

Resveratrol OVERVIEW

Why We Need It

Resveratrol is a polyphenol found in grapes, red wine, and certain berries. It is known for its powerful antioxidant properties, supporting heart health, brain function, and longevity. It also plays a role in reducing inflammation and protecting cells from oxidative damage.

What It Does in the Body

Supports Heart Health: Promotes healthy circulation and reduces oxidative stress in blood vessels.

Activates Sirtuins: Enhances cellular longevity and metabolic regulation by activating sirtuin proteins.

Neuroprotective Effects: Helps protect against cognitive decline and supports brain function.

Anti-Inflammatory Properties: Reduces chronic inflammation, benefiting overall health.

Mitochondrial Function: Supports energy production and cellular efficiency.

How Much We Need

General Wellness: 100–250 mg/day

Heart & Brain Health: 250–500 mg/day

Longevity & Anti-Aging: 500–1,000 mg/day

Benefits of Taking Resveratrol

- Supports cardiovascular health and circulation
- Enhances cognitive function and neuroprotection
- Activates longevity-related genes
- Reduces oxidative stress and inflammation
- Supports mitochondrial function and energy production
- May aid in metabolic health and insulin sensitivity

Most Bioavailable Form

Trans-Resveratrol – The most active and bioavailable form, offering superior absorption.

Micronized Resveratrol – Improved bioavailability due to smaller particle size.

Liposomal Resveratrol – Encapsulated for enhanced absorption and effectiveness.

Best Taken With: A fat-containing meal (e.g., olive oil, nuts) to maximize absorption. Available in capsule, powder, or liquid form.

