

## Resveratrol with Pterostilbene

### 20 mg, 60 vegetarian capsules

Item Catalog Number: 01413

In 2003, the Life Extension Foundation® introduced a purified resveratrol supplement that was later documented to favorably alter some of the changes in gene expression that cause us to age. On January 25, 2009, CBS News 60 Minutes featured an in-depth report on the multiple benefits that resveratrol may confer in slowing and even reversing certain aspects of aging.

What differentiates Life Extension®'s resveratrol: It provides 100% standardized trans-resveratrol plus a full spectrum of natural compounds from the grape that have demonstrated remarkable biological properties. Most products currently on the market contain varying quantities of trans- and cis-resveratrol, and fail to provide enough trans-resveratrol for optimal results. In addition, Life Extension has added pterostilbene, which researchers have found works in a synergistic fashion with resveratrol to activate one's "longevity genes."

Research funded by Life Extension has shown that a combination of low-dose (20 milligrams) resveratrol plus grapeseed extract induced many of the favorable gene expression changes seen in calorie-restricted animals. Other studies, however, have indicated that higher doses may be needed to obtain all of resveratrol's positive benefits including:

- Improved insulin sensitivity
- Enhanced mitochondrial function
- Reduced expression of inflammatory factors
- Protection against the toxic effects of a high-fat diet

Life Extension has meticulously evaluated published studies on resveratrol and pterostilbene to establish doses people might need to take to duplicate these remarkable laboratory findings. The results of Life Extension's analysis yield a wide range of potentially effective doses of resveratrol and pterostilbene.

Resveratrol with Pterostilbene provides 20 mg of trans-resveratrol plus 120 mg of quercetin to facilitate resveratrol absorption. The pterostilbene content of this formula (125 micrograms) is equivalent to over 5 cups of blueberries.

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

#### Amount Per Serving

<i>Trans</i> -resveratrol [also supplying glycosides (polydatin)] [from whole red grape ( <i>Vitis vinifera</i> ) and <i>Polygonum cuspidatum</i> (root) extract]	20 mg
Quercetin (as quercetin dihydrate)	120 mg
<i>Trans</i> -Pterostilbene (as pure Pterospan™ and SMART™† pterostilbene)	0.125 mg

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetable stearate, silica, calcium carbonate, maltodextrin.

Contains corn.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, artificial sweeteners, flavors, colors, or preservatives.

† Same material as research trials.

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### Dosage and Use

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

### Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

## Related Keywords

Red Wine, Polyphenols

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