

CBS 60 Minutes Re-Examines the Anti-Aging Benefits of Resveratrol

Morley Safer of CBS News...

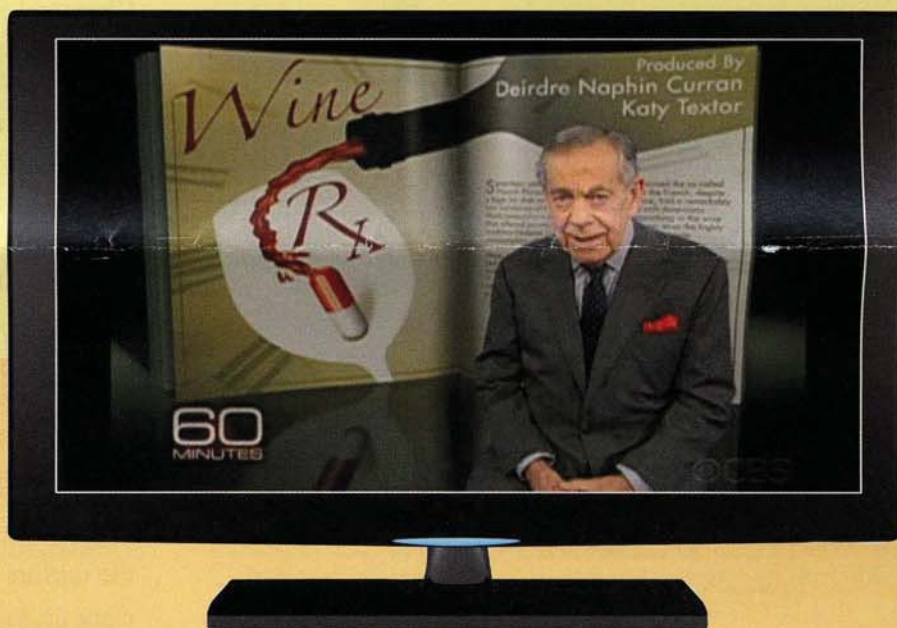
“If they’re right, we all may soon be taking a pill that could give us an extra decade or two of healthy old age.”

Seventeen years ago, 60 Minutes first examined the so-called French paradox, which suggested that the French - despite a high fat diet and high consumption of wine - had a remarkably low incidence of heart disease compared with Americans.

Most researchers agreed that there was something in the wine that offered protection; and a few years later, even the highly cautious federal dietary guidelines say that moderate consumption of red wine can be beneficial.

Scientists across the country have identified a substance in red wine called resveratrol that they believe might do more than just protect the heart, but could - in very high concentrations - significantly extend life by preventing a number of age related illnesses. “If they’re right, (scientists) we all may soon be taking a pill that could give us an extra decade or two of healthy old age.”

Now, after 17 years, CBS 60 Minutes has just taken another look into the Anti-Aging Benefits of Resveratrol. This comes at an especially opportune time. The latest Major Medical and University Studies suggest...



Over Please

Resveratrol may be incredible preventative weapon against cancer!



One **Scientific study** after another shows a key ingredient in **red wine** as a potential **weapon against Cardiovascular Disease and Cancer!**

Also in this issue ...

- **How this compound in Red Wine may fight Alzheimer's** (pg 3)
- **Why the French Paradox is potentially so important to your longevity** (pg 7)
- **What Dr. Oz and Oprah want you to know about Resveratrol** (pg 10)

Dear Friend,

The steady stream of Scientific studies that have been released from top Medical and Academic Universities continue to support the promising potential of **Resveratrol** and other key ingredients found in red wine, grapes, grape seed, grape skin and some roots and berries. These ingredients are promising natural Anti-Aging supplements and potential new weapons in the battle against Cardiovascular Disease, Skin, Pancreatic, Breast, and Lung Cancer.

THE UNIVERSITY OF ALABAMA

The University of Alabama, Birmingham recently indicated chemicals found in grape seeds may help ward off skin cancer due to regular exposure to the sun, according to the results of an animal study reported in Chicago at the 223rd annual meeting of the American Chemical Society.

Researchers from the University of Alabama, Birmingham exposed hairless mice to ultraviolet light: Some of the mice they fed a standard diet supplemented with grape seed Proanthocyanidins, or GSPs, while control mice were fed a standard diet without this supplement. Dietary supplementation with GSPs inhibited light-induced carcinogenesis, study chief Dr. Santosh K. Katiyar told the conference.

Mice supplemented with GSPs had up to 65% fewer tumors than control mice did. Moreover, the tumors seen in GSP-supplemented mice were up to 78% smaller than those seen in the control mice.

"It suggests that regular consumptions of GSPs as a dietary supplement may be beneficial for the prevention of skin cancers".

GSPs appear to inhibit suppression of the immune system caused by ultraviolet light. This is "an important characteristic of GSPs which has not been reported by several other dietary botanical agents," Katiyar noted. GSPs have antioxidant activity, and UV-induced oxidative stress has been linked to the induction of skin cancers.

SHOCKING!

1 Million New Cases of Skin Cancer Every Year

- Skin cancer is the most common form of cancer in the United States. More than 1 million skin cancers are diagnosed annually.
- Squamous cell carcinoma is the second most common form of skin cancer. More than 250,000 cases are diagnosed each year, resulting in approximately 2,500 deaths each year.
- One in 5 Americans and one in 3 Caucasians will develop skin cancer in the course of a lifetime.
- More than 90 percent of all skin cancers are caused by sun exposure.

Another example of the promise of Resveratrol as a weapon against and in the prevention of cancer has come from the **Department of Biochemistry,**



University of Texas Health

Science Center at Tyler, Texas

which released a report that found that the polyphenol, resveratrol, found in red wine and numerous

plant species including mulberries, peanuts and grapes possesses chemo preventive properties against several cancers and cardiovascular diseases.

Resveratrol is an amazing supplement that induces apoptosis by up-regulating the expression of Bax, Bak, PUMA, Noxa, Bim, p53, TRAIL, TRAIL-R1/DR4 and TRAIL-R2/DR5 and simultaneously down-regulating the expression of Bcl-2, Bcl-XL, Mcl-1 and survivin.

