

Supporting Women's health with Resveratrol

Womens' quality of life is affected by changes in health as a result of hormonal imbalance

Women most likely start undergo menopause after the age of 48, wherein they experience hormonal changes that affect the quality of life. Every women is unique and will, of course, have it's own personal and subjective physical perception of this moment of her life.

But here are some of the challenges commonly observed in post-menopausal women.

Postmenopausal women produce less estrogen and progesterone

- **Vasodilator function declines:**

Systemic 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.

- **Cognitive health declines:**

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

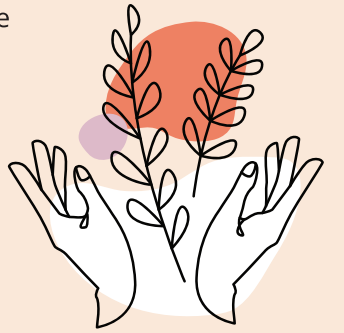
- **Quality of life is compromised:**

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



As a result of reduced estrogen production, menopause heightens a woman's risk of osteoporosis, cognitive decline as well as mental and physical discomfort.

Postmenopausal women can benefit from resveratrol supplementation, which has shown to have phytoestrogen activity and combats the cellular aging processes. Since resveratrol can be easily incorporated into a daily diet, it is a well-known strategy to support healthy living.



Women Unique Features!

They have unique physiology and a distinct hormonal make-up that undergoes multiple changes from childhood to old age.

Starting with the onset of puberty and menstruation, continuing through peak childbearing and breastfeeding years, and moving into peri-menopause, menopause and post-menopause, the female body evolves both inside and out.

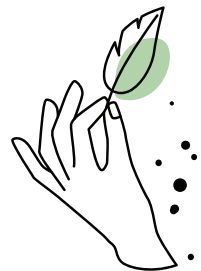
As women pass through each life stage, their individual nutritional needs and health concerns vary. As such, a women's optimal dietary supplement regimen does too.



Veri-te™ resveratrol is a premium source of resveratrol produced using a sustainable and innovative yeast fermentation process.

With more than 14,000 published studies and over 200 human clinical trials, resveratrol is considered one of the most well-investigated compounds applied in dietary supplements, food and beverages, cosmetics and animal health. This published research and clinical data suggests that resveratrol can be a key ingredient for women's health.

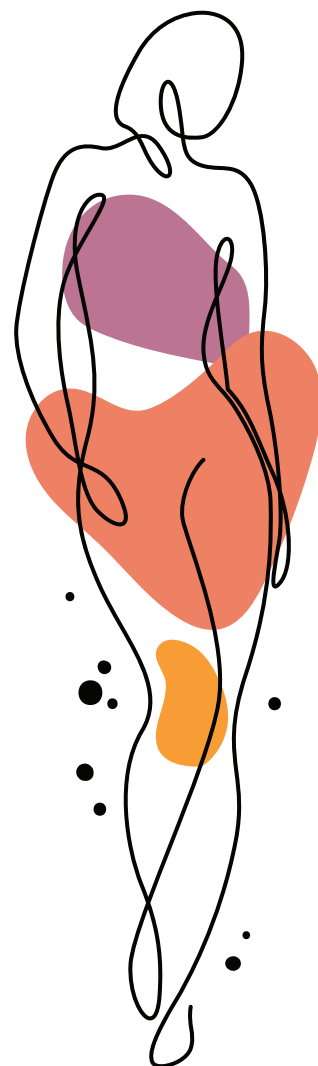
The Veri-te™ brand stands for trust, and Veri-te resveratrol is guaranteed to be PAH and emodin free. Veri-te resveratrol delivers peace-of-mind for those customers with supply chain concerns and who want the purest form of resveratrol for their consumers.



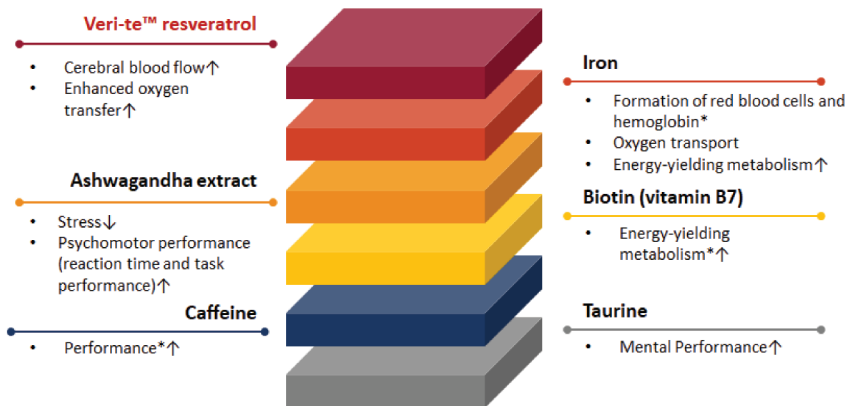
Research shows resveratrol improves symptoms in postmenopausal women

RESHAW (Resveratrol for Healthy Ageing in Women) is the largest and longest running clinical trial of its kind, designed to investigate the impact of Veri-te™ resveratrol supplementation in postmenopausal women.

