

New study brings relief for travellers from leg swelling and jet lag

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New published research shows that Pycnogenol French maritime pine bark extract is beneficial for travel health, with proven benefits for reducing lower leg edema and jet lag symptoms



Singapore- A new peer-reviewed, published study shows that natural French maritime pine bark extract Pycnogenol is effective in reducing lower leg swelling known as edema and relieving jet lag often associated with long-haul flights and road trips.

Edema is one of the major risk factors of deep vein thrombosis (DVT) and can result from lack of activity or being confined in a small space, like an airplane or car, for long periods of time. According to the CDC, each year as many as 900,000 people in the U.S. are affected by life-threatening blood clots formed in the lower leg¹, known as DVT, and studies show that 10 percent of long haul air passengers² may be at risk, and hypertension can put individuals at higher risk.

"This study finds that Pycnogenol is even more effective in reducing edema than other common preventative measures, like compression stockings, for reducing swelling. This natural supplement, which is available in more than 700 products worldwide, is a beneficial natural alternative for travelers who have tolerability issues with aspirin," said Dr. Pescatore.

Pycnogenol is a powerful super-antioxidant shown in decades of research to boost blood circulation and act as a natural anti-inflammatory. This new study supports previous research examining Pycnogenol's benefits for reducing venous conditions and managing jet lag symptoms.