

## Optimized Resveratrol with Pterostilbene

### 250 mg, 60 vegetarian capsules

Item Catalog Number: 01409

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.

Optimized Resveratrol with Pterostilbene provides the highest dosage of trans-resveratrol of all of Life Extension's resveratrol products, as well as a broad array of grape polyphenols, quercetin and pterostilbene. The pterostilbene content of this formula (500 micrograms) is equivalent to over 20 cups of blueberries.

## Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 60

### Amount Per Serving

<i>Trans</i> -resveratrol [from red grape & vine ( <i>Vitis vinifera</i> ) and <i>Polygonum cuspidatum</i> (root) extract]	250 mg
Red Grape (Full Spectrum French Red Wine Polyphenol Profile), Grape Vine ( <i>Vitis vinifera</i> ), Wild Blueberry ( <i>Vaccinium angustifolium</i> ), and <i>Polygonum cuspidatum</i> extract blend [supplying polyphenols, anthocyanins, OPCs, free resveratrol, resveratrol conjugates (epsilon-viniferin, <i>trans</i> and <i>cis</i> -polydatin), and resveratrol analogs (pterostilbene)]	85 mg
Quercetin (as Quercetin dihydrate)	60 mg
<i>Trans</i> -Pterostilbene (as pure Pterospan™ and SMART™† pterostilbene)	0.5 mg

Other ingredients: vegetable cellulose (capsule), silica, vegetable stearate, 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, and no 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.

## Caution

Cell culture studies suggest that resveratrol is a weak inhibitor of the liver metabolism system P450 3A4, but this interaction is of unknown significance in humans. Ingestion of large amounts of resveratrol may increase blood levels of drugs known to be metabolized via CYP3A4. This would include statins, calcium channel blockers, certain immunosuppressant drugs (e.g. cyclosporine), and drugs for erectile dysfunction (e.g. sildenafil). Caution is advised if used concurrently with anticoagulants or antiplatelet drugs such as Clopidogrel (Plavix®).

## 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.

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