

“Our clinical trials with resveratrol indicate that this bioactive polyphenol can be considered one of the most potent vasoactive nutrients that we have ever studied. The RESHAW study results point to multiple positive impacts of resveratrol for counteracting the development and progression of chronic diseases afflicting our aging Western population.”

-Professor Peter Howe

Dr. Rachel Wong and Emeritus Professor Peter Howe from the University of Newcastle, Australia are the principal investigators of RESHAW.

Resveratrol Supporting Healthy Aging in Women (RESHAW)

As a result of reduced estrogen production, menopause heightens a woman's risk of osteoporosis, cognitive decline as well as mental and physical discomfort.¹ Postmenopausal women can benefit from resveratrol supplementation, which has been shown to have phytoestrogen activity and combats the cellular aging processes. Since resveratrol can be easily incorporated into a daily diet, it is a well known strategy to support healthy living.²



A brief introduction to RESHAW

RESHAW is a two-year clinical trial of resveratrol in 125 post-menopausal women conducted by Professor Howe, Dr. Wong and PhD student Jay Jay Thaug Zaw at the University of Newcastle, Australia. A National Health and Medical Research Council funded initiative, RESHAW is the largest and longest running study of its kind and was designed to investigate the impact of Veri-te™ resveratrol supplementation on cognitive performance, along with a wide range of secondary outcomes including body composition and perception of wellbeing, physical function and pain. With over 170 human clinical studies, resveratrol has continued to gain attention as one of the most active natural activators of SIRT1, a protein which directs the cell cycle and longevity.³ This vast amount of research proves that Veri-te resveratrol can be a key strategy for the design and delivery of effective supplements that support healthy aging.⁴

Interim RESHAW results indicate that Veri-te resveratrol supports healthy living in postmenopausal women



Peak brain health supported by:

- Enhancing cognitive performance in individual cognition tests
- Improving the arterial function, particularly in the brain by increasing cerebral circulation
- Increasing healthy blood flow and reducing arterial stiffness



Quality of life significantly impacted by:

- Improving mental performance, especially mood and pain perception
- Reducing menopausal symptoms and sleep disturbance, while improving general wellbeing



Bone health increased by:

- Improving the bone mineral density measured in the lumbar spine and neck of femur
- Reducing the risk of bone fracture



Overall health improved by:

- Increasing hand grip strength while reducing loss of muscle strength
- Supporting healthy blood glucose levels and insulin sensitivity

125 post-menopausal women, 24 months, 75 mg Veri-te resveratrol twice daily, cardio-metabolic, brain and bone health parameters as well as cognitive task performance

References

1. Menopause - Symptoms and causes. <https://www.mayoclinic.org/diseases-conditions/men> *Mayo Clinic*. 2017.
2. Chachay VS *et al.* Resveratrol – pills to replace a healthy diet? *Br J Clin Pharmacol*. 2011; 72(1): 27–38
3. Weiskirchen S & Weiskirchen R. Resveratrol: How Much Wine Do You Have to Drink to Stay Healthy? *Adv Nutr An Int Rev J*. 2016; 7; 706–718
4. Koushki, M., Amiri-Dashatan, N., Ahmadi, N., Abbaszadeh, H. A. & Rezaei-Tavirani, M. Resveratrol: A miraculous natural compound for diseases treatment. *Food Sci Nutr*. 2018: 2473–2490 doi:10.1002/fsn.3.855.

About Professor Peter Howe

Professor of Clinical Nutrition at the University of Southern Queensland and Emeritus Professor at the University of Newcastle Australia, Peter Howe chairs the TGA's advisory committee for complementary medicines and is a fellow of the nutrition society of Australia. With almost 300 publications, his research has underpinned health claims for functional foods and nutraceuticals. Professor Howe cites resveratrol as the most potent vasoactive nutrient that he has studied and suggests that regular supplementation improves the health of blood vessels throughout the brain and body.

About Dr. Rachel Wong

Dr Rachel Wong is a NHMRC-ARC Dementia Research Fellow who leads research at the University of Newcastle's Clinical Nutrition Research Centre. Using non-invasive transcranial Doppler ultrasonography to assess the cerebral circulation, she is exploring nutritional approaches to enhance cerebral perfusion and improve cognitive function and well-being in populations at risk of premature cognitive decline, e.g. type 2 diabetes, hypertension, postmenopausal women. She is currently evaluating the benefits of resveratrol for healthy aging in women.

resveratrol re-imagined™

Veri-te™ resveratrol is produced using an innovative yeast fermentation process.

This means our resveratrol is:

PURE: >98% pure *trans*-resveratrol

SAFE: free of contaminants (e.g. pesticides, emodin & PAHs)

RELIABLE: consistent batch to batch

VERSATILE: off-white, odorless and neutral taste

SCALABLE: large cGMP production capacity

Our Products:

- Food Grade 98% purity for dietary supplements and foods and beverages*
- Veri-Sperse™ 90% for when water dispersibility is needed
- Cosmetic-Grade resveratrol with >99% purity
- API Grade resveratrol product with DMF available

Regulatory & Quality Status:

- EU Novel Foods approved, US self-affirmed GRAS, and other country approvals*
- Made under cGMP and HACCP based food safety conditions
- Halal and Kosher certified resveratrol available

Evolve is committed to supporting clinical trials and research studies to further understand the important benefits of resveratrol on healthy living and aging.

About us

Veri-te resveratrol is produced by Evolve, which was founded in 2004. Based on a strong research foundation, we focus on producing high-quality ingredients for use in applications for health, wellness and nutrition. We have a talented R&D team working on cutting edge science and technology to solve the supply chain issues of nature. Evolve is a pioneer and global leader in sustainable, fermentation-based ingredients. Visit www.evolve.com to learn more.

For more information:

We have sales offices in the US and Europe, with distribution and regulatory approvals worldwide.* Our technical team can advise on formulations and ideal combinations. Additionally, our marketing team can help you plan your marketing strategy for Veri-te resveratrol. Contact us to order free samples for evaluation.

Evolve's website: www.evolve.com

Veri-te resveratrol website: www.veriteresveratrol.com

For general inquiries and customer service inquiries please email:

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Connect with us:

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*Contact Evolve for a full list of countries where approved by regulation

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