



# Health Matters

by  
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For many years scientists have touted the anti-aging benefits of red wine, but now they are more focused specifically on a polyphenol (antioxidant) found primarily in the seeds and skins of red grapes called **Resveratrol**.

Clinical studies at Harvard Medical School have shown that Resveratrol can help halt the oxidation of LDL (bad cholesterol), lessen blood stickiness (clots) and control arterial inflammation, all of which significantly reduces our risk of heart disease. Interestingly, it's also been discovered that **Resveratrol** activates an anti-aging gene called "Sirtuin", which can help combat other age-related conditions such as diabetes and cancer.

While getting enough of this powerful antioxidant through drinking red wine is not practical or advisable, **Resveratrol** is available in 50, 100 or 200mg capsules. Showing great promise in extending our life-span, **Resveratrol** can, at least for now, help us to reduce our risk of these age-related conditions.

As always, we guarantee your satisfaction.

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