

## About Resveratrol

- Resveratrol is a naturally occurring polyphenol found in a number of edible and medicinal plants, especially red grapes, peanuts, and Japanese knotweed root (*Polygonum cuspidatum*).
- Resveratrol is one of the most well-researched natural compounds, primarily investigated for its role in supporting cellular health and healthy aging.\* It was originally thought to explain the “French Paradox”; the resveratrol content of red wine was considered helpful for encouraging cardiovascular health and healthy body weight, despite the fat content of the typical French diet.\*<sup>1</sup>
- Resveratrol is known to offer antioxidant support, offering cellular support against the effects of oxidative stress.\* Resveratrol supports the normal function of many different molecular pathways in cells that contribute antioxidant support, which has been linked to cardioprotective, neuroprotective, and healthy aging properties.\*<sup>2-4</sup>
- Resveratrol has also been shown to support a “longevity gene” known as SIRT1.\* In experimental models, SIRT1 has been linked to healthy cardiovascular function as well as health span and life span.\*<sup>5-11</sup>
- Clinical trials with resveratrol supplementation have shown antioxidant, metabolic, cognitive, and cardiovascular support.\*<sup>12-15</sup>
- Resveratrol from Bioclinic Naturals is extracted from red grapes grown in the Okanagan Valley of British Columbia and from Japanese knotweed root.
- It contains 100% trans-resveratrol, considered a highly bioavailable and stable form of resveratrol.\*<sup>16,17</sup>

## How to Use Resveratrol

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

## Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medications, have a medical condition, or anticipate surgery. Keep out of reach of children.

## Quick Tips for Optimal Health

- ☐ Healthy 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 neurological and cardiovascular health as well as healthy aging.\*<sup>18,19</sup>
- ☐ Many of the benefits of the Mediterranean diet have been attributed to its rich polyphenol content, including resveratrol.\*<sup>20</sup>
- ☐ Sufficient dietary protein is particularly important to support adequate muscle mass and strength, especially in older adults.\*<sup>21</sup> According to analyses of randomized controlled trials including 12,800,000 participants, the Mediterranean diet assists with health span and life span, with particular support for cardiovascular health.\*<sup>22</sup>
- ☐ While there are many lifestyle factors associated with healthy aging and overall health span, other lifestyle choices, such as smoking, have become major risk factors for healthy aging and life span.\*<sup>23</sup>
- ☐ In a clinical trial involving a large group of older adults, lifestyle factors such as physical inactivity, smoking, poor sleep, and chronic stress were all inversely associated with health span.\*<sup>24</sup>
- ☐ Lifestyle approaches may also complement each other. For instance, exercise is perhaps the most powerful tool for contributing to health span and life span and has also been shown to support not only strength and flexibility, but also sleep quality.\*<sup>25,26</sup>

**USER NAME:** \_\_\_\_\_

**PROFESSIONAL NOTES:**

PROFESSIONAL CONTACT INFORMATION:

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

## References

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