

Resveratrol

Applications

- Immune Support
- Antioxidant Support
- Cardiovascular Support



Introduction

NutraMedix Resveratrol contains 200 mg of the polyphenol *trans*-resveratrol (the more active form) sourced from Japanese knotweed (*Polygonum cuspidatum*), belonging to the Polygonaceae family, along with 25 mg of red wine extract (*Vitis vinifera*), belonging to the Vitaceae family, standardized to 30% polyphenols. While resveratrol is the most-studied polyphenol,¹ combining it with other polyphenols may help improve bioavailability.^{2,3}

NutraMedix Resveratrol is free of gluten, dairy, and soy. NutraMedix rigorously follows current good manufacturing practices (cGMP), as do our suppliers, including stringent ID testing, microbial testing, and heavy-metal testing. This testing is conducted on both the raw material and after encapsulation.

Immune Support

Resveratrol helps with immune support by maintaining healthy immune-cell regulation, supporting healthy gene expression, and facilitating normal cytokine synthesis.⁴ It supports the normal activation of NK cells, macrophages, and T cells, as well as the normal activity of regulatory T cells.⁴

Resveratrol also supports a healthy inflammatory response.⁷ It facilitates AMP-activated protein kinase (AMPK) regulation of cellular nicotinamide adenine dinucleotide (NAD⁺) levels, which supports inflammatory-response pathways such as sirtuin 1 (SIRT-1), facilitating normal cytokine production.⁴ SIRT-1 helps maintain NF-kappaB-induced IL-6, TNF-alpha, and IL-1-beta, as well as matrix metalloproteases (MMPs) and cyclooxygenase-2 (COX-2), already within normal levels.⁴

Meta-analyses of randomized clinical trials show that resveratrol helps maintain C-reactive protein already within normal levels⁵⁻⁸ and helps support healthy TNF-alpha levels without changes to IL-6.⁵⁻⁹

Antioxidant Support

Resveratrol, as a polyphenol, is known to facilitate normal response to oxidative stress and support healthy antioxidant activity.^{1,8,10} The beneficial effects of red wine are also attributed to resveratrol.¹ A meta-analysis of 16 randomized, controlled trials, resveratrol was found to help support glutathione peroxidase (GPx) levels already within the normal range.¹¹ In a meta-analysis of 12 randomized, controlled trials, resveratrol helped maintain total antioxidant capacity (TAC) already within normal levels.¹²

Cardiovascular Support

Resveratrol may help with cardiovascular support.¹ Meta-analyses have shown that resveratrol and red wine polyphenols support healthy blood pressure and normal vascular function.¹³ In a meta-analysis of 19 studies with a total of 1,151 participants, compared to the placebo groups, those taking resveratrol experienced significant support for normal blood pressure levels, both systolic and diastolic.¹⁴

Other meta-analyses have shown support for total cholesterol,¹⁵⁻¹⁷ LDL cholesterol,^{15,17} and/or triglyceride levels^{15,18} already within the normal range. Triglyceride support was evident when taken for six months or longer.¹⁸

Resveratrol may also support a healthy insulin response.¹⁹ Meta-analyses have shown that resveratrol may help maintain blood glucose,^{14,17,20} insulin,²⁰ and hemoglobin A1C (HbA1c)^{29,20} levels already within the normal range. The support from resveratrol was generally dose-dependent, though it varied by age.²⁰

In addition, resveratrol may help support a normal body weight. In a meta-analysis of 36 randomized,

controlled trials, resveratrol supplementation helped support normal body weight, healthy body mass index, a normal waist circumference, and lean muscle mass, without changes to leptin or adiponectin levels.²¹

Safety and Cautions

Resveratrol is generally well tolerated and has been used safely in clinical trials in amounts of 100-1,000 mg per day.² The most common adverse effects are gastrointestinal in nature, including gastrointestinal discomfort, diarrhea, or loose stools.²²

Resveratrol may have additive effects if used with anticoagulant or antiplatelet drugs. Theoretically, it may increase levels of medications metabolized by CYP1A1, CYP1A2, CYP1B1, CYP2C19, CYP2E1, or CYP3A4.²²

Safety is not documented in breastfeeding or pregnant women, or in children under age 3, due to insufficient safety research.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.

References

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NutraMedix

RESVERATROL
WITH RED WINE EXTRACT

SUPPORTS IMMUNE, ANTIOXIDANT,
AND CARDIOVASCULAR HEALTH†

Supplement Facts
Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% DV*
Trans-Resveratrol (from Japanese Knotweed Extract root)	200 mg*
Red Wine (Vitis vinifera) Extract (fruit solid to 50% Polyphenols)	25 mg*

*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Capsule, Vegetable Magnesium Stearate, Silicon Dioxide

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