Resveratrol causes growth arrest at G1 and G1/S phases of cell cycle by inducing the expression of CDK inhibitors p21/WAF1/CIP1 and p27/KIP1.

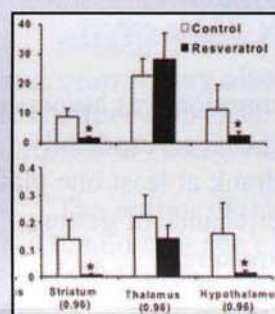
Bottom line: **Resveratrol literally may stop some diseases in the early stages of cell generation.** This is further reinforced by...

(Continued on page 4)

Resveratrol May Eradicate Brain Plaque Associated With Senility

Recently released results from a new animal study conducted by researchers at the Weill Medical College of Cornell University report that dietary supplementation with the red wine molecule resveratrol dramatically reduces plaque formation in animal brains, surprisingly without activating the Sirtuin1 gene.

According to results released oral resveratrol produced large reductions in brain plaque in the hypothalamus (-90%), striatum (-89%), and medial cortex (-48%) sections of the brain. Previously, studies had shown that direct injection of resveratrol into brain tissues reduces degeneration and prevents learning impairment.



This study shows that oral doses of resveratrol may reduce beta amyloid plaque associated with aging changes in the brain. Researchers theorize that one mechanism for plaque eradication is the ability of resveratrol to chelate (remove) copper.

[Neurochemistry International, Nov. 8, 2008 early online]

Dietary supplementation with resveratrol reduces plaque pathology in a transgenic model of Alzheimer's disease.

Resveratrol, a polyphenol found in red wine, peanuts, soy beans, and pomegranates, possesses a wide range of biological effects. Since resveratrol's properties seem ideal for treating neurodegenerative diseases, its ability to diminish amyloid plaques was tested. Mice were fed clinically feasible dosages of resveratrol for forty-five days. Neither resveratrol nor its conjugated metabolites were detectable in brain.

Nevertheless, resveratrol diminished plaque formation in a region specific manner.



The largest reductions in the percent area occupied by plaques were observed in medial cortex (-48%), striatum (-89%) and hypothalamus (-90%). The changes occurred without detectable activation of

SIRT-1 or alterations in APP processing. However, brain glutathione declined 21% and brain cysteine increased 54%. The increased cysteine and decreased glutathione may be linked to the diminished plaque formation. This study supports the concept that onset of neurodegenerative disease may be delayed or mitigated with use of dietary chemo-preventive agents that protect against beta-amyloid induced neuronal damage.

A California Study That Revealed: Resveratrol in red wine may reduce the risk of lung cancer in men, especially smokers!

A study published in *Cancer Epidemiology Biomarkers and Prevention* used data from The



California Men's Health Study, which includes 84,170 men between 45 and 69 who are members of the Kaiser Permanente California health plan. Demographics and lifestyle characteristics were obtained through detailed surveys mailed to participants between 2000 and 2003. The participants were followed through the end of 2006, during which there were 210 cases of lung cancer.

Moderate red wine consumption was associated with a reduced incidence of lung cancer, especially among smokers. Smokers who drank at least one glass of red wine a day had 60% lower chance of getting lung cancer than non-drinking smokers.

This confirms an earlier study from the preventive medicine and public health department at **Spain's University of Santiago de Compostela.**



Still, researchers said the best way to reduce lung cancer risk is to stop smoking. The smokers who drank red wine still faced a greater risk than non-smokers. The study also notes that results should not be extrapolated for heavy alcohol consumption.

Other kinds of alcohol — white wine, beer, and liquor — did not demonstrate a reduced risk of lung cancer among participants.

In the analysis, researchers made adjustments for factors such as age, race/ethnicity, education, income, body mass index, history of chronic obstructive pulmonary disease or emphysema, and smoking history.

"Red wine is known to contain high levels of antioxidants. There is a compound called resveratrol that is very rich in red wine because it is derived from the grape skin. This compound has shown significant health benefits in preclinical studies," Chun Chao, PhD, study author and a research scientist at Kaiser Permanente Department of Research and Evaluation, says in a news release.

Past research including a Danish Study has linked red wine's resveratrol to a reduced risk of atherosclerosis and heart disease. The Danish Study revealed that red wine drinkers had about half the risk of dying of heart disease than non-drinkers.

Then there's the...

(Continued on page 5)

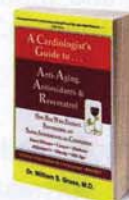
Natural Health News Report



Editor William S. Gruss, M.D.

Dr. Gruss is a well-respected Internist and Cardiologist who specializes in cardiac care for patients who suffer from chronic heart problems, high cholesterol and blood pressure, and diabetes. Research has convinced Dr. Gruss that the right nutrients combined with a healthy lifestyle can help you live longer and live your life to the fullest well into your 80s and 90s.

Dr. Gruss is also the author of *A Cardiologist's Guide to Anti-Aging, Antioxidants & Resveratrol*. Dr. Gruss is Board Certified in Internal Medicine and treats mostly patients who are over age 50 at his private practice in Boca Raton, Florida. Dr. Gruss is a graduate of the University of Maryland Medical School and did his residency and Fellowship in Cardiology at the prestigious Mt. Sinai Medical Center in Miami.



• Natural Health News Report P.O. Box 1304 Boca Raton, FL 33429-1304 •

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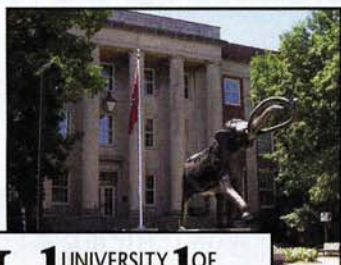
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University of Nebraska Study that Showed Exciting Potential for Resveratrol in the Battle Against Breast Cancer



UNIVERSITY OF
Nebraska
Lincoln

Researchers from the University of Nebraska recently discovered that Resveratrol keeps estrogen from causing Breast Cancer in test-tube studies.

Prolonged exposure to estrogen is a major risk factor for Breast Cancer. Most research has focused on the interactions between estrogen

and estrogen receptors on breast cancer cells.

