

## AS SEEN ON:



## What is *Resveratrol*?

**Resveratrol** is a natural compound found in grapes, mulberries, peanuts, and other plants or food products, especially red wine, that recent studies have shown may protect against cancer, cardiovascular disease, diabetes, alzheimer's disease and liver disease by acting as an antioxidant, antimutagen, and anti-inflammatory. In addition, preliminary tests show Resveratrol to benefit weight loss, increase energy, enhance athletic performance and show promise to act as a natural "fountain of youth".

## All *Resveratrol* products are NOT created equally!

Resveratrol exists in two forms--**trans-resveratrol** and **cis-resveratrol**. Research has proven that trans-resveratrol is the biologically active isomer form. Some resveratrol products are listed simply as "resveratrol" or "total resveratrol" which does not identify whether it is the active "**trans-resveratrol**" molecule. On a product's Supplement Facts Panel you should look for 3 things: 1) Amount of "trans-resveratrol" per capsule; 2) Amount of actual Resveratrol (not just the amount of total ingredients which may only include a small amount of resveratrol); 3) The purity of the Resveratrol. For example: A product listed as "*100 mg Trans-Resveratrol - 25%*" only has 25mg of active Resveratrol. You would, therefore, need to take 4 capsules to obtain 100mg of effective resveratrol. Currently, most researchers are recommending individuals take 250-500mg of Trans-Resveratrol per day.

**TamPogo's *Resveratrol*** – 500mg Resveratrol (50%) = 250mg effective Trans-Resveratrol per Capsule – 60 Capsules – Only \$28.95!

## Health Benefits of using *Resveratrol*:

Scientific research has been consistently finding more and more health benefits associated with consistent use of Resveratrol supplements. A few examples of published articles are listed below. (Click on the links below to read in-depth articles written on recent research regarding each topic.)

- [\*\*Resveratrol & Weight Control/Obesity\*\*](#)
- [\*\*Resveratrol & Heart Disease/Cholesterol\*\*](#)
- [\*\*Resveratrol & Diabetes\*\*](#)

- [\*\*Resveratrol & Alzheimer's\*\*](#)
- [\*\*Resveratrol & Liver Disease\*\*](#)
- [\*\*Resveratrol & Aging\*\*](#)

### ***Resveratrol in the Media:***

- [ABC News - Barbara Walters - Resveratrol TV Segment](#)
- [60 Minutes - Resveratrol TV Segment](#)
- [Good Morning America - Dr. Oz - Resveratrol TV Segment](#)
- [NBC Nightly News - Resveratrol TV Segment](#)