Investigations by Professor Howe, Dr. Wong and PhD student Jay Jay Thaug Zaw at the University of Newcastle, Australia were conducted in 125 post-menopausal women over two years to determine the impact of 75 mg Veri-te resveratrol twice daily on cardio-metabolic, brain and bone health parameters as well as cognitive task performance. A National Health and Medical Research Council funded initiative, RESHAW additionally investigated a wide range of secondary outcomes including body composition and perception of wellbeing, physical function and pain in the subjects.

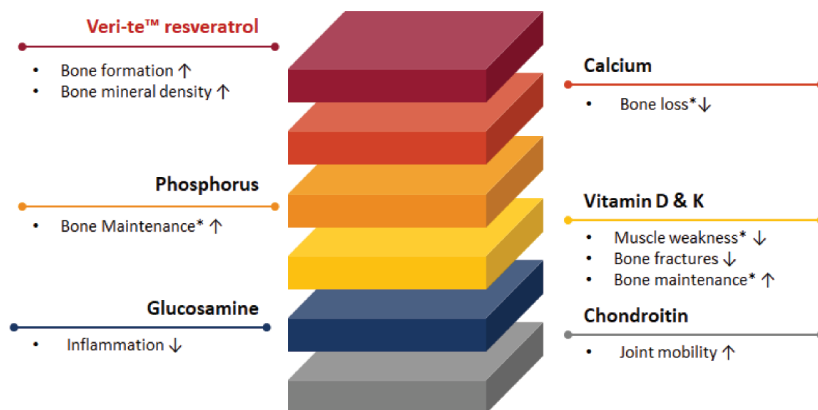


MENTAL PERFORMANCE



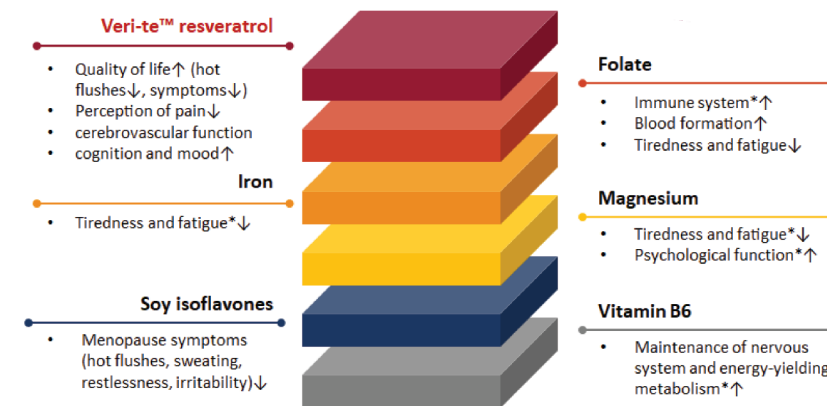
Zaw, J., Howe, P., & Wong R. Long-term effects of resveratrol on cognition, cerebrovascular function and cardio-metabolic markers in postmenopausal women: A 24-month randomised, double-blind, placebo-controlled, crossover study. *Clinical Nutrition*. 2020.

BONE & JOINT HEALTH



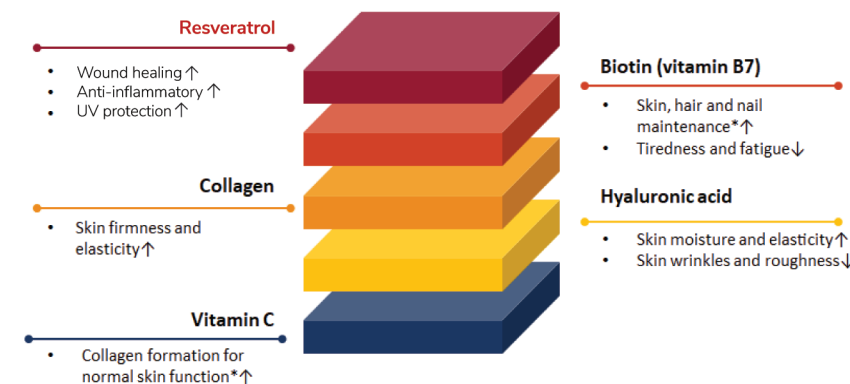
Wong, R., et al. Regular Supplementation with Resveratrol Improves Bone Mineral Density in Postmenopausal Women: A Randomized, Placebo-Controlled Trial. *Journal of Bone and Mineral Research*. 2020. 35(11):2121-2131.

40+ VITALITY



Thaug Zaw JJ, Howe PRC, Wong RHX. (2020) Long-term resveratrol supplementation improves pain perception, menopausal symptoms, and overall well-being in postmenopausal women: findings from a 24-month randomized, controlled, crossover trial. *Menopause*. 28(1):40-49.

BEAUTY-FROM-WITHIN



Hecker A, Schellnegger M, Hofmann E, Luze H, Nischwitz SP, Kamolz LP, Kotzbeck P. The impact of resveratrol on skin wound healing, scarring, and aging. *Int Wound J*. 2021 May 5. doi: 10.1111/iwj.13601.

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