

# Supporting Women's Health with Resveratrol



New clinical results with Veri-te™ resveratrol have been published in 2020, and the results can be quite impactful.

## trans-Resveratrol

Recently published research highlights a novel approach for the improvement of women's health. The data supports that daily resveratrol supplementation can successfully help manage health concerns as women age. The first two peer-reviewed publications from the RESHAW study provide scientific evidence that resveratrol supplementation can reduce the 10 year probability of major osteoporotic and hip fracture risks, as well as attenuate the decline in cognitive performance commonly associated with postmenopause. These exciting results indicate that resveratrol should be considered a key ingredient when developing new healthy lifestyle products for women.

## 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, led by Dr. Rachel Wong, Jay Jay Thaug Zaw, Professor Cory J Xian and Emeritus Professor Peter Howe at the University of Newcastle, Australia. In a crossover comparison, 125 volunteers were randomized to take two capsules containing 75 mg 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 and bone health, with other positive outcomes soon to be published.



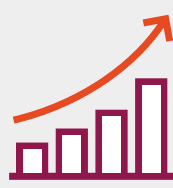
## Women's quality of life is affected by changes in health as a result of hormonal imbalance

Women can live as many years postmenopausal as they do during childbearing years, yet health-adjusted life expectancy is falling behind. Physical and dietary interventions can help postmenopausal women better manage the effects of hormonal imbalance so that they feel, look and perform better for longer. Therefore, improving postmenopausal quality of life is essential for women.

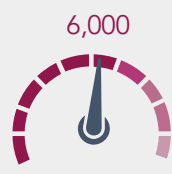
## Women's Health is an Attractive Market

The global market for women's health products is expected to reach \$51.3 billion by 2025.

Source: Grand View Research, 2017



Life expectancy for women has dramatically increased to 80 years, yet menopause onset remains unchanged.<sup>1,2</sup> Consequently, women are living more years in the postmenopause phase of life.



Every day, an estimated 6,000 American women reach menopause.

Source: North American Menopause Society (NAMS)



1 in 3 women over age 50 will experience osteoporotic fractures, as will 1 in 5 men over age 50.<sup>3,4,5</sup>

## Postmenopausal women produce less estrogen and progesterone



### Vasodilator function declines:

Systemic and cerebral vasodilator function declines more rapidly during perimenopause and postmenopause than in men of the same age.



### Bone formation is reduced:

Reduced bone formation leads to an increased risk of bone fractures. Osteoporotic fractures make up 43% of all hospitalizations in older women.<sup>6</sup>



### Cognitive health declines:

Temporary memory loss during peri-menopause, and a higher risk of cognitive decline postmenopause.

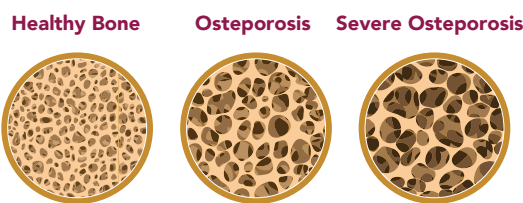


### Quality of life is compromised:

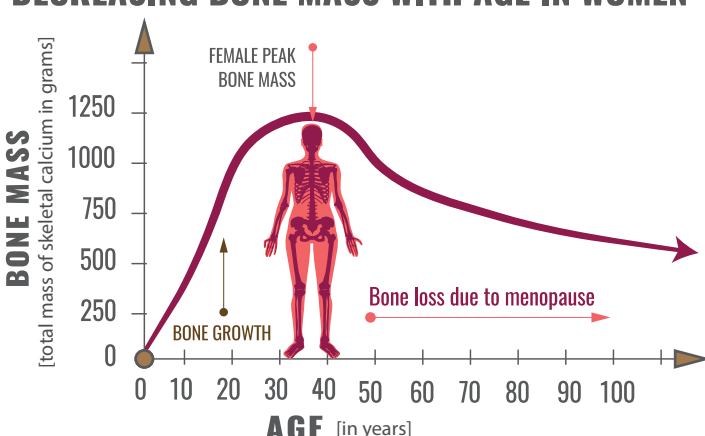
Increased risk of symptoms e.g. hot flashes, muscle and joint pain, mood swings, sleep disturbances, weight gain, and changes in skin appearance.

## It's a matter of bone density

Women are more prone to osteoporosis, osteoarthritis, anemia, menstruation-related disorders, depression and obesity. Decreasing bone mass leads to osteoporosis and is anticipated to affect 680 million women by 2050.<sup>7</sup>



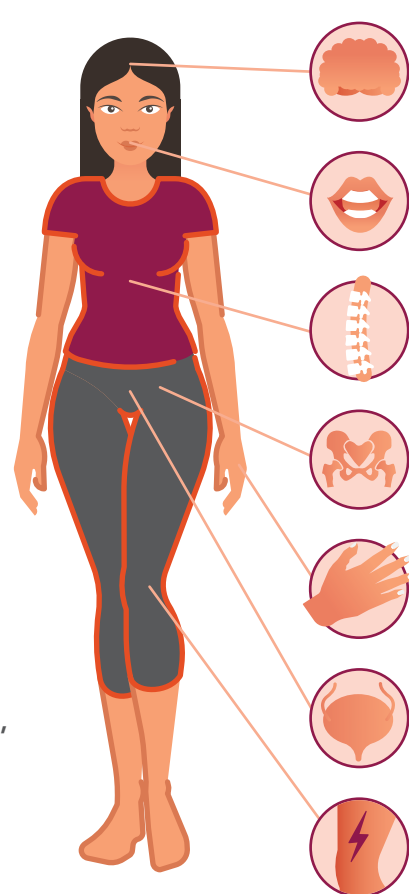
### DECREASING BONE MASS WITH AGE IN WOMEN



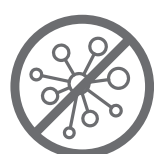
## Resveratrol and Women's Health: Here's What the Research Shows

### Resveratrol can be a key ingredient for women's healthy lifestyle products

- RESHAW data indicates Veri-te resveratrol supplementation could potentially reverse cognitive aging by up to 10 years in postmenopausal women:<sup>8</sup>
  - Significant improvement in overall cognitive performance
  - Improvement in resting blood flow velocities (BFV) and pulsatility index (PI), besides attenuation of the decline in neurovascular coupling
  - Long-term sustained cognitive benefits
- RESHAW results report that Veri-te resveratrol supplementation could reduce the 10 year probability of major osteoporotic and hip fracture risks:<sup>9</sup>
  - Improvement in bone density in the lumbar spine and femoral neck
  - Reduction of the rate of decline in the bone mineral density of the femoral neck bone
  - Annual rate of decline is reduced from 0.96% to 0.34% in the femoral neck bone mineral density
  - Increased bone formation in those individuals at risk of rapid bone loss
  - Synergistic effect with calcium and vitamin D supplements
- Resveratrol improves quality of life and reduces menopause-related symptoms, including:<sup>10</sup>
  - Perception of pain
  - Poor sleep quality
  - Mood / depression
  - Muscle fatigue
  - Lack of sexual interest
- Resveratrol supports skin health and improves hydration, luminosity, and elasticity<sup>11</sup>



## Tips for sourcing resveratrol



**Free of contaminants:** Ask about contaminants such as polycyclic aromatic hydrocarbons (PAHs) which can be found in polyonum 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 women's health research. [res@veriteresveratrol.com](mailto:res@veriteresveratrol.com) or visit [www.veriteresveratrol.com](http://www.veriteresveratrol.com).

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