



### White Pine Bark

Oligomeric Proanthocyanidins (OPCs) are natural polyphenols, and are the active constituents in pine bark and grape seed extracts. OPCs have strong antioxidant and anti-inflammatory properties. According to the Sloan-Kettering Institute, pine bark has been successfully used to address chronic venous insufficiency, senile dementia, erectile dysfunction (ED) and help regulate and strengthen immunity. Pine bark extract has a significant impact on nitric oxide (NO) levels in the body, which are responsible for vasodilation and improving blood flow. A recent study found the combination of pine bark extract and arginine (an amino acid that also boosts NO production) were effective for improving mild to moderate erectile dysfunction (5).

### Acetyl L-Carnitine HCl

Acetyl L-Carnitine is an acetylated form of the amino acid L-carnitine. Scientists discovered that by acetylating carnitine, it was able to cross the blood-brain barrier more effectively. Acetyl L-carnitine makes the transport of fatty acids to the brain easier by allowing the acids to easily cross the barrier and nourish the brain (6).

### BioPerine® Black Pepper

BioPerine® is a patented extract obtained from black pepper fruits (*Piper nigrum*) standardized minimum to 95% Piperine. BioPerine® has been used to enhance absorption and bioavailability of nutrients by at least 30%.

*Patients: Consult with your healthcare professional for the proper dosage and use of this formula. For more information about this and other Condition Specific Formulas® please visit our website at:*

[www.mountainpeaknutritionals.com](http://www.mountainpeaknutritionals.com)



9953 SW Arctic Drive  
Beaverton, OR 97005

12.3.18

### REFERENCES

1. BJU Int 1999;83:269-73.
2. Br J Clin Pharmacol 2008;65:51-9
3. Am J Med 2003;114:665-74
4. Davies JR. Hawthorn, Shaftsbury, Dorset Element Books. 2000
5. J Sex Marital Ther 2003;29:207-13
6. Acetyl L-carnitine. Monograph (PDF) Alt Med Rev 15(1):76-83 PMID 20359271