



Cognitive Health

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.¹ In addition to physical and mental exercise helping to maintain cognitive function², many individuals are seeking specialized nutritional strategies to support memory, cognition, and overall mental health.^{3,4}



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 studies⁵⁻⁷ 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:⁸

- 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^{9,10} 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

Evolva co-funds RESHAW (Resveratrol Supporting Healthy Aging in Women), the largest and longest resveratrol study ever conducted in post-menopausal women.¹¹ 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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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.
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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

Evolve 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 Evolve, 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. Evolve is a pioneer and global leader in sustainable, fermentation-based ingredients. Visit www.evolve.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.

Evolve's website: www.evolve.com

Veri-te resveratrol website: www.veriteresveratrol.com

For general inquiries and customer service inquiries please email: res@veriteresveratrol.com

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