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**FOODSCIENCE®**  
*of Vermont*

## Resveratrol-50

- Some foods that contain resveratrol are grapes, wine, grape juice, cranberries, cranberry juice, peanuts, chocolate, but *Polygonum cuspidatum* is one of the richest sources of resveratrol. Our Resveratrol is derived from one of the richest sources, *Polygonum cuspidatum*, an herb utilized for centuries.
- 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-50 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.

### Supplement Facts

#### Serving Size: 1 Capsule

#### Amount Per Serving

Resveratrol ( <i>Polygonum cuspidatum</i> ) Extract	200 mg
yielding Trans-Resveratrol	50 mg

Other ingredients: rice flour, vegetable cellulose, vegetable stearate.

**Warning:** If you are pregnant or nursing consult your health care practitioner before taking this product.

- **Suggested Use:** As a dietary supplement, take one capsule, once or twice daily.

Sold Exclusively Through Retailers.

0300430.120 (120 Vegetarian Capsules)

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

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