But when the body's system for processing estrogen gets out of balance, dangerous estrogen metabolites appear. These toxic compounds react with DNA in breast cells and jump-start the growth of tumors.

Now Eleanor G. Rogan, PhD, and colleagues at the University of Nebraska show that resveratrol decreases the processing of estrogen into these dangerous compounds. Perhaps more importantly, it also blocks interactions between estrogen metabolites and cellular DNA.

And that's not all. Rogan's team finds that resveratrol increases production of an enzyme that destroys dangerous estrogen metabolites.

"Resveratrol has the ability to prevent the first step that occurs when estrogen starts the process that leads to cancer," Rogan says in a news release. "We believe that this could stop the whole progression that leads to breast cancer down the road."

The Rogan team's findings come from studies of human breast cells grown in the laboratory. It's a long way from showing that resveratrol can actually prevent cancer in women. Even so, there's a hopeful sign: Resveratrol had anticancer effects at very low doses.

Compound in Red Wine May Fight Alzheimer's

The New York Times

WEDNESDAY, JUNE 4, 2006

"New Hints Seen That Red Wine May Slow Aging"

Red wine may be much more potent than was thought in extending human lifespan, researchers say in a new report that is likely to give impetus to the rapidly growing search for longevity drugs.

Research shows that a compound in red wine and grapes may also counter a hallmark of Alzheimer's disease. The study appeared in *The Journal of Biological Chemistry*.

The author of the study, Philippe Marambaud, PhD., said "We don't know yet and we have to be very careful." He continues, "What we have seen is just, maybe, the tip of the iceberg." Still, he says the findings are "strongly supportive [of] the fact that there is something in red wine that may be protective" and could lead to the development of new Alzheimer's drugs.

Marambaud is a senior research scientist at New York's Litwin-Zucker Research Center for the Study of Alzheimer's Disease and Memory Disorders. He's also an assistant professor at the Albert Einstein College of Medicine. Marambaud's interest was sparked by observational studies (done by other experts) showing that Alzheimer's is rarer in populations that consume moderate amounts of red wine.

In Marambaud's lab tests, Resveratrol hampered beta-amyloid protein. That protein is a key ingredient in plaque found in the brains of people who die with Alzheimer's disease. Resveratrol didn't stop the protein's production. Instead, it encouraged beta amyloid's breakdown. That's a "very attractive mechanism for therapy" against Alzheimer's, says Marambaud.

He and his colleagues also tested a handful of other antioxidants against beta-amyloid. Only Resveratrol stood out. He adds that Resveratrol has been shown to have some "very interesting pharmacological effects" against herpes, some cancers, and possibly neurodegenerative diseases such as Huntington's.

"This is dramatic because it was able to be done with fairly low concentrations of resveratrol,"
Rogan says.

A resveratrol concentration of 10 micromoles per liter was able to keep estrogen metabolites from interacting with DNA. A glass of red wine has a resveratrol concentration between 9 and 28 micromoles per liter. Resveratrol is a naturally occurring antioxidant found in the skins of red grapes, red wine, red or purple grape juice, peanuts, blueberries, and cranberries. It's also available in dietary supplements.

Although many health claims have been made for Resveratrol, the risks and benefits of taking this supplement have not been formally tested in definitive clinical trials. Rogan and colleagues report their findings in a recent issue of *Cancer Prevention Research*.

But there's still more scientific evidence that shows...

Grape Seed Extract Found To Kill Leukemia Cells in University Laboratory Tests

An extract from grape seeds forces laboratory leukemia cells to commit cell suicide, according to researchers from the **University of Kentucky**. They found that within 24 hours, 76 percent of leukemia cells had died after being exposed to the extract.

The investigators, who report their findings in the January 1, 2009 issue of *Clinical Cancer Research*, a journal of the American Association for Cancer Research, also teased apart the cell signaling pathway associated with use of grape seed extract that led to cell death, or apoptosis. They found that the extract activates JNK, a protein that regulates the apoptotic pathway.

While grape seed extract has shown activity in a number of laboratory cancer cell lines, including skin, breast, colon, lung, stomach and prostate cancers, no one had tested the extract in hematological cancers, nor had the precise mechanism for activity been revealed.

"These results could have implications for the incorporation of agents such as grape seed extract into prevention or treatment of hematological malignancies and possibly other cancers," said the study's lead author, Xianglin Shi, Ph.D., professor in the Graduate Center for Toxicology at the University of Kentucky.

Reduce Your Blood Pressure With Red Wine!

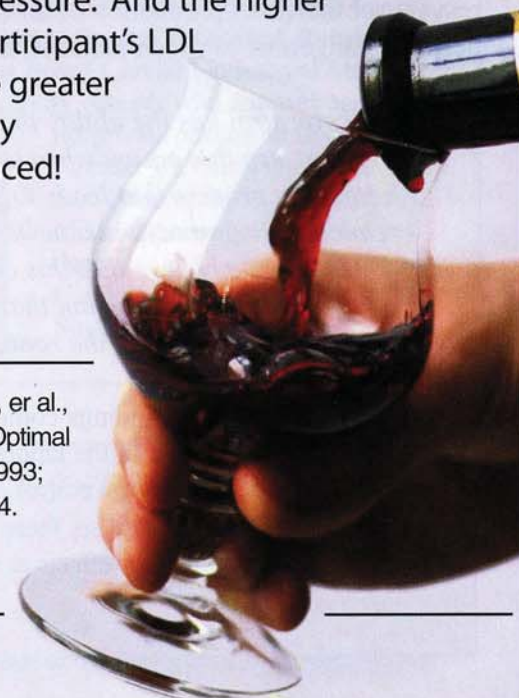
**UC Davis Med School Researchers
show that resveratrol does the job!**

If you're worried about maintaining healthy blood pressure levels, then you should be very interested in resveratrol. That's because first and foremost, red wine extract is a vasodilator—which means it opens up your arteries and capillaries to rush more blood and oxygen to your organs.

When you take red wine extract, you give your arteries, capillaries, veins and heart great circulatory support—without the headache or dizziness! Red wine extract supports strong blood vessels by strengthening their walls. It also keeps damaged, stretched or stiff blood vessels from leaking. This all helps regulate blood flow and pressure, so that oxygen-carrying blood is delivered to your tissues and organs.¹

The first human study with resveratrol conducted by UC Davis Med School researchers shows that resveratrol reduced blood pressure. And the higher study participant's LDL level, the greater drop they experienced!

