



# Revitalizing Resveratrol for Healthy Living

A Closer Look at Veri-te™ Sponsored Clinical Studies

Prepared by Johannes Haerle, PhD

## Resveratrol, an Ingredient Supporting Healthy Living\*

As our body combats daily stress and ages, maintaining healthy circulation is important for all bodily functions. Supplementation of a healthy diet with vasoactive ingredients can be a key strategy for healthy living. ‘Vasoactive ingredient’ is a term that describes specific bioactive compounds that can boost blood flow in all tissues, including the brain, by enhancing endothelial function.

One of the most potent vasoactive ingredients found in nature is resveratrol, a polyphenol produced in low levels in plants such as grapes and berries to protect themselves from environmental stress and pathogens. Resveratrol is one of the best characterized polyphenols today with over 170 published and 30 ongoing clinical studies. Research indicates that resveratrol supplementation holds great potential for maintaining healthy bodily functions such as brain health by supporting healthy vascular function as the body reacts to stress or changes brought on by age.

Evolva is deeply committed to the expansion of resveratrol research and provides nutraceutical manufacturers with a range of innovative resveratrol solutions under its Veri-te resveratrol brand. This clinical review of Veri-te sponsored studies highlights the multi-functional benefits of resveratrol for healthy living with a specific focus on cutting edge research around resveratrol supplementation and cognitive performance, gut microbiota, oral health and postmenopausal bone and muscle loss.

New research using Veri-te resveratrol at the University of Newcastle in Australia is conducting the largest and longest running resveratrol study, titled “Resveratrol Supporting Healthy Aging in

Women” (RESHAW). Of particular interest are the positive interim results coming from RESHAW outlined in this report.

This review also outlines research coming from the polyphenol research group within the Brain Performance and Nutrition Research Centre at Northumbria University in the United Kingdom. This group is investigating the effects of Veri-te resveratrol supplementation on gut microbiota, systemic inflammation and brain function.

This research highlights that resveratrol follows a multifaceted approach and its beneficial effects are based on its molecular structure, cellular and systemic functions. Ultimately, resveratrol can potentially help rejuvenate the mitochondria and counteract the negative effects of stress and aging.

It is clear that supplementation with Veri-te resveratrol can be a key strategy for the design and delivery of supplements that can support healthy living. Please note that the administered levels cited in the clinical studies were determined by independent researchers conducting the studies. Please refer to local regulations when establishing daily doses to be delivered by dietary supplements.

Evolva’s Veri-te resveratrol produced via fermentation has a neutral taste and is odorless and colorless, making it easily formulated into many applications from capsules to instant powder beverages. Evolva continues its commitment to supporting customers with research-backed science and concept development for new product development with Veri-te resveratrol.

*\*Please note this review is for educational purposes and intended for commercial use only.*



## Women's Health

### Veri-te Resveratrol Supporting Healthy Aging in Women (RESHAW)

Prof. Peter Howe and Dr. Rachel Wong

University of Newcastle, Australia

- Bone health: formation and risk of fracture
- Brain health: memory and cognition
- Menopausal symptoms: mood, sleep quality & pain perception

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=370696>

	125 postmenopausal women, 65 yrs. avg., 15 yrs. postmenopausal
	24 months
	2 x 75 mg Veri-te or placebo daily
	Cognitive health, mood, perception of pain, bone health
	Interim data after the first 12 months: Veri-te resveratrol may improve cognitive performance, mood, perception of pain, glucose metabolism, bone loss and the risk of bone fracture. Completed and awaiting publication in 2020.



## Healthy Microbiome and Brain Health

### The Effects of Resveratrol Supplementation on Cognition, Cerebral Blood Flow, Microbiota and Systemic Inflammation

Dr. Emma Wightman

Northumbria University, UK

- Gut microbiome: gut/brain axis, intestinal/systemic inflammation
- Brain health: memory, attention and mood

<https://clinicaltrials.gov/ct2/show/NCT03448094>

	110 overweight adults, 35 - 60 yrs., Body Mass Index (BMI) 25 - 42
	12 weeks
	2 x 250 mg Veri-te or placebo daily
	Cognitive assessment, cerebral blood flow, systemic inflammation, gut microbiota, metabolomics
	Completed and awaiting publication in 2020



## Brain Health

### The Effects of Resveratrol Supplementation on Cognition, Cerebral Blood Flow and Systemic Inflammation

Dr. Emma Wightman

Northumbria University, UK

- Brain health: memory, attention and mood
- Anti-inflammation
- Anti-oxidative stress

