

# Resveratrol

Supports cardiovascular, cognitive and cellular health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Cardiovascular and cellular health support<sup>†</sup>

## BENEFITS

- Promotes cardiovascular health<sup>†</sup>
- Supports mitochondrial function<sup>†</sup>
- Provides antioxidant support<sup>†</sup>

## FEATURES

- Derived from one of the richest-known sources, *Polygonum cuspidatum*, an herb utilized for centuries
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Resveratrol is a compound often associated with the health benefits of red wine because of its antioxidant and cardioprotectant properties. Resveratrol promotes cardiometabolic, neuronal and cellular health through a variety of effects on cell signaling, mitochondrial function and endogenous antioxidant defenses.<sup>1-4</sup> It also promotes healthy platelet function and maintains healthy arachidonic acid metabolism.<sup>1,2</sup> Pure Encapsulations<sup>®</sup> Resveratrol is a clinically studied extract of *Polygonum cuspidatum*, an herb utilized for centuries. In a 6-week, randomized, placebo-controlled study of healthy subjects, one capsule of Pure Encapsulations<sup>®</sup> Resveratrol (40 mg/day) provided significant support for antioxidant markers and cytokine balance.<sup>3</sup> In a subsequent clinical study, 6 weeks of daily supplementation with this product (40 mg/day) improved cytokine balance in elite athletes subjected to rigorous training.<sup>4†</sup>

## SUGGESTED USE

As a dietary supplement, take 1-5 capsules daily, with or between meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Pure Encapsulations Resveratrol is derived from one of the richest-known sources, *Polygonum cuspidatum*, an herb utilized as a nutritional agent for centuries. It is standardized to contain 20% trans resveratrol.

## NOTES

Size 2 caps

Bottle count 60, 120

Order codes RE6, RE1

Bottle size 75 cc, 120 cc

## REFERENCES

1. Xia N, et al. *Br J Pharmacol*. 2017 Jun;174(12):1633-1646.
2. Brito PM, et al. *Atherosclerosis*. 2009 Jul;205(1):126-34.
3. Pyo IS, et al. *Molecules*. 2020 Oct 12;25(20):4649.
4. Ghanim H, et al. *J Clin Endocrinol Metab*. 2010 Sep;95(9):E1-8.

## SUPPLEMENT FACTS

**1-5 capsules daily, with or between meals.**

**Each (size 2) vegetarian capsule contains:**

Trans-resveratrol 40 mg  
(from Japanese knotweed (*Polygonum cuspidatum*) extract (root))

Other ingredients: vegetarian capsule (cellulose, water)



Resveratrol	Quantity	Order Code
	120	RE1
	60	RE6

Visit [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com) for more information about our GMO policy