¹Folkers, K., et al.,
*Journal of Optimal
Nutrition*, 1993;
2(4): 264-74.



“What everyone seeks is an agent that has an effect on cancer cells but leaves normal cells alone, and this shows that grape seed extract fits into this category,” he said.

Shi adds “This is very promising research, but it is too early to say this is chemo-protective.”

Hematological cancers – leukemia, lymphoma and myeloma – accounted for an estimated 118,310 new cancer cases and almost 54,000 deaths in 2006; ranking these cancers as the fourth leading cause of cancer incidence and death in the U.S.

Given that epidemiological evidence shows that eating vegetables and fruits helps prevent cancer development, Shi and his colleagues have been studying

chemicals known as proanthocyanidins in fruits that contribute to this effect. Shi has found that apple peel extract contains these flavonoids, which have antioxidant activity, and which cause apoptosis in several cancer cell lines but not in normal cells. Based on those studies, and findings from other researchers that grape seed extract reduces breast tumors in rats and skin tumors in mice, they looked at the effect of the compound in leukemia cells.

Using a commercially available grape seed extract, Shi exposed leukemia cells to the extract in different doses and found the marked effect in causing apoptosis in these cells at one of the higher doses.

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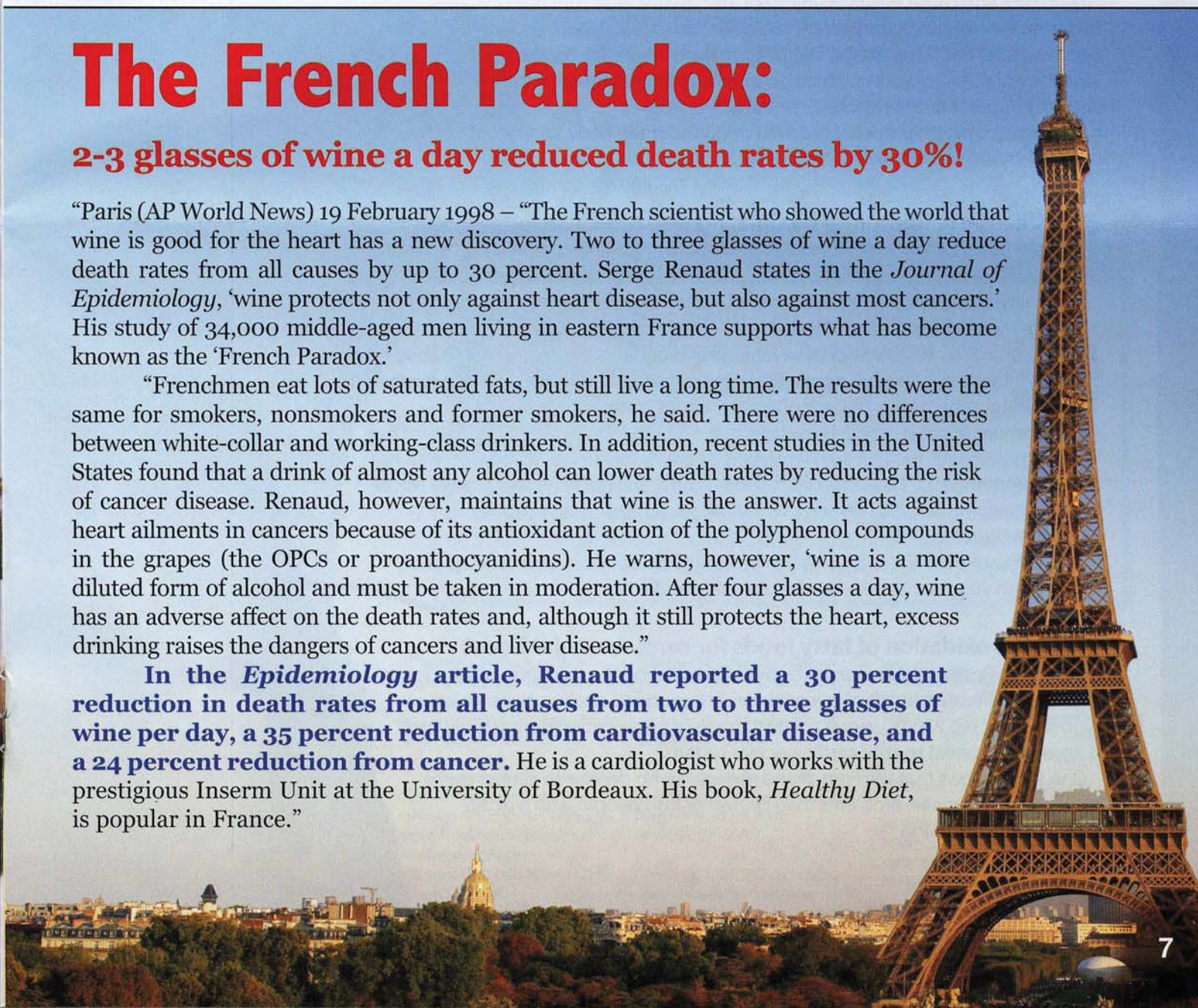
The French Paradox:

2-3 glasses of wine a day reduced death rates by 30%!

“Paris (AP World News) 19 February 1998 – “The French scientist who showed the world that wine is good for the heart has a new discovery. Two to three glasses of wine a day reduce death rates from all causes by up to 30 percent. Serge Renaud states in the *Journal of Epidemiology*, ‘wine protects not only against heart disease, but also against most cancers.’ His study of 34,000 middle-aged men living in eastern France supports what has become known as the ‘French Paradox.’

“Frenchmen eat lots of saturated fats, but still live a long time. The results were the same for smokers, nonsmokers and former smokers, he said. There were no differences between white-collar and working-class drinkers. In addition, recent studies in the United States found that a drink of almost any alcohol can lower death rates by reducing the risk of cancer disease. Renaud, however, maintains that wine is the answer. It acts against heart ailments in cancers because of its antioxidant action of the polyphenol compounds in the grapes (the OPCs or proanthocyanidins). He warns, however, ‘wine is a more diluted form of alcohol and must be taken in moderation. After four glasses a day, wine has an adverse affect on the death rates and, although it still protects the heart, excess drinking raises the dangers of cancers and liver disease.’”