<https://clinicaltrials.gov/ct2/show/NCT03448094>

	100 participants, 4 BMI groups (18.5 – 40+), 18 - 55 yrs.
	12 weeks
	2 x 250 mg Veri-te or placebo daily
	Cognitive assessment, cerebral blood flow, systemic inflammation, and dietary information
	Completion and publication expected in 2020



## Hormonal and Metabolic Effects

### Effects of Simvastatin and Resveratrol Treatment on Polycystic Ovary Syndrome (PCOS)

Prof. Antoni Duleba (*UC San Diego, USA*)

Dr. Beata Banaszewska (*Poznan University, Poland*)

- Hormonal and metabolic effects of resveratrol as an adjunct on the treatment for PCOS

<https://clinicaltrials.gov/ct2/show/NCT02766803>

	60 women, 18 – 45 yrs.
	24 weeks
	Daily administration of simvastatin (20 mg) + adjunct (500 mg Veri-te™ or placebo)
	Glucose metabolism, level of total testosterone, lipids and further markers
	Completion and publication expected in 2020



## Bone Health

### Short-Term Resveratrol Supplementation Stimulates Serum Levels of Bone-Specific Alkaline Phosphatase in Obese Non-Diabetic Men

Dr. Steen B. Pedersen (*Aarhus University Hospital, Denmark*)

*Journal Functional Foods*. 6, (2014) 305 – 310

- Bone formation and integrity

<https://www.sciencedirect.com/science/article/abs/pii/S1756464613002478>

	24 men (30 – 48 yrs.), BMI > 30, non-diabetic
	4 weeks
	1,500 mg Veri-te or placebo daily
	Levels of specific proteins related to bone metabolism and formation
	Supplementation with Veri-te may influence bone metabolism, positively affecting bone integrity



## Bone Health

### Resveratrol Increases Bone Mineral Density and Bone Alkaline Phosphatase in Obese Men: A Randomized Placebo-Controlled Trial

Dr. Steen B. Pedersen (*Aarhus University Hospital, Denmark*)

*The Journal of Clinical Endocrinology and Metabolism*. 99, (2014) 4720 – 4729

- Bone formation and risk of fracture

<https://www.ncbi.nlm.nih.gov/pubmed/25322274>

	74 men (43 – 54 yrs.), BMI > 30, with metabolic syndrome
	16 weeks
	150 mg or 1,000 mg Veri-te or placebo daily
	Levels of specific proteins related to bone metabolism and formation. Volumetric bone mineral density – risk of fracture
	Supplementation with Veri-te (at both doses) positively affected bone density primarily by stimulating formation or mineralization



## Oral Health

### Resveratrol Effect on Oral Inflammatory Load in Chronic Periodontitis: A Pilot Study

Faryn Berger BSc, DDS (*University of Toronto, Canada, 2018*)

- Anti-periodontitis
- Anti-inflammation

<https://tspace.library.utoronto.ca/handle/1807/91449>

	17 participants (40 – 56 yrs.) with chronic periodontitis
	24 weeks
	Standard treatment (scaling and root planning) + 500 mg Veri-te or placebo daily
	Periodontitis-associated clinical and biological parameters (inflammation and oxidative stress)
	Veri-te supplementation reduced oral inflammation associated with periodontitis and increased the effectiveness of the standard treatment



## Oral Health

### Resveratrol Adjunct Administration to Non-Surgical Periodontal Treatment of Smokers with Chronic Periodontitis

Prof. Monica Grazieli (*University Paulista, Brazil*)

- Anti-periodontitis
- Anti-inflammation

<http://ensaiosclinicos.gov.br/rg/RBR-3gt65c/>

	34 smokers
	36 weeks
	Daily administration of Veri-te (500 mg) or placebo daily
	Clinical, microbiological and immunological markers
	Completion and publication expected in 2020

## 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)

\*Where allowed by regulations.

### Connect with us

Twitter: [@Veri\\_te](https://twitter.com/Veri_te)

LinkedIn: [www.linkedin.com/company/veri-te-resveratrol](https://www.linkedin.com/company/veri-te-resveratrol)

Facebook: <https://www.facebook.com/veriteresveratrol>

### Or phone us at

Evolva (U.S.A./R.O.W.): +1.800.250.1032

Evolva (Europe/R.O.W.): +41.61.485.2099