

Grape Seed

Latin name: *Vitis viniferous*

Family: Vitaceae

Miscellaneous:

- Limited human clinical trials
- Shown to be greater than or equal to vitamins C and E as an antioxidant via *in vitro* studies.

Uses:

Often referred to as a chemopreventive and utilized for treatment of vascular and circulatory disorders. *In vitro* studies have shown considerable potential as an exceptional antioxidant, but insufficient research involving human data, to date, places this herb in a category of non-recommendation.¹

Mechanism:

Grape seed contains a high percentage of procyanidins. These constituents are powerful antioxidants, free radical scavengers, and lipid peroxidation inhibitors.¹ Any therapeutic effect with concern to chemoprevention would most likely be the result of procyanidin content. The content of essential fatty acids and tocopherols should also be noted.

Dosage:

Common dose = 50 mg/day

Standardized on procyanidin/polyphenol content \approx 40-70%.

Contraindications/Side effects:

Animal studies in mice have indicated hepatotoxicity. Lack of research prevents accreditation of any contraindications/side effects in humans. For this reason, it should be discouraged in pregnant/breastfeeding females.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 250.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 250.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 116.