

GRAPSEED OIL

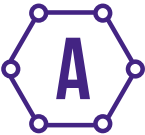
The perfect complement to any and all of our Ganoderma products, this unique supplement is a revolutionary balance of essential fatty acids, including linoleic and tocopherols, which helps in good health maintenance and improves the skin's overall appearance.



ITS MANY BENEFITS INCLUDE:



A great source of omega-6 fatty acids, beneficial for heart health.



Great for your skin, thanks to its antioxidants which help to improve the skin's elasticity, moisture, and softness¹ for a more youthful looking appearance.



Made up of essential fatty acids such as linoleic, which can help to improve blood pressure².



HOW TO USE

Take 1 softgel capsule
2 times a day.

FUN FACTS ABOUT GRAPES



DEBUNKING FATS

- 42% of people think all fats increase cholesterol. The truth is your body needs lipids for optimal performance!
- Some good fats are polyunsaturated and monounsaturated fats found in seeds, avocado, kale, tahini, etc.
- Bad fats you should try to avoid are; saturated and trans fats, these are more common in red meat, pork and excessively processed oils.

- Grapes (*Vitis vinifera*) have been heralded for their **nutritional value** for thousands of years.
- Egyptians were eating grapes over 6,000 years ago, and several ancient Greek philosophers praised the **healing power of grapes**, usually in the form of wine!
- It takes around **2.5 pounds of grapes** to make one bottle of wine.
- Grapes are 80% water, making them **an ideal low-calorie food!**

DID YOU KNOW?

Grapeseed Oil is rich in Vitamin E, a dietary antioxidant which helps reduce damaged cells due to free radicals. Vitamin E³ is well studied for reducing cholesterol levels thus aiding in the prevention of cardiovascular disease.

Resources

1. <http://pi.oregonstate.edu/mic/health-disease/skin-health/essential-fatty-acids>
2. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4988453/#:~:text=Regarding%20the%20fatty%20acid%20\(FA,and%2075.3%25%20of%20total%20FA.&text=Grape%20seed%20oil%20has%20a,of%2085%25%E2%80%9390%25](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4988453/#:~:text=Regarding%20the%20fatty%20acid%20(FA,and%2075.3%25%20of%20total%20FA.&text=Grape%20seed%20oil%20has%20a,of%2085%25%E2%80%9390%25)
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4988453/>