In the *Epidemiology* article, Renaud reported a 30 percent reduction in death rates from all causes from two to three glasses of wine per day, a 35 percent reduction from cardiovascular disease, and a 24 percent reduction from cancer. He is a cardiologist who works with the prestigious Inserm Unit at the University of Bordeaux. His book, *Healthy Diet*, is popular in France.”



Resveratrol Protects You From Head to Toe!

Get the power of true, Trans Resveratrol
Just look at all Resveratrol can to do for you:

H **Healthy heart, arteries and promotes normal cholesterol levels.**

Resveratrol has been shown to help reduce blood stickiness or clumping, help improve circulation and inhibit the oxidation of LDL "bad" cholesterol that can threaten your arteries and heart health.² This is critical because free radicals attack and tear away at your artery walls and slow circulation. Red wine extract also helps prevent the oxidation of HDL "good" cholesterol – when it oxidizes, it becomes LDL "bad" cholesterol. The OPCs make it harder for cholesterol deposits to stick to your vascular walls. It also works with other antioxidants to eliminate extra cholesterol, helping you to naturally monitor healthy cholesterol levels.

Red wine promotes proper blood flow throughout the body, and has been shown to promote healthy homocysteine levels.³ With Resveratrol, you can worry a lot less!

F **Fortifies your immunity by fighting free radicals.**

When other systems in your body are weak, your immunity really takes a beating. That's because when your cells are weak, your immune system goes into overdrive. It gets worn down because it's overworked supporting all of these other functions, so you're more susceptible to illness.

Resveratrol gives you a seasonal advantage and protects you from colds, flu bugs and infections that can bring you down. Red wine extract is also a great defense mechanism against fungi, other toxins that are often at the root of immune problems.

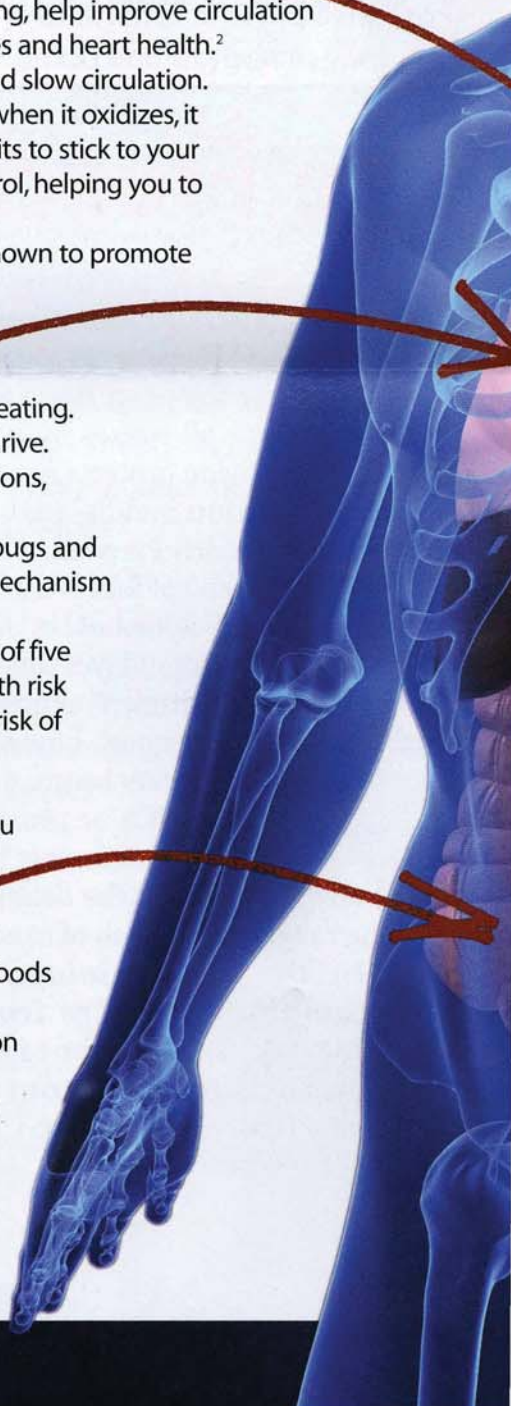
For example, scientists studied the health of 4,272 faculty and staff members of five Spanish universities to see if their wine, beer or spirits intake was associated with risk of the common cold. They found that those who drank red wine had a lower risk of getting the common cold—whereas other alcohol consumption had no advantageous effect.⁴


Medical results like these are a major reason to rely on Resveratrol to keep you going when your immune system is constantly under fire.

P **Prevent oxidation of fatty foods for cardiovascular boost**

OPCs in Resveratrol are very effective at preventing the oxidation of fatty foods after meals. Because much of our oxidative stress occurs after we have a nice high-fat meal, red wine's unique ability to prevent fat oxidation during digestion is an amazing boost to your cardiovascular system.⁵

One study shows that the French and Italians—who drink with almost every meal have fewer heart problems than Finnish or Irish people *who typically drink very little red wine.*⁶





Brain and memory protection.

Your brain is over 90% fat—and free radicals love fat! When they go after your brain you experience the symptoms of aging rapidly. You begin to forget names, appointments and details to stories or directions to familiar places. The free radical neutralizers in acetyl-L-carnitine and alpha lipoic acid are a virtual “memory cocktail” for your brain. Resveratrol keeps your thinking clear and focused every day!

Maintains healthy veins, circulation and blood pressure.

Red wine extract supports strong blood vessels by strengthening their walls and acting as a vasodilator to open up your arteries and capillaries. It also keeps damaged, stretched or stiff blood vessels from leaking. This all helps regulate blood flow and pressure, so that oxygen-carrying blood is delivered to your tissues and organs.⁷

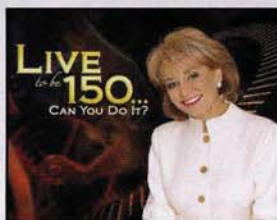
The nutrients in Resveratrol work together to keep your blood pressure at normal, safe levels. It also helps support normal blood clotting by keeping your blood at the right consistency and flowing freely.⁸

Keeps skin looking young, tight, and fresh.

