

Resveratin Plus™



- Source of Antioxidants



Available in 120 capsules

Discussion

Resveratrol (RES) (3,5,4'-trihydroxystilbene) is a stilbenol derived from stilbene, a natural plant product. RES is found in varying amounts in grapes, various berries, plums, peanuts (and pines). Oral resveratrol is rapidly metabolized via sulfate conjugation by the intestine/liver.^[1] The methyl capping of all free hydroxyl groups (as in Pterostilbene) results in dramatically higher hepatic metabolic stability, intestinal absorption and membrane transport compared to unmethylated RES.^[2,3] Quercetin, pterostilbene and resveratrol are synergistic antioxidants, with quercetin seemingly aiding in the absorption of resveratrol.^{*[4]}

Stilbenols are polyphenolic compounds that have cell-protecting properties.^[5] For RES, this action has mostly been linked to growth and death regulatory pathways. Research published in 2008 also demonstrated RES's contribution to the maintenance of genome stability. Pterostilbene and quercetin, structurally-related and naturally-occurring, small polyphenols, show longer half-life in vivo than unmethylated resveratrol and have been shown to work synergistically to protect cellular health.^{*[6]}

As exciting as its role in chemoprotection, is resveratrol's ability to produce changes associated with longevity. These include increased insulin sensitivity, reduced IGF-1, increased AMP-activated protein kinase and peroxisome proliferator-activated receptor-gamma coactivator 1 alpha activity, increased mitochondrial number and improved motor function. RES opposed the effects of the high calorie diet in 144 of 153 significantly altered gene pathways.^[7] RES activates sirtuins including SIR2, a special longevity cellular^[8] and SIRT1 that helps protect nerve cells.^{*[9]}

In vitro, ex vivo and animal experiments have shown that the attributes of RES such as its powerful antioxidant activity, modulation of hepatic apolipoprotein and lipid synthesis, inhibition of platelet aggregation, and inhibition of human platelet and neutrophil production of pro-atherogenic eicosanoids favor protection against atherosclerosis.^{*[10]}

Resveratrol's numerous anti-inflammatory properties may explain why it has so many far-reaching health benefits. It inhibits synthesis and release of pro-inflammatory mediators, modifies eicosanoid synthesis, and inhibits activated immune cells. By inhibiting either NF-(kappa)B or the activator protein-1 (AP-1), resveratrol also appears to inhibit inducible nitric oxide synthase (iNOS) and cyclooxygenase-2 (COX-2).^[11] Specific human dosing to support a healthy inflammatory response has not yet been established.^{*[12]}

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Medicinal Ingredients (per vegetable capsule)

Quercetin (Quercetin dihydrate)	250 mg
Resveratrol	75 mg
Pterostilbene†	62.5 mg

Non-Medicinal Ingredients

Microcrystalline cellulose, magnesium stearate, stearic acid, hypromellose, silicon dioxide, and medium-chain triglycerides.

Recommended Dose

Adults: Take one capsule twice a day, or as directed by a healthcare practitioner.

For use beyond 1 month, consult a health care practitioner.

Consult a healthcare practitioner prior to use if you are pregnant, breastfeeding, if you have a liver disorder, or if you are taking other medications (i.e., drugs or natural health products). May cause diarrhea, in which case, discontinue use.



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References

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Additional references available upon request

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