IMMEDIATE RELEASE

RESVERATROL

FROM RESVIDA®

Promotes healthy aging & blood vessel function

endurance products COMPANY
Since 1978

WHAT IS IT?

Resveratrol is an immediate-release dietary supplement (tablet) featuring ResVida® Grape Skin Extract (GSE), a concentrated form of highly bioavailable, high-purity (99%) trans-resveratrol. Resveratrol is a polyphenol found in small amounts in foods: most notably in red wine grapes.

HOW DOES IT WORK?

The cardiovascular, healthy aging and other benefits of resveratrol are attributed to its ability to exert potent antioxidant activity, in large part, due to its ability to scavenge free radicals and metals (i.e. copper) and to upregulate endogenous antioxidant enzymes including glutathione peroxidase.[1]

WHO CAN BENEFIT?

For adults who want powerful antioxidant protection for heart health and healthy aging.

PRODUCT AVAILABILITY

Bottle Size(s):
150 tablets

PRACTITIONER DISTRIBUTION

- Emerson® Ecologics (www.emersonecologics.com)
- Fullscript™ (www.fullscript.com)
- WholeScript™ (www.wholescript.com)

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		% DV
Resveratrol (from resVida™ trans-resveratrol)	100 mg	*
Grape Skin Extract	10 mg	*

* Daily Value (DV) not established.

Other Ingredients: Dicalcium phosphate, isomalt, vegetable wax (rice bran and/or carnauba), stearic acid (vegetable), magnesium stearate (vegetable) and cellulose gum.

Suggested Use: Take one (1) tablet, twice daily with morning and evening meals, or as directed by your healthcare practitioner.

1. Bastianetto S, et al. *Biochim Biophys Acta.* 2015;1852(6):1195-201.

RESEARCH HIGHLIGHTS

Promotes healthy endothelial function

In one meta-analysis[2] of 21 randomized, controlled trials, researchers evaluated the effects of resveratrol consumption on risk markers of cardiovascular health in overweight/obese people. Based on weighted mean differences (WMD), resveratrol significantly lowered total cholesterol (WMD, -0.19 mmol/L), systolic blood pressure (WMD, -2.26 mmHg), and fasting glucose (WMD, -0.22 mmol/L) ($P<.05$). Heterogeneity was noted for these outcomes (35.6%, 38.7% and 71.4%, respectively). Subgroup analysis showed significant reductions in total cholesterol, systolic blood pressure, diastolic blood pressure, glucose, and insulin in subjects ingesting higher dosages of resveratrol (at least 300 mg/day).

In one double-blind, randomized, crossover study,[3] researchers evaluated the effects of resVida trans-resveratrol on flow mediated dilatation (FMD) and cognitive performance in obese, but otherwise healthy, adults. Results indicate that resVida was well tolerated and resulted in a 23% increase in FMD compared to placebo ($P=.02$). Those with poorer FDM at baseline showed greater improvements ($P=.01$).

Supports cellular energy metabolism

In one double-blind, placebo-controlled, crossover study,[4] researchers investigated the effect of resVida trans-resveratrol (150 mg/day for 30 days) on energy metabolism in overweight/obese men. ResVida improved mitochondrial metabolism, decreased liver lipid content, increased muscle lipid content, and reduced inflammation markers in plasma and muscle. In addition, resVida significantly ($P<.05$) lowered blood triglyceride level, systolic blood pressure (by about 5 mmHg), arterial pressure, blood insulin and HOMA index, indicating improved insulin sensitivity. The change in blood glucose trended lower ($P=.05$) compared to placebo.

Promotes cerebrovascular function, memory & cognition

In one double-blind, placebo-controlled study,[5] researchers investigated the effect of resVida trans-resveratrol on cerebrovascular function, cognition and mood in post-menopausal women. Participants included 80 post-menopausal women, aged 45-85 years, randomly assigned to take resVida (75 mg, twice daily, in the morning and evening) or a placebo for 14 weeks. Effects on cognitive performance, cerebral blood flow velocity and pulsatility index (a measure of arterial stiffness) in the middle cerebral artery (using transcranial Doppler ultrasound), and cerebrovascular responsiveness (CVR) to both cognitive testing and hypercapnia were assessed, and mood questionnaires were administered.

Compared to placebo, resVida elicited 17% increases in cerebrovascular responsiveness to both hypercapnic ($P=.01$) and cognitive stimuli ($P=.002$). Significant improvements were observed in the performance of cognitive tasks in the domain of verbal memory ($P=.04$) and in overall cognitive performance ($P=.02$), which correlated with the increase in CVR ($P=.04$). Mood tended to improve in multiple measures, although not significantly.

Helps maintain a healthy blood glucose level in the normal range

The beneficial effect of resVida trans-resveratrol on blood glucose levels has mainly been found in studies with patients with type 2 diabetes. In healthy adults, results are limited and equivocal, suggesting low-dose resVida (75 mg/day) has no effect, but a higher dose (150 mg/day) may have a beneficial effect on blood glucose control.[4,6,7]

2. Huang H, et al. *Obes Rev.* 2016;17(12):1329-40.
3. Wong RH, et al. *J Hypertens.* 2013;31(9):1819-27.
4. Timmers S, et al. *Cell Metab.* 2011; 14(5):612-22.
5. Evans HM, et al. *Nutrients.* 2017;9(1):27.
6. van der Made SM, et al. *PLoS One.* 2015;10(3):e0118393.
7. Yoshino J, et al. *Cell Metab.* 2012;16(5):658-64.