



Resveratrol

白藜蘆醇

♥ The French Paradox

The French love to eat high fat high calorie food but their rate of cardiovascular disease is relatively low. 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.

♥ 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. It maintains 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. 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.

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.

Recommended daily dose:

Adult: Take 1-2 capsules once daily.

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