

# Preventive Medicine



## Resveratrol

### DESCRIPTION

Resveratrol contains polyphenol, a natural antioxidant, that protects cells against free radicals. Some foods that contain resveratrol are grapes, cranberries, cranberry juice, peanuts, chocolate, but Polygonum cuspidatum is one of the richest sources of resveratrol.

### FUNCTIONS

Resveratrol is a protective compound produced by grapevines and other plants, in response to environmental stresses. It is a polyphenol, a natural antioxidant, which protects cells against naturally occurring substances known as free radicals. Resveratrol is a phytoestrogen. Phytoestrogens are naturally occurring plant-derived compounds that are structurally similar to estrogen. Plant estrogens are weaker forms of estrogen, yet are able to support the same physiological activity. As a phytoestrogen it supports women's health during and after menopause. It is believed that Resveratrol has a positive effect on bone and support the health of bone-building cells (osteoblasts). Therefore, resveratrol may help to balance the bone building process as women age. Resveratrol helps support cardiovascular health because it contains polyphenolic compounds that are known to possess antioxidant and vascular supporting properties. In test tube and animal studies, Resveratrol decreased the "stickiness" of blood platelets and helped blood vessels remain open and flexible. As an antioxidant, it helps to prevent unwanted oxidation of LDL cholesterol from free radical damage. Resveratrol offers support against oxidative stress, promotes cardiovascular health and is an excellent addition to your overall health regime. Each vegetarian capsule contains 200 mg of Resveratrol extract (Polygonum cuspidatum) and is standardized to yield 50 mg of Transresveratrol, which is more than other brands on the market.

### INDICATIONS

Resveratrol is used as a dietary supplement to protect cells from free radical damage. This supplement provides a rich source of resveratrol

### FORMULA

**Serving Size:** 1 Capsule

**Amount per serving:**

Resveratrol Extract ..... 200 mg  
yielding Trans-Resveratrol ..... 50 mg

**Other ingredients:** rice flour, vegetable cellulose, vegetarian leucine.

### SUGGESTED USE

As a dietary supplement, take one capsule, once or twice daily, or as directed by your healthcare practitioner.

### SIDE EFFECTS

If you are pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

### DISTRIBUTED BY

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**These supplements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.**