Free radicals go after your skin and this is the first place you notice the premature signs of aging. Resveratrol can have as much as 98% OPCs, which keep your skin healthy and youthful in appearance. It does this by protecting the collagen and elastin in your skin.

It's comforting to know that something this powerful is also so gentle and nourishing to your delicate skin, giving you softer hands, fewer facial lines, and a clearer, smoother, more glowing complexion.

LIVE to be 150... CAN YOU DO IT?



Live to 150, Can You Do It? **Secrets to Living Longer With** **Barbara Walters**



Can you believe there are more than 84,000 people in the U.S. who are at least 100 years old? It's true; and it's estimated that there could be more than a million by the time the baby-boomers reach that age. Barbara Walters' new ABC special takes a look into the quest to live longer and healthier and the science and new discoveries that could make it possible.

² Delmas D, Jannin B, et al. Resveratrol: preventing properties against vascular alterations and ageing. *Mol Nutr Food Res*. 2005 May;49(5):377-95.

³ Schroecksnadel K, Winkler C. Anti-inflammatory compound resveratrol suppresses homocysteine formation in stimulated human peripheral blood mononuclear cells in vitro. *Clin Chem Lab Med*. 2005;43(10):1084-8.

⁴ Takkouche B, Regueira-Méndez C, et al. Intake of wine, beer, and spirits and the risk of clinical common cold. *Am J Epidemiol*. 2002 May 1;155(9):853-8.

⁵ Ursini F, Sevanian A. Wine polyphenols and optimal nutrition. *Ann N Y Acad Sci*. 2002 May;957:200-209.

⁶ Ferrières J. The French paradox: lessons for other countries. *Heart*. 2004 Jan;90(1):107-11.

⁷ Brahmesh S, Edirisinghe I, et al. Effect of a polyphenols extracts of Grape Seeds (GSE) on Blood Pressure (BP) in patients with the Metabolic Syndrome (MetS). *FASEB J*. 2006;20:A305.

⁸ Demrow HS, Slane PR, Folts JD. Administration of wine and grape juice inhibits in vivo platelet activity and thromboses in stenosed canine coronary arteries. *Circulation*; 91(4):1182-1188. 1995.

**World famous physician Dr. Oz
appears on Oprah Show to educate and
recommend Resveratrol and says...**

“People can live to 120!”

- Dr. Mehmet Oz

One of the most famous physicians to speak out about the Miracle Anti-Aging benefits of Resveratrol is Dr. Mehmet Oz, who has become a media darling appearing on dozens of news shows like *Good Morning America* and *Oprah*.*



Dr. Oz is not a make believe TV doctor. Dr. OZ is a top flight physician. He's a Professor of Cardiac Surgery at Columbia University Medical School in New York City; he also directs the Heart Assist Device Program and is a founder of the Complementary Medicine Program at New York-Presbyterian Hospital.

Dr. Oz's research interests include heart replacement surgery, minimally invasive cardiac surgery, and healthcare policy. He has authored more than 350 original publications, book chapters, abstracts, and books and has received several patents.

Dr. Oz is also the author of the book: *Staying Young: The Owner's Manual for Extending Your Warranty*. So when a physician of his caliber steps up and tells you to take Resveratrol daily and that it can help you live longer, perhaps to the ripe old age of “120”, you should listen.

* Consumers should be aware that neither Oprah Winfrey nor Dr. Oz are associated with nor do they endorse any açai berry product, company or online solicitation of such products, including MonaVie juice products. Attorneys for Harpo are pursuing over 500 plus persons and companies that have and continue to claim such an affiliation.

* Neither Oprah nor Dr. Oz is associated with nor do they endorse any specific resveratrol product, company or online solicitation of such products. Any companies that misrepresent their affiliation are making false claims. Harpo attorneys are pursuing companies that claim such an affiliation.

*Source www.oprah.com

(Continued from page7)

They also discovered that the extract does not affect normal cells, although they don't know why. The researchers then used pharmacologic and genetic approaches to determine how the extract induced apoptosis. They found that the extract strongly activated the JNK pathway, which then led to up-regulation of Cip/p21, which controls the cell cycle.

The Bottom line: all of these studies single out the most important anti-aging and anti cancer supplement ever discovered by science.

The fact is, all of these studies single out Resveratrol as the most important anti-aging and anti-cancer supplement ever discovered by science. Dr. Oz suggests that regular resveratrol supplementation could help people live 120 years. I can't promise that anyone will live to 120 years. But I always tell my patients...

Your goal should be to live a healthy and active 90+ years. That's my goal and why I will periodically keep you posted on the latest Anti-Aging and resveratrol research.

Sincerely,

A handwritten signature in black ink, appearing to read 'Dr. William Gruss, MD'.

Dr. William Gruss, MD

Overweight and Worried About Your Heart and Arteries? Here's some good news you probably won't get at your doctor's office:

The OPCs in Resveratrol are very effective at preventing the oxidation of fatty foods after meals. Because much of our oxidative stress occurs after we have a nice high-fat meal, red wine's unique ability to prevent fat oxidation during digestion is an amazing boost to your cardiovascular system.⁹ One study shows that the French and the Italians—who drink red wine with almost every meal—have fewer heart problems than Finnish or Irish people *who typically drink very little red wine*.¹⁰

Forget about the fat-free cookies, turkey salami, and waxy, tasteless salads. Now you can relax and enjoy the pleasure of food again...once you put **Resveratrol** to work for you.



⁹Ursini F, Sevarian A. Wine Polyphenols and Optimal Nutrition. Ann NY Acad Sci 2002 May;957:200-209

¹⁰Troup (G.J.), Hutton (D.R.), Hewitt (D.G.), Hunter (C.R.), 1994. —Free radicals in red wine but not in white. Free Radic Res. 20, 63-68.

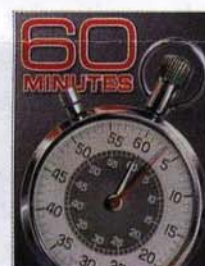
**The Worldwide Media Couldn't Ignore
the Amazing Medical University Studies
Reporting on Resveratrol - And You Shouldn't Either.**



WALL STREET JOURNAL



Los Angeles Times



The New York Times

New York Times covers the promise of resveratrol story repeatedly...

