

Cheers to Good Health



A GUILTY TREAT, OR AN ANTI-AGING MIRACLE?

Benefits of Resveratrol:

- anti-aging
- reduces wrinkles
- enhances skin
- helps lower blood sugar
- lowers cholesterol
- helps prevent cancer
- reduces memory loss
- increases tolerance to exercise
- reduces risk of heart disease

The effects of aging are a function of damage to DNA. **Resveratrol** is a natural antioxidant in **red wine** that reduces the signs of aging. It helps the body fight damage to DNA; thus slowing down the aging process and increasing overall health.

White wine also contains resveratrol, but in significantly smaller amounts because the skins are not used.

How does it work?

- Resveratrol is a compound found in plants, especially the skins of grapes, blueberries, mulberries, raspberries, wine and peanuts.
- It is produced naturally by grape skins during red wine's fermentation process.
- It has strong antioxidant properties, which are helpful in reducing aging.



Resveratrol has approximately 50 times more antioxidant properties than vitamin C!

Getting the Most Out of Your Wine

What is the best source of resveratrol?

- Red wine or certain varieties of grapes and grape juice
- Wines made from grapes grown in cooler and rainy climates
- In general, wines from New York State have the highest concentration of resveratrol
- Pinot Noir has consistently proven to have the highest levels

How much should you drink?

- To receive full benefits, drink regularly and in moderation (1-2 glasses maximum per day)

TO ACHIEVE FULL BENEFITS OF RESVERATROL, SIP SLOWLY WHILE DRINKING WINE.



Some experts believe it's our best hope yet for an anti-aging pill.

Resveratrol may explain the "French paradox" — the lower rates of heart disease and cancer in nations such as France, Italy, Spain despite diets high in fat. This may be explained by the daily moderate consumption of red wine by these populations.

High doses of resveratrol mimic the effects that a 20-30% reduction in calories in the typical diet would have.

Red wine may slow down the aging process, allowing humans to stay younger and live longer than they ever thought possible.



Note: Excess alcohol consumption can be hazardous to your health. Women who are pregnant or breastfeeding should avoid alcohol.

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