



A recent study in *Phytotherapy Research* (2009), a prestigious nutrition journal, evaluates how quickly Isotonix OPC-3® is absorbed as compared to the same formulation in tablet form (which is not commercially available).

Dr. Maria Cesarone and colleagues examined, over a four-hour period, the ability of Isotonix OPC-3 to act as an antioxidant by measuring oxygen-free radicals in the blood. Isotonix OPC-3 reduced plasma-oxygen-free radicals (working as an effective antioxidant) within 10 minutes. The OPC-3 tablet took about one-hour to produce a similar effect. Furthermore, the researchers noted that Isotonix OPC-3 had a more powerful antioxidant effect throughout the entire four-hour period than OPC-3 in tablet form.*

The authors concluded: "The findings demonstrate that the flavonoid mixture provided in Isotonix OPC-3 is significantly more bioavailable in humans, in terms of antioxidant activity than an equivalent mixture in tablet form." Furthermore, the Isotonix OPC-3 formulation resulted in a more powerful antioxidative effect than an equivalent mixture in tablet form.*

Cessarone, MR, et al. Accelerated Antioxidant Bioavailability of OPC-3 Bioflavonoids Administered as Isotonix Solution.
Phytother Res. 2009 June; 23 (6): 775-7.