- Tests Begin on Drugs That May Slow Aging (August 18, 2009)
- Scientists Find Clues to Aging in a Red Wine Ingredient's Role in Activating a Protein (November 27, 2008)
- Hoping Two Drugs Carry a Side Effect: Longer Life (July 22, 2008)
- New Hints Seen That Red Wine May Slow Aging. (June 4, 2008)
- Red Wine Ingredient Increases Endurance, Study Shows (November 17, 2006)
- Forget Botox. Anti-Aging Pills May Be Next. (September 21, 2003)
- THE WAY WE LIVE NOW: 9-14-03; Half-Full or Half-Empty? (September 14, 2003)
- Study Spurs Hope of Finding Way to Increase Human Life (August 25, 2003)

http://hubpages.com/hub/Dr-Oz_Resveratrol

Eye-Opening Harvard Medical School Study:

Red Wine Extract Key to Longer Life!

Is there really a magic bullet in the search for a legitimate anti-aging answer? Researchers at the *Harvard Medical School* and the *National Institute on Aging* report that a natural substance found in red wine, known as resveratrol, offsets the bad effects of a high-calorie diet in mice and significantly extends their lifespan.

NOTE! Their report, published online recently in *Nature*, implies that very large daily doses of resveratrol could offset the unhealthy, high-calorie diet thought to underlie the rising toll of obesity in the United States and elsewhere, if people respond to the drug as mice do.

Resveratrol is found in the skin of grapes and in red wine and is conjectured to be a partial explanation for the French paradox, the puzzling fact that people in France enjoy a high-fat diet yet suffer less heart disease than Americans.

The researchers fed one group of mice a diet in which 60 percent of calories came from fat. The diet started when the mice, all males, were a year old, (which is middle-aged in mouse terms.) As expected, the mice soon developed signs of impending diabetes, with grossly enlarged livers, and started to die much sooner than mice fed a standard diet.

Another group of mice was fed the identical high-fat diet but with a large daily dose of resveratrol (far larger than a human could get from drinking wine).

Three important things occurred:

- The resveratrol did not stop them from putting on weight and growing as tubby as the other fat-eating mice,
- It averted the high levels of glucose and insulin in the bloodstream, which are warning signs of diabetes,
- And it kept the mice's livers at normal size.

Remarkable! High-Fat Diet Still Extends Life Span!

Even more striking, the substance sharply extended the mice's lifetimes. Those fed resveratrol along with the high-fat diet died many months later than the mice on high fat alone, and at the same rate as mice on a standard healthy diet. They had all the pleasures of gluttony but paid none of the price.

Fact! Scientists have long known that a moderate intake of alcohol and red wine in particular, is associated with a lowered risk of heart disease and other benefits. *More recently, scientists began to suspect resveratrol had particularly powerful effects and began investigating its role in lifespan.*



The researchers led by David Sinclair and Joseph Baur at the Harvard Medical School and by Rafael de Cabo at the National Institute on Aging, also tried to estimate the effect of resveratrol on the mice's physical quality of life. They gauged how well the mice could walk along a rotating rod before falling off, a test of their motor skills.

The mice on resveratrol did better as they grew older, ending up with much the same staying power on the rod as mice fed a normal diet.

The researchers hope their findings will have relevance to people too. Their study shows, they conclude, that orally taken drugs "at doses achievable in humans can safely reduce many of the negative consequences of excess caloric intake, with an overall improvement in health and survival."

Imagine Having To Drink 750-1, 500 Bottles of Red Wine to Get the Full Effects of Resveratrol That Your Body Needs

The mice were fed a hefty dose of resveratrol, 24 milligrams per kilogram of body weight. Red wine has about 1.5 to 3 milligrams of resveratrol per liter, so a 150-lb person would need to drink 750 to 1,500 bottles of red wine a day to get such a dose.

Dr. Sinclair, the chief author of the study, has long been taking resveratrol (red wine extract supplement). "Mice given that amount in a second feeding trial have shown similar, but less pronounced, results as those on the 24-milligram-a-day dose," he said.

Dr. Sinclair has had a physician check his metabolism, because many resveratrol preparations contain possibly hazardous impurities, but so far, **((no ill effects have come to light. His wife, his parents, and "half my lab" are also taking resveratrol, he said.))**

Dr. Sinclair is the founder of a company, Sirtris Pharmaceuticals, which has developed several chemicals intended to mimic the role of resveratrol but at much lower doses. Sirtris has begun clinical trials of one of these compounds, with the aim of seeing if it helps control glucose levels in people with diabetes.

"We believe you cannot reach therapeutic levels in man with ordinary resveratrol," said Dr. Christoph Westphal, the company's chief executive.

Behind the resveratrol test is a considerable degree of scientific theory, some of it well established and some yet to be proved.

Lower Calories Produce Longevity?

Researchers have known since 1935 that mice fed a calorie

restricted diet — one with all necessary vitamins and nutrients but 40 percent fewer calories — live up to 50 percent longer than mice on ordinary diets.

This low-calorie-provoked increase in longevity occurs in many organisms and seems to be an ancient survival strategy.

IMPORTANT!

Most people find it impossible to keep to a diet with 40 percent fewer calories than usual. So if caloric restriction really does make people as well as mice live longer — which is plausible but not yet proved — it would be desirable to have some drug that activated the SIRT-1 gene's protein, tricking it into thinking that days of famine lay ahead.

In 2003 Dr. Sinclair, by then in his own laboratory, devised a way to test a large number of chemicals for their ability to mimic caloric restriction in people by activating SIRT-1.

The champion was resveratrol, already well known for its possible health benefits.

Critics point out that resveratrol is a powerful chemical that acts in many different ways in cells.

Dr. Sinclair said experiments at Sirtris had essentially wrapped up this point.

Given that caloric restriction forces a trade-off between fertility and lifespan, resveratrol might be expected to reduce fertility in mice.

