

# GRIPPED IN THE GRAPE SEED POWER!

Packed with a punch of antioxidants, grape seed extract is the latest wonder drug



● SUMAN AGARWAL

**B**eing seasonal, we cannot get grapes throughout the year, but modern technology has allowed us to benefit from its healthy advantages thanks to the grape seed extract.

The extract contains Vitamin E, flavonoids, lipoic acid and phenolic procyanidins, all of which help in increasing immunity and make one's skin glow. It has been termed an 'incredible antioxidant' because it's 20 times stronger than Vitamin C and 50 times stronger than Vitamin E. It also boosts the anti-ageing process by increasing collagen and elastin (protein fibres in skin cells) in human skin.

Numerous studies have shown that grape seed extract lowers the risk of cancer and high cholesterol, besides controlling high blood pressure and protecting the skin from UV radiation. A few articles also mention its vital role during PMS (pre-menstrual syndrome) and Alzheimer's wherein it helps preventing cognitive decline, which involves the mental processes of knowing and aspects of awareness, perception, reasoning and judgement.

Alongside its merits, there are some shortcomings too. For instance, a grape seed extract may spur side-effects like headaches, itchiness and nausea. Hence due to lack of evidence and adequate research data, one should consciously avoid administering grape seed extracts to children, pregnant women and lactating women, say experts.



This substance now forms a significant part of the medicine industry. Manufactured and administered as capsules and tablets, it is still a 'newly introduced' product in the retail market and more research ought to be done to understand its long-term effects.

*M. S. Dhanraj*

*The writer is a nutritionist*