

Building the Science on Resveratrol

A Closer Look at Veri-te™ Sponsored Clinical Studies

Resveratrol, an Ingredient Supporting Healthy Living

Research using Veri-te™ Resveratrol at the University of New-castle in Australia is considered the largest and longest Resveratrol study, entitled “Resveratrol Supporting Healthy Aging in Women” (RESHAW). Of particular interest are the positive results for counteracting the menopause-related accelerated cognitive decline, bone health and quality of life.

This review also outlines research coming from the polyphenol research group within the Brain Performance and Nutrition Research Centre at Northumbria University in the United Kingdom. This group is investigating the effects of Veri-te™ Resveratrol supplementation on gut microbiota, systemic inflammation and brain function.

This research highlights that Resveratrol follows a holistic approach and its beneficial effects are based on its molecular structure, cellular and systemic functions. Ultimately, Resveratrol can potentially help rejuvenate the

mitochondria (mitochondria biogenesis) and counteract the negative effects of stress and aging.

It is clear that supplementation with Veri-te™ Resveratrol can be a key strategy for the design and delivery of supplements that can support healthy living. Please note that the administered levels cited in the clinical studies were determined by independent researchers conducting the studies. Please refer to local regulations when establishing daily doses to be delivered by dietary supplements.

Evolva's Veri-te™ Resveratrol produced via fermentation has a neutral taste and is odorless, making it easily formulated into many applications from capsules to instant powder beverages. Evolva continues its commitment to supporting customers with research-backed science and concept development for new product development with Veri-te™ Resveratrol.

Completed or published studies including Veri-te™



Women's Health

Veri-te Resveratrol Supporting Healthy Aging in Women (RESHAW)

Prof. Peter Howe and Dr. Rachel Wong

University of Newcastle, Australia

- Bone health: formation and risk of fracture
- Brain health: memory and cognition
- Menopausal symptoms: mood, sleep quality & pain perception

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=370696>

	125 postmenopausal women, 65 yrs. avg., 15 yrs. postmenopausal
	24 months
	2 x 75 mg Veri-te or placebo daily
	Cognitive health, mood, perception of pain, bone health
	First peer-reviewed publication indicates that Veri-te resveratrol can help counteract menopause-related cognitive decline. Additional interim data indicates: improvement in mood, perception of pain, glucose metabolism, bone loss and the risk of bone fracture. Awaiting 3 additional publications in 2020.



Hormonal and Metabolic Effects

Effects of Simvastatin and Resveratrol Treatment on Polycystic Ovary Syndrome (PCOS)

Prof. Antoni Duleba (UC San Diego, USA)

Dr. Beata Banaszewska (Poznan University, Poland)

- Hormonal and metabolic effects of resveratrol as an adjunct on the treatment for PCOS

<https://clinicaltrials.gov/ct2/show/NCT02766803>

	60 women, 18 – 45 yrs.
	24 weeks
	Daily administration of simvastatin (20 mg) + adjunct (500 mg Veri-te™ or placebo)
	Glucose metabolism, level of total testosterone, lipids and further markers
	Completion and publication expected in 2020



Oral Health

Resveratrol Effect on Oral Inflammatory Load in Chronic Periodontitis: A Pilot Study

Faryn Berger BSc, DDS (University of Toronto, Canada, 2018)

- Anti-periodontitis
- Anti-inflammation

<https://tspace.library.utoronto.ca/handle/1807/91449>

	17 participants (40 – 56 yrs.) with chronic periodontitis
	24 weeks
	Standard treatment (scaling and root planning) + 500 mg Veri-te or placebo daily
	Periodontitis-associated clinical and biological parameters (inflammation and oxidative stress)
	Veri-te supplementation reduced oral inflammation associated with periodontitis and increased the effectiveness of the standard treatment



Bone Health

Short-Term Resveratrol Supplementation Stimulates Serum Levels of Bone-Specific Alkaline Phosphatase in Obese Non-Diabetic Men

Dr. Steen B. Pedersen (Aarhus University Hospital, Denmark)

Journal Functional Foods. 6, (2014) 305 – 310

- Bone formation and integrity

<https://www.sciencedirect.com/science/article/abs/pii/S1756464613002478>

	24 men (30 – 48 yrs.), BMI > 30, non-diabetic
	4 weeks
	1,500 mg Veri-te or placebo daily
	Levels of specific proteins related to bone metabolism and formation
	Supplementation with Veri-te may influence bone metabolism, positively affecting bone integrity



Bone Health

Resveratrol Increases Bone Mineral Density and Bone Alkaline Phosphatase in Obese Men: A Randomized Placebo-Controlled Trial

Dr. Steen B. Pedersen (Aarhus University Hospital, Denmark)

The Journal of Clinical Endocrinology and Metabolism. 99, (2014) 4720 – 4729

- Bone formation and risk of fracture

<https://www.ncbi.nlm.nih.gov/pubmed/25322274>

	74 men (43 – 54 yrs.), BMI > 30, with metabolic syndrome
	16 weeks
	150 mg or 1,000 mg Veri-te or placebo daily
	Levels of specific proteins related to bone metabolism and formation. Volumetric bone mineral density – risk of fracture
	Supplementation with Veri-te (at both doses) positively affected bone density primarily by stimulating formation or mineralization

Clinical studies in completion phase or ongoing including Veri-te™



Skin Health

Beauty from inside & out

Evolve sponsored study

	140 women, 40+ yrs
	56 days
	2 x day cream and/or capsules (placebo controlled)
	Skin appearance (topical and/or beauty-from-within)
	Ongoing



Brain Health

The Effects of Resveratrol Supplementation on Cognition and Systemic Inflammation

Dr. Emma Wightman

Northumbria University, UK

- Brain health: memory, attention and mood
- Anti-inflammation
- Anti-oxidative stress

<https://clinicaltrials.gov/ct2/show/NCT04314739>

	100 participants, 18 - 55 yrs., 4 BMI groups 18.5 - 42
	4 weeks
	2 x 250 mg Veri-te or placebo daily
	Cognitive assessment, cerebral blood flow, systemic inflammation, and dietary information
	Completion and publication expected in 2020



Healthy Microbiome and Brain Health

The Effects of Resveratrol Supplementation on Cognition, Cerebral Blood Flow, Microbiota and Systemic Inflammation

Dr. Emma Wightman

Northumbria University, UK

- Gut microbiome: gut/brain axis, intestinal/systemic inflammation
- Brain health: memory, attention and mood

<https://clinicaltrials.gov/ct2/show/NCT03448094>

	110 overweight adults, 35 - 60 yrs., Body Mass Index (BMI) 25 - 42
	12 weeks
	2 x 250 mg Veri-te or placebo daily
	Cognitive assessment, cerebral blood flow, systemic inflammation, gut microbiota, metabolomics
	Completed and awaiting publication in 2020



Oral Health

Resveratrol Adjunct Administration to Non-Surgical Periodontal Treatment of Smokers with Chronic Periodontitis

Prof. Monica Grazieli (University Paulista, Brazil)

- Anti-periodontitis
- Anti-inflammation

<http://ensaiosclinicos.gov.br/rg/RBR-3gt65c/>

	34 smokers
	36 weeks
	Daily administration of Veri-te (500 mg) or placebo daily
	Clinical, microbiological and immunological markers
	Completion and publication expected in 2020

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