

A survey of 18,500 individuals between the age of 18-99 years, found that 26% of the older population, 22% of middle-aged individuals, and 14% of young adults report memory problems with an unprecedented interest for safe, dietary-based solutions to help support and maintain optimal cognitive function.\*

Research shows resveratrol is an effective ingredient in supporting many key neurological functions.

\*Source: Siddarth P, Ercoli L, Merrill D, Small G. *Plos One*. 2014.

## Cognitive performance, a matter of flow and maintenance

As we age, decreased blood flow to the brain and biological processes such as inflammation, normal neurobiological changes, and diet and lifestyle play a role in the cognitive performance.<sup>1</sup> In addition to physical and mental exercise helping to maintain cognitive function<sup>2</sup>, many individuals are seeking specialized nutritional strategies to support memory, cognition, and overall mental health.<sup>3,4</sup>



## Resveratrol may improve healthy blood flow in the brain across a broad range of demographics

Three separate double-blind, placebo-controlled, crossover clinical studies have investigated the role of resveratrol (250-500 mg) in modulating cerebral blood flow. The studies<sup>5-7</sup> agree that resveratrol:

- Alone or in combination with piperine, is able to increase cerebral blood flow parameters (i.e. concentrations of total hemoglobin and deoxyhemoglobin)

22 healthy adults, 45 minutes after intake, 250 or 500 mg resveratrol, cerebral blood flow after cognitive tasks  
23 healthy adults, 28 days, 250 mg resveratrol ± 20 mg piperine, cerebral blood flow  
60 young adults, 28 days, 500 mg resveratrol, cerebral blood flow after cognitive tasks

## Resveratrol helps improve memory performance in older adults

A randomized, double-blind study showed that a daily dose of 200 mg/day of resveratrol:<sup>8</sup>

- Helps improve memory performance and learning in healthy 50-75 year olds

46 individuals, 26 wks, 200 mg resveratrol daily, memory performance and hippocampal functional connectivity

## Resveratrol positively affects cognitive function biomarkers

In a randomized, double-blind, placebo-controlled clinical study<sup>9,10</sup> the authors showed that resveratrol:

- And its metabolites were well tolerated and crossed the blood-brain barrier
- Reduced the decline in memory and task performance
- Regulated the levels of neuro-inflammation while inducing adaptive immunity markers

119 individuals with mild to moderate cognitive decline, 52 weeks, 500 to 2000 mg resveratrol daily, memory performance, MRI and clinical outcomes

## Veri-te™ resveratrol can improve mental capacity in post-menopausal women

Evolve co-funds RESHAW (Resveratrol Supporting Healthy Aging in Women), the largest and longest resveratrol study ever conducted in post-menopausal women.<sup>11</sup> With a focus on brain health, the interim evaluation after 12 months of this double blind, placebo-controlled and crossover study revealed:

- Improved cerebrovascular function and overall cognitive performance
- Reduced perception of pain
- Improved overall wellbeing

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

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7. Wightman EL *et al.* The effects of chronic *trans*-resveratrol supplementation on aspects of cognitive function, mood, sleep, health and cerebral blood flow in healthy, young humans. *Br J Nutr.* 2015; 114: 1427–1437.
8. Witte AV, Kerti L, Margulies DS and Flöel A. Effects of resveratrol on memory performance, hippocampal functional connectivity, and glucose metabolism in healthy older adults. *J Neurosci.* 2014; 34: 7862–70.
9. Turner RS *et al.* A randomized, double-blind, placebo-controlled trial of resveratrol for Alzheimer disease. *Neurology.* 2015; 85: 1383–1391.
10. Moussa C *et al.* Resveratrol regulates neuro-inflammation and induces adaptive immunity in Alzheimer's disease. *J Neuroinflammation.* 2017; 4: 1–10.
11. Howe P *et al.* Effect of 12-month daily resveratrol supplementation on brain health in post-menopausal women. Trial ID: AC. TRN12616000679482p (2017).

## 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:

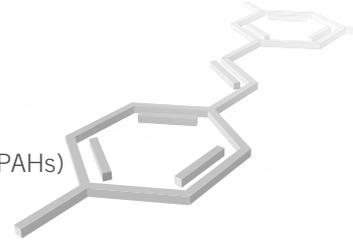
- Food Grade 98% purity for dietary supplements and foods and beverages\*
- Veri-Sperse™ 90% for when water dispersibility is needed
- Cosmetic-Grade resveratrol with >99% purity
- API Grade resveratrol product with DMF available

### 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

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

**Veri-te™**  
RESVERATROL



## About us

Veri-te resveratrol is produced by Evolva, 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. Evolva is a pioneer and global leader in sustainable, fermentation-based ingredients. Visit [www.evolva.com](http://www.evolva.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.

Evolva's website: [www.evolva.com](http://www.evolva.com)

Veri-te resveratrol website: [www.veriteresveratrol.com](http://www.veriteresveratrol.com)

For general inquiries and customer service inquiries please email: [res@veriteresveratrol.com](mailto:res@veriteresveratrol.com)

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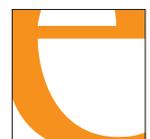
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\*Contact Evolva for a full list of countries where approved by regulation



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