Essential Resveratrol

Resveratrol is a polyphenol naturally found in the skin of red grapes, certain berries, and other plants. Recent research has shown that Resveratrol can help to support healthy cardiovascular function. Resveratrol is best known for its cellular anti-aging properties, as well as for its ability to promote a healthy response to biological stress.*

QUICK FACTS

• Research shows that resveratrol has anti-aging and anti-cancer effects.
• Because of its anti-inflammatory activity, resveratrol has been shown to offer protection against atherosclerosis (thickening of the arteries that cuts off blood flow), high LDL “bad cholesterol,” formation of blood clots and myocardial infarction.
• Resveratrol is particularly unique as its antioxidants can cross the blood-brain barrier to protect the brain and the nervous system.

OTHER INFO

Itadori tea or Japanese Knotwood, a significant source of resveratrol found in Essential Whole Food Resveratrol, has long been used in Asian countries, including Japan and China, as a traditional herbal remedy for preventing heart disease and strokes. Benefits of Essential Whole food Resveratrol include:

• Anti-aging and anti-cancer effects
• Protects cardiovascular health
• May help prevent obesity
• Helps protect the brain and cognitive/mental health
• Benefits those with diabetes or pre-diabetes

Essential Resveratrol

WHY THIS SUPPLEMENT?

Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won’t have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

WHAT SETS US APART?

There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its pre-digestion process we call Opti-Blend™. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to pre-digest every nutrient before encapsulating. Opti-Blend™ ensures delivery at the cellular level and up to a 300% increase in absorption.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Vegetable Capsule</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resveratrol (as Japanese Knotweed 50%) (Resveratrol - 200 mg)</td>
<td>400 mg**</td>
</tr>
<tr>
<td>Proprietary Whole Food Cultured Media Blend</td>
<td>5 mg**</td>
</tr>
<tr>
<td>Rice Complex, Yeast</td>
<td></td>
</tr>
<tr>
<td>Organic Vegetable Blend: Pea, Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam.</td>
<td></td>
</tr>
</tbody>
</table>

**Daily value not established.

Other Ingredients: Rice Complex, Oryza Sativa, Plant Based Magnesium Stearate, Vegetable Capsule (plant cellulose and water).

SUGGESTED USE: As a dietary supplement, take one capsule daily or as directed by a health care provider.

60 CAPSULES

This product distributed by:

HARRIS ESSENTIALS

Optimal Health Systems
Where Health Comes Naturally
OptimalHealthSystems.com – 800-890-4547

*Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.