

# Resveratrol 250mg

## 白藜蘆醇 250毫克

“Supplemental resveratrol is taken by 2/3 of people who routinely consume multiple dietary supplements.”

“Plasma concentrations of resveratrol achievable through high-dose supplementation are considerably greater than those derived from wine alone.”

---- Professor James M. Smoliga

From Resveratrol and health – A comprehensive review of human clinical trials, published in Molecular Nutrition & Food Research (2011) 55:1129–1141.

**You don't actually need to drink to get ALL the benefits from 1000 glasses of red wine!**

### The French Paradox

Revolutionary findings at the Harvard Medical School and National Institute on Aging in the U.S. have unveiled a health-boosting polyphenol called resveratrol. Scientists believe that resveratrol is responsible for its protective effects on healthy heart and blood vessels and slowing down of the aging process. This discovery may reveal the mystery of “The French Paradox”: the French love to eat high fat high calorie food but their rate of cardiovascular disease is relatively low.<sup>[1]</sup> This might be the effect of high consumption of red wine by the French. It is nice to drink a glass or two, but it is far more effective if we consume resveratrol supplement of high concentration and best quality for optimal results.

### Why do we grow old?

Aging involves a progressive, time-dependent reduction in biochemical and physiological function of the body. Free radicals and other reactive oxygen species (ROS) are produced as by-products during cellular metabolism, and also formed as a result of exposure to pollution, toxins and UV radiation. Free radicals attack healthy cells and destroy proteins and DNA, making our body more vulnerable to infections and diseases as we age. Researches have shown that consumption of resveratrol in diet could slow the aging process, improve muscular endurance and promote other health benefits possibly by activating expression of the longevity gene SIRT1.<sup>[2]</sup>

### Resveratrol activates the Longevity Gene

Resveratrol is a powerful naturally occurring antioxidant. It is first discovered in the roots of white hellebore in 1940. Resveratrol is also found in significant amounts in the dried roots of Japanese knotweed, grape skin and berries.<sup>[2,3]</sup> Researchers believe resveratrol may exert its health effects by activating the longevity gene function, which in turn speed up the DNA repairing process and maintain normal cell metabolism. Enhanced aerobic capacity and motor function was observed. Dietary intake of resveratrol could give an overall anti-oxidizing and protective effect for healthy cells and organs.

### From Heart to Skin: Look Young & Feel Young

Because of its critical location, the upper layer of the skin is the first barrier and defense against environmental stressors such as UV radiation, cigarette smoke, diesel fuel exhaust, heavy metals, etc. This skin layer is rich in fatty acids, which is susceptible to damage induced by environmental stressors that can affect its function of protecting skin from dehydration.<sup>[4]</sup> Also, UVB from the sun penetrates through skin

barrier and activates production of the dark pigment melanin, resulting in speckles, dull skin tone and speeding up aging.

Scientific reports have shown that resveratrol could inhibit dark pigment production and remarkably reduce dark spots.<sup>[5]</sup> It also helps the upper skin layer to strengthen its lipid structure to reduce dehydration.<sup>[4]</sup> It contributes to an overall whitening and moisturizing effect to the skin.

Besides skin aging, oxidative stress is also correlated with calcification incidence and progression. Supplementation of resveratrol is protective to cardiovascular calcification and atherosclerotic lesions, and has been proven to improve endothelial functions.<sup>[1,6]</sup> Further evidence has revealed benefits on cognitive function.<sup>[1]</sup> Resveratrol is a trustable guard for sustaining beauty and health, allows you to look young and feel young.

### Recommended daily dose:

Adult: Take 1-2 capsules once daily.

### References:

1. Novelle MG, Wahl D, Diéguez C, Bernier M, de Cabo R. Resveratrol supplementation: Where are we now and where should we go? Ageing Res Rev. 2015;21:1-15.
2. Resveratrol. Dietary Supplements. Available from: <http://www.medicinescomplete.com>
3. Resveratrol. Martindale: The Complete Drug Reference. Available from: <http://www.medicinescomplete.com>
4. Sticozzi C, Belmonte G, Cervellati F, Muresan XM, Pessina F et al. Resveratrol protects SR-B1 levels in keratinocytes exposed to cigarette smoke. Free Radic Biol Med. 2014;69:50-7.
5. Lee TH, Seo JO, Do MH, Ji E, Baek SH, Kim SY. Resveratrol-Enriched Rice Down-Regulates Melanin Synthesis in UVB-Induced Guinea Pigs Epidermal Skin Tissue. Biomol Ther (Seoul). 2014;22(5):431-7.
6. Nicoll R, Howard JM, Henein MY. A Review of the Effect of Diet on Cardiovascular Calcification. Int J Mol Sci. 2015;16(4):8861-8883.
7. Linus Pauling Institute, Oregon State University Resveratrol. Available from: <http://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/resveratrol> [Last updated: 6/11/15]
8. Alcohol and Health. Department of Health, HKSAR. Available from: [http://www.change4health.gov.hk/tc/alcohol\\_aware/index.html](http://www.change4health.gov.hk/tc/alcohol_aware/index.html) [Last revision date : 20/11/15]

Disclaimer: This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

免責聲明：此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。

	Red Wine	ANC Resveratrol
Resveratrol content	VERY LOW, 0.2-0.5mg per glass (~5oz) <sup>[7]</sup>	HIGH, 250mg per capsule
Alcohol content	About 12% <sup>[8]</sup>	No alcohol
Long term effect	Alcohol dependence <sup>[8]</sup>	Do not cause alcohol dependence
Actions	Alcohol is classified as carcinogenic to humans (Group 1) by WHO <sup>[8]</sup>	Rejuvenate Skin Conditions
	<ul style="list-style-type: none"> <li>• cause many cancers, including colorectal cancer, breast cancer and liver cancer</li> <li>• increase risk of other health conditions, e.g. high blood pressure, stroke, cirrhosis</li> </ul>	<ul style="list-style-type: none"> <li>• Whitening effect <sup>[5]</sup> • Reduce dark spots <sup>[5]</sup> • Retain skin moisture <sup>[4]</sup></li> </ul>
	<ul style="list-style-type: none"> <li>• memory loss</li> <li>• weaken reproductive functions</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Heart and Body</li> <li>• Protect the cardiovascular system <sup>[1,6]</sup> • Improve endothelial functions <sup>[1]</sup></li> <li>• Suppress platelet aggregation <sup>[2]</sup> • Reduce inflammation <sup>[2]</sup></li> </ul>
		Feel Young and Fit
		<ul style="list-style-type: none"> <li>• Strong antioxidant <sup>[2]</sup> • Neutralize free radicals <sup>[1,2,6]</sup> • Reduce fatigue <sup>[1]</sup></li> <li>• Improve memory <sup>[1]</sup> • DNA Self-repair <sup>[7]</sup></li> </ul>