

TRU-PINE™



Premium Quality Pine Bark Extract

Proanthocyanidins?

Proanthocyanidins, also known as OPC's, are a class of bioflavonoids which possess **antioxidant** properties.*

Proanthocyanidins can be found in the leaves, fruits and nuts of many plant species.* Research has shown that higher concentrations of OPC's are found in pine bark.*

What are antioxidants?

Antioxidants play an important role in helping to maintain healthy cells in the body.* They help to neutralize free-radicals, which are chemicals that damage healthy cells in the body.*

Why choose TRU-PINE?

After years of research, Canadian scientists have traced and identified the original Canadian pine tree species used by the Native people of Canada for more than 475 years to prepare their pine bark concoction. The pine bark selected to produce TRU-PINE™ is harvested from Canada's virgin forests during timber production.

We only select premium quality pine bark from pine trees aged between 10-20 years to ensure that the highest concentrations of Proanthocyanidins are extracted.

Our proprietary extract process retains 95% OPC's.

TRU-PINE™

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TRU-PINE™



Maintaining a healthy mind and body

Consider the following suggestions:

- Use TRU-PINE™ as suggested by your health care professional, pharmacy or health/nutrition center.
- Avoid exhaustion, stress and fatigue.
- Practice relaxation techniques such as meditation, yoga or tai chi.
- Add to your daily nutrition plenty of fresh fruits, vegetables, nuts, seeds and a variety of grains. These will add essential nutrients helping to maintain a healthy body.
- Sleep a minimum of 6 hours daily.
- Have your essential trace minerals tested by your health care professional. These are vital to maintaining a balanced and healthy immune system.
- Drink 6 glasses of spring/filtered water daily, to help purge toxins and waste from the body.
- Eliminate hydrogenated fats, processed foods, food additives, preservatives, artificial colours and flavours.
- Walk, swim or cycle a minimum of 15 minutes a day.
- Take a multi-vitamin and multi-mineral supplement daily.

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MADE ONLY IN CANADA  INFO@ALTRAMEDINC.COM



TRU-PINE™

ORIGINAL CANADIAN PINE BARK EXTRACT



- **ANTIOXIDANT***
- **Retains 95% proanthocyanidins***
- Canadian pine bark extract
- cGMP compliant facility
- Exported worldwide

DIETARY SUPPLEMENT

*THE PRODUCT STATEMENTS MADE HEREIN HAVE NOT BEEN EVALUATED BY THE FDA. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.



475 Years of Canadian Pine Bark History

During his second voyage to Canada in 1535-36, French explorer Jacques Cartier and his men sailed up the St. Lawrence River and spent the winter months in Stadacona (Quebec City, Canada). He recorded in his journal that he and his men were given an extract prepared by the Native people of Canada, made from the bark of a species of Northern Canadian Pine growing along the coast. This preparation helped to maintain their well-being after enduring a long harsh winter.

The Pine Bark preparation contains vitamin C and large quantities of **bioflavonoids**, known for their antioxidant properties.*

TRU-PINE™



CANADIAN PINE BARK EXTRACT

TRU-PINE™ proprietary Canadian Pine Bark Extract is made from the original preparation given to Jacques Cartier and his men by the Native people of Canada in 1535-36. The original pine tree species abounds in Canada's boreal forest, growing in remote areas free of pesticides, herbicides and insecticides.

TRU-PINE™

Our Technology

The technology used to produce **TRU-PINE™** Original Canadian Pine Bark Extract was researched for more than a decade by Canadian scientists, resulting in a uniquely balanced pine bark formula and a state of the art extraction process.



Our Process

Our proprietary upright extraction process preserves the integrity of the source material, producing a pure and clean extract without the use of solvents.



TRU-PINE™ Original Canadian Pine Bark Extract retains 95% OPC's (Oligomeric Proanthocyanidins).*

Our Formula

TRU-PINE™ is a premium quality proprietary blend of Canadian Pine Bark Extract (*Pinus strobus*), Rose Hips fruit (*Rosa canina*) and Vitamin C. When combined, they are synergistically enhanced.



Our Quality

TRU-PINE™ original Canadian pine bark extract is produced in a cGMP (Good Manufacturing Practice) compliant facility and this unique formula is prepared to ensure consistent quality.

Discover Tru-Pine's premium quality, purity & freshness!



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