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What is Grape seed extract?

Grape seed extract is derived from grape seeds. It is a very rich antioxidant that has concentration of Vitamin E, flavonoids, linoleic acid and phenolic OPCs. They have been a traditional form of treatment in Europe for many years, it is fairly new to the United states of America.

According to Doctor's report, the antioxidants in grape seed extract support healthy cardiovascular and gastric systems, eyes, skin and brain. Companies like ZURVITA use extracts of this plant in their [natural food supplement drink products](#).

Benefits of Grape seed extract

Grape seed extract has been proven to have several benefits to the body which are such as, protection against cancer. The extract has properties that prevent cancer cells from growing and hence reducing the risk of cancer.

It also helps with high blood pressure to help lower it to a healthier level. The extract is also useful in helping cardiovascular conditions and to reduce swelling in the body.

It also helps with issues of high cholesterol to help lower it down which helps prevent conditions like a heart attack, with diabetes complications to help reduce them, with gastrointestinal disorders and with constipation.

Side effects of using Grape seed extract

The several known effects of the extract are: headache, dry itchy scalp, dizziness, nausea, outer and inner bleeding and interaction with some drugs like blood thinners may cause some negative effects.

Since research is still undergoing about the extract children and women who are expectant or breastfeeding are advised not to take it. Also if someone has an allergy to grapes they should refrain from using the extract.

It is quite clear that the extract has numerous benefits to the body and especially to prevent conditions that may affect one's body functioning and one way to access the extract is by taking [Zurvita which contains grape seed extract](#) and 110+ other healthy ingredients.

By [Richard Womeldorf](#) | June 29th, 2013 | [Zeal Wellness Nutrients](#) | Comments Off

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Richard Womeldorf is a lifetime resident of McAllen, Tx. Richard now focuses on his Real Estate business and his health and wellness business, Zurvita. Known in the community as the "Internet Guy", Richard uses his 20+ years of Internet Marketing, Social 2.0, and team building skills to help people enrich their lives through natural products. Learn how you can change your life and get what you have always dreamed of. Our focus is on YOU and mentoring is part of our team support. No one is left behind. Learn how to help people and in doing so, reach your dreams also. You can also find Richard on [Google+](#)

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