

RESVERATROL

What is RESVERATROL?

Resveratrol is derived from the dried rhizome of *Polygonum cuspidatum*, an herb also known as Hu-zhang. The essence and flavor of the root is sour, bitter and mildly pungent. Resveratrol has also been detected in much lower levels in over 72 different plant species, including mulberries and peanuts, as well as in grape juice and red wine. Studies show Resveratrol is an antioxidant, cardioprotectant and antimutagenic agent, while emodin, another active constituent in *Polygonum cuspidatum*, has demonstrated antimutagenic, antibacterial and gastroprotectant properties. Resveratrol has been shown to inhibit the three stages of carcinogenesis (tumor initiation, promotion and progression). When added to cultures of human leukemia cells, resveratrol stopped the production of abnormal cells. It also inhibits the enzyme COX-2 which is responsible for many inflammatory and chronic disorders. Blocking the COX-2 enzyme may be an alternative to nonsteroidal anti-inflammatory drugs (NSAID's). *

What are the benefits?

Resveratrol is used to maintain capillary integrity, improve peripheral circulation, act as a powerful cardioprotectant and antioxidant to scavenge free radicals that can cause premature aging, cellular damage and mutations. Research shows that Resveratrol helps women maintain normal estrogen activity. Resveratrol is a safe phytoestrogen that enhances estrogen activity in a woman's body to help reduce hot flashes, balance mood swings and promote healthy bones during midlife and beyond. *

Supplement recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Shown to inhibit the three stages of carcinogenesis and COX-2 activity***
- **Exhibits anti-inflammatory properties***
- **Decreases the “stickiness” of blood platelets and assures blood vessels remain open and flexible***
- **Helps to support proper immune system health***
- **Shown to inhibit LDL cholesterol oxidation***
- **Helps to support normal cardiovascular function***
- **Shown to exhibit phytoestrogen and cardioprotectant properties***
- **Helps prevent the effects of premature aging***

Supporting Research:

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Gehm B, et al. Resveratrol, a polyphenolic compound found in grapes and wine, is an agonist for the estrogen receptor; *The Nat'l Acad of Sciences*; 1997; Vol 94; pgs 14138-14143
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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.

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