

Boosting Cognitive Function with Resveratrol



New clinical results with Veri-te™ resveratrol have been published in 2020, and the results could be mind-changing.

trans-resveratrol (3,5,4'-trihydroxy-trans stilbene)

Research indicates that resveratrol is a powerful nootropic and modulates several signaling pathway effectors that may enable significant improvements in concentration, focus and reductions in memory loss.¹ New peer-reviewed publication from the RESHAW study provides scientific evidence that resveratrol attenuates the decline in mental performance related to aging. These exciting results indicate that resveratrol should be considered a key ingredient when developing new products for brain health.

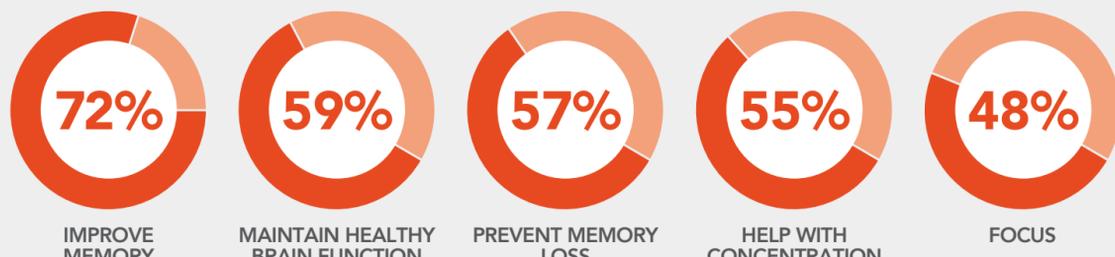
What is RESHAW?

RESHAW stands for Resveratrol Supporting Healthy Aging in Women, and it is the largest, longest-running study of its kind with resveratrol, conducted by Dr. Rachel Wong, Jay Jay Thuang Zaw and Professor Peter Howe at the University of Newcastle, Australia. In a crossover comparison, 125 volunteers were randomized to take two capsules containing 75mg of Evolva's Veri-te resveratrol or a matching placebo supplement daily for 12 months, followed by the alternate treatment for a further 12 months. Evidence confirms that resveratrol can improve overall cognitive performance.

Cognitive health is top of mind for consumers

The brain health space is now a \$2.7 billion global market*

BENEFITS MOST SOUGHT FOR COGNITIVE HEALTH*



*Source: Euromonitor

Causes of decline in cognition and mental performance

Age Related Cognitive Decline²:



Increased oxidative stress and low grade chronic inflammation



Reduced circulatory function and cerebral blood flow



Truncated neurovascular connectivity



Accumulation of toxic metabolites and chronic neurodegeneration

Diet & Lifestyle related Cognitive Decline³:



Lack of physical and mental exercise leads to cognitive impairment



Poor nutrition can negatively affect brain health and mental performance

Resveratrol Supports Cognitive Function: Here's How It Works⁴



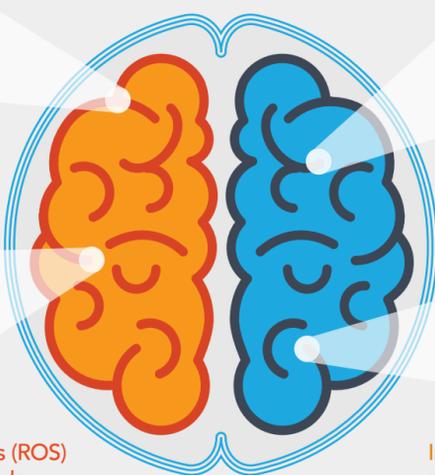
Crosses and restores the blood brain barrier (BBB). Improves memory performance and increases hippocampal functional connectivity.



Triggers mitochondrial biogenesis and neurogenesis. Resveratrol-SIRT1 interaction re-energizes cells to prevent neuronal cell death.



Scavenges Reactive Oxygen Species (ROS) and enhances cellular energy uptake.



Increases blood flow in the brain and acts as a potent vasodilative molecule.

2020 RESHAW observed cognitive improvements

"could potentially reverse cognitive aging by up to 10 years"⁵ in postmenopausal women

Improved resting blood flow velocities (BFV), pulsatility index (PI) and attenuation of decline in neurovascular coupling. Improvements in resting BFV and PI with resveratrol highlights the ability of regular resveratrol supplementation to sustain cerebrovascular function.

Greater improvements in overall cognitive performance by resveratrol when there was a lower cognitive function at the baseline.



Significant improvement in overall cognitive performance with resveratrol that is hypothesized to optimize executive function in healthy older adults and thought to delay subsequent impairment.

Benefits in cognition are not short-lived and can be sustained with ongoing low-level of supplementation for at least 12 months.

Tips for sourcing resveratrol



Free of contaminants: Ask about contaminants such as polycyclic aromatic hydrocarbons (PAHs) which can be found in polygonum sourced resveratrol, even when reported as 98% pure. Veri-te resveratrol is produced through fermentation and is free from PAH contaminants.



Sustainability: Look for ingredients that are sustainably sourced without the use of chemical synthesis, harsh chemicals or intensive farming.



Purity: Look for pure white or off-white powder, free from unwanted contaminants that may impact taste or odor.



Reliability: Source from metric ton scale production with consistent batch process in place.



Quality: Demand cGMP and HACCP based food safety conditions.



Science-backed ingredients: Work with companies that support clinical trials.



Certifications: Request Halal and Kosher certification as needed.



Expertise beyond sales: Look for technical, regulatory, applications, sales and marketing support to drive new product development from concept to shelves.



Learn more about Veri-te resveratrol and leading edge cognition research. res@veriteresveratrol.com or visit www.veriteresveratrol.com.

1. Cicero AFG, Ruscica M, Banach M. Resveratrol and cognitive decline: a clinician perspective. Arch Med Sci. 2019;15(4):936-943.
 2. Deary IJ, Corley J, Gow AJ, et al. Age-associated cognitive decline. Br Med Bull. 2009;92:135-152.
 3. Williams KN, Kemper S. Interventions to reduce cognitive decline in aging. J Psychosoc Nurs Ment Health Serv. 2010;48(5):42-51.
 4. Bastianetto S, Ménard C, Quirion R. Neuroprotective Action of Resveratrol. Biochim Biophys Acta. 2015; 1852(6): 1195-201.
 5. Thuang Zaw JJ, Howe PRC, Wong RHX. Sustained Cerebrovascular and Cognitive Benefits of Resveratrol in Postmenopausal Women. Nutrients. 2020; 12(3), 828. doi:10.3390/nu9010027.