



# Resveratrol

INTRODUCED 1998

## What Is It?

Resveratrol is the compound often associated with the health benefits of red wine because of its powerful antioxidant and cardioprotectant properties.\*

## Uses For Resveratrol

**Cardiovascular Health:** Resveratrol promotes cardiovascular health through its antioxidant action and its ability to maintain healthy platelet function and arachidonic acid metabolism.\*

**Antioxidant And Cellular Health:** Studies suggest that resveratrol promotes cell health by maintaining healthy enzyme function and scavenging free radicals.\*

## What Is The 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.

## Recommendations

Pure Encapsulations recommends 1–5 capsules daily, with or between meals.

## Are There Any Potential Side Effects Or Precautions?

It is recommended to use resveratrol cautiously in patients with hormonal disorders and those using estrogen therapy, as resveratrol may act as either an estrogen agonist or estrogen antagonist. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Resveratrol may be contraindicated with blood thinning medications. Consult your physician for more information.

### Resveratrol

each vegetable capsule contains  V 3

resveratrol (*Polygonum cuspidatum*) extract ..... 200 mg.  
(standardized to contain 20% trans resveratrol).....40 mg.

1–5 capsules per day, with or between meals.

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

For educational purposes only. Consult your physician for any health problems.