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Resveratrol

About Resveratrol

- Resveratrol is a naturally occurring polyphenol found in a number of fruits and nuts, especially grapes and peanuts.
- Resveratrol is one of the most well-researched natural compounds, primarily investigated for its role in improving cellular health and its healthy aging and longevity effects. It was originally thought to explain the "French Paradox"; the resveratrol content of wine was considered responsible for the reduced incidence of obesity and cardiovascular disease observed among French people, despite a high-fat diet.[1]
- Resveratrol is known to be a potent antioxidant, protecting cells against free radical (oxidative) stress. Not only is it an antioxidant itself, but it also activates many different molecular pathways in cells that provide additional protection. This additional antioxidant protection has been linked to cardioprotective, neuroprotective, and healthy aging effects.[2–4]
- Resveratrol has also been shown to activate a "longevity gene" known as SIRT1. In experimental models, SIRT1 activation has been linked to increased healthspan and longevity, improved cardiovascular function, and a reduced risk for many age-related conditions.[5–11]
- Clinical trials have shown multiple benefits with resveratrol supplementation, including improvements in markers of oxidative stress and metabolism, brain function, and cardiovascular risk factors.[12–15]
- Bioclinic Naturals' Resveratrol is extracted from red grapes grown in the Okanagan Valley of British Columbia and from Japanese knotweed.
- It contains 100% trans-resveratrol, considered the most bioavailable and stable form of resveratrol.[16,17]

How to Use Resveratrol

- Take 1 capsule per day or as directed by a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding or if you are taking prescription medications as resveratrol may alter the effectiveness of these medications. Keep out of reach of children.

Drug Interactions

- Resveratrol is considered a weak inhibitor of CYP3A4/5 and CYP2E1, and may increase the plasma concentration of drugs metabolized by these enzymes, such as triazolam and carbamazepine.[18–20]

Quick Tips for Optimal Health

- [ ] Dietary and lifestyle patterns have been shown to improve many age-related conditions.
- [ ] The Mediterranean diet is rich in vegetables, fruits, legumes, unrefined cereals, nuts, and olive oil while limiting dairy products, meat, poultry, and saturated fat. It has been associated with a lower risk for many age-related diseases, including neurodegenerative and cardiovascular diseases, as well as all-cause mortality.[21,22]
- [ ] Many of the benefits of the Mediterranean diet have been attributed to its rich polyphenol content, including resveratrol.[23]
- [ ] Although animal-based trials show that a low-calorie diet promotes longevity, it is not as well-established in humans. A low protein intake specifically may have negative consequences for older adults, such as loss of muscle strength and mass.[24] Nutrients influencing the same aging-associated cellular mechanisms could achieve the same benefits without the associated harm.[25]
- [ ] Many lifestyle factors are clearly linked with aging and age-related diseases. Smoking, for example, is perhaps the most well-known risk factor for age-related diseases and has been shown to accelerate the aging process.[26]
- [ ] In a large cohort, several lifestyle factors were associated with a greater age-related disease burden. Physical inactivity, smoking, poor sleep, and chronic stress were all associated with a higher disease burden.[27]
- [ ] Lifestyle approaches may also complement each other. For instance, exercise is perhaps the most powerful tool for prolonging healthspan and lifespan and has also been shown to improve not only strength and flexibility but also sleep quality.[28,29]

PATIENT NAME: ______________________

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

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