



## **Resveratrol**

---



**STRENGTH: 40 MG**

**FORM: 60 TABS**

---

The heightened interest in Resveratrol has produced several recent breakthroughs. Harvard University scientists showed that Resveratrol could prolong survival by regulating a gene associated with aging that is present in all of life form.

What is Resveratrol? It is an element found in red wine, and is now available as a supplement. It has been reported to have numerous, positive health benefits such as....

- More Energy

- Helps fight age related diseases
- Improve cardiovascular health
- Weight loss, etc.

Resveratrol may enhance health and support longevity via several mechanisms. These include its potent antioxidant effects, and its ability to enhance cellular energy.

Researchers believe that the health promoting compounds found in the skin of grapes has a therapeutic potential for a broad array of human diseases; including cancer, diabetes, heart failure, and neurodegenerative conditions such as Alzheimer's and Huntington's disease.

Because Resveratrol exerts protective effects, researchers believe it may be a useful supplement for healthy adults wishing to reduce their risk of chronic disease and live a longer and healthier life. Studies to date suggest that Resveratrol is safe and nontoxic.

## **RESVERATROL INFORMATION**

### **Where is it found?**

Resveratrol is a compound found primarily in red wine and is a natural occurring antioxidant. It is present in a wide variety of the edible plants, mainly grapes and peanuts. Wine is the primary dietary source of resveratrol. Red wine contains much greater amounts of resveratrol than does white wine; since it is concentrated in the grape skin and the manufacturing process of red wine includes prolonged contact with grape skins.

### **Who is likely to be deficient?**

Since it is not an essential nutrient, resveratrol is not associated with a deficiency state.

### **How much is usually taken?**

An 8-ounce glass of red wine provides approximately 90 micrograms (mcg) of resveratrol, while a handful of peanuts provide about 73 mcg of resveratrol. The Resveratrol supplements provided by Direct Health Nutrition contains 40 milligrams (mg) which is 40,000 mcg of resveratrol in each tablet. Therefore these 40 mg resveratrol supplements provide approximately 440 times the amount of resveratrol found in one fluid ounce of red wine. If you are between the age of 20-40 years old it is recommended you start with one tablet per day; if you are over the age of 40 take two tablets a day.

### **Why take the tablet form and not just enjoy some red wine everyday?**

While a moderate intake of red wine has been recommended to patients for health benefits, in order to get the full benefits that resveratrol offers, you would have to drink dozens of bottles of red wine everyday.