Pycnogenol Shortens Cold Symptoms In Study

January 08, 2015 | Immune Support [1]
Extract from French maritime pine tree bark may ease wide range of common cold symptoms.


Following in the footsteps of similar recent research, Pycnogenol has again shown its benefits in relieving symptoms of the common cold. The popular antioxidant, an extract from French maritime pine tree bark, reduced both the duration and severity of cold symptoms in a pilot registry study conducted by researchers at Italy’s Chieti-Pescara University. Upon first noticing cold symptoms, 70 participants between the ages of 25 and 65 began taking 50 mg of Pycnogenol twice daily in addition to their preferred best management of symptoms, such as using a topical nasal decongestant or washing hands. These subjects were compared with a control group of 76 participants who relied only on their preferred best management to ease symptoms. Subjects self-reported their symptoms on a visual analogue scale based on pillar symptoms, including scratchy or sore throat, sneezing, coughing, runny nose, congestion, temperature, malaise, and headache.
While the control group averaged 4.2 affected days of symptoms, subjects taking Pycnogenol averaged 3.1 affected days. The number of lost work days was also reduced from 0.67 days in the control group to 0.55 in the Pycnogenol group. Fewer subjects in the Pycnogenol group required additional treatments or experienced complications beyond four days. Previous studies have shown Pycnogenol effective for easing cold symptoms in combination with other supplements, in addition to potential applications in post-pregnancy veinous health, psoriasis, menopause, and more. Pycnogenol is supplied by Horphag Research (Hoboken, NJ).

Michael Crane
Associate Editor
Nutritional Outlook magazine
michael.crane@ubm.com

Photograph by Jean-PolGrandmont/Wikimedia Commons/CC-BY-SA-3.0.

Source URL: http://www.nutritionaloutlook.com/articles/pycnogenol-shortens-cold-symptoms-study

Links: