *Nature Medicine Quality Standard.*
- <sup>5</sup> Delacroix P. **Double-blind study of Endotelon W in chronic venous insufficiency.** *La Revue de Médecine.* 27-28: 1793- 1802. 1981. Étude mentionnée et résumée dans : *Natural Standard* (Ed). Foods, Herbs & Supplements - Grape seed (*Vitis vinifera*, *Vitis coignetiae*).
- <sup>6</sup> Kiesewetter H, Koscielny J, et al. **Efficacy of orally administered extract of red vine leaf AS 195 (folia vitis viniferae) in chronic venous insufficiency (stages I-II).** A randomized, double-blind, placebo-controlled trial. *Arzneimittelforschung.* 50(2):109-17. 2000
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- <sup>8</sup> Monsieure R, Van Snick G. **Efficacy of the red vine leaf extract AS 195 in Chronic Venous Insufficiency.** *Schweiz Rundsch Med Prax.* 95(6):187-90. 2006
- <sup>9</sup> Schaefer E, Peil H, et al. **Oedema protective properties of the red vine leaf extract AS 195 (Folia vitis viniferae) in the treatment of chronic venous insufficiency.** A 6-week observational clinical trial. *Arzneimittelforschung.* 53(4):243-6. 2003