If resveratrol does act by prodding the sirtuins into action, then there will be much interest in the new class of sirtuin activators now being tested by Sirtris. Dr. Westphal, the company's chief executive, has no practical interest in the longevity-promoting effects

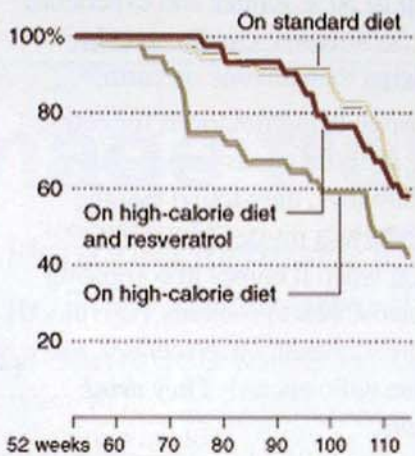
of sirtuins and caloric restriction.

For the Food and Drug Administration, if for no one else, aging is not a disease and death is not an end-point. The F.D.A. will approve only drugs that treat diseases in measurable ways.

Forget the Cheese

A new study found that resveratrol, a natural substance found in red wine, offsets the bad effects of a high-calorie diet in mice and extends their lifespan.

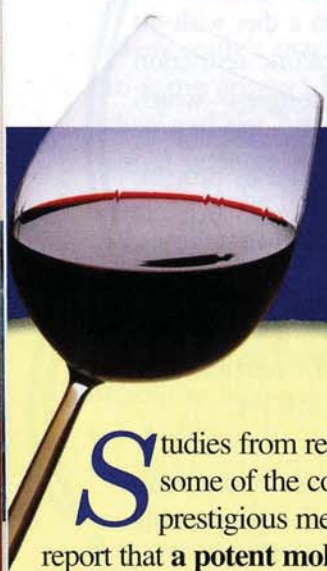
Proportion of mice surviving



Source: Nature

The New York Times

How the French Live Longer Than Everyone Else



...even though they eat like kings and smoke like chimneys!

Studies from researchers at some of the country's most prestigious medical schools report that a **potent molecule discovered in red wine actually sweeps extra fats out of your digestive tract to avoid serious consequences of a high-fat, calorie-packed diet.**

Scientists found that even if you're overweight, this fat-flushing red wine discovery protects your heart, arteries, and immunity—*without really dieting or losing a pound!*

It literally fools your genes!

Amazingly, researchers at Harvard University Medical School found that the molecule of resveratrol mimics calorie restriction in laboratory studies. Scientists believe that this special molecule *fools the body into thinking it's being deprived of food...* and then switches on the genes that repair DNA and help you avoid being negatively affected by a higher-fat diet.¹¹

By moving these extra fats out, your body doesn't stand a chance at storing them on your hips... or having them cling to the insides of your arteries!

The French have relied on it for years... and they live longer than anyone on earth!

Until now, scientists could never explain how, incredibly, people who live in the wine-growing regions of France **live up to 30% longer** and experience **up to 35% fewer cardiovascular problems** than anyone on earth!¹²

Despite being notorious for eating lavish, high-fat meals and smoking like chimneys, they found that the French have a mysterious secret weapon when it comes to combating cholesterol, heart problems, high blood pressure, unhealthy triglycerides, and immune deficiencies: *They drink red wine!*

Now here's the real medical breakthrough...

Scientists found a way to give you the same health benefits from red wine—**without drinking a drop!** No calories, no alcohol and no sugar, either!

Based on research from doctors at Harvard University, Johns Hopkins and UC Davis Medical Schools, *scientists*

have isolated the most potent life-enhancing nutrient inside the red wine grape skin: It's called resveratrol, but is commonly known as red wine extract.

In fact, red wine extract is so potent that it can be...

- ✓ **20 TIMES MORE POWERFUL than vitamin C, and...**
- ✓ **50 TIMES MORE POWERFUL than vitamin E!**

**Harvard, Johns Hopkins, and UC Davis Medical School researchers prove that this red wine secret lets you...
be your absolute healthiest and still eat all the foods you love!**

Get passionate about eating delicious FOOD again!



We Americans love our food! But even doctors know that it's tough to stay healthy when you're faced with strict, boring diets! That's where **Resveratrol** can put the FUN back in your life...

Now you can eat many of the foods you love and stay healthy and fit—just like the French enjoy their cheese, pates, pastries and desserts! You don't have to worry anymore because the free radical scrubbing properties of **Resveratrol** go to work daily deep inside your cells to stamp out these health-destroying creatures. So enjoy your food—and enjoy living healthier and happier!



Less Damage from a Stroke

The scientists from Johns Hopkins University fed mice resveratrol before inducing stroke-like damage. They discovered that the animals suffered less brain damage than similarly damaged mice who were not treated with the compound. (*Reuters*, Oct. 15, 2006)



JOHNS HOPKINS
M E D I C I N E



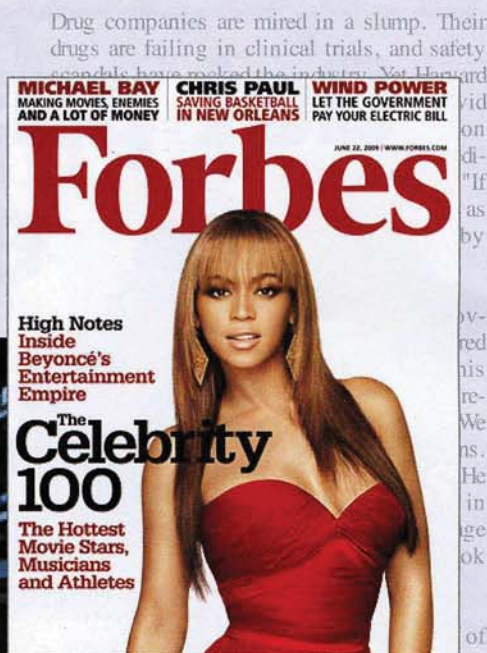
"After six months, resveratrol essentially prevented most of the negative effects of the high calorie diet (in mice)..."

**- Dr. Rafael de Cabo,
according to www.nih.gov**

Never Say Die

Robert Langreth, 05.20.09, 06:00 PM EDT
Forbes Magazine dated June 08, 2009

Harvard's David Sinclair believes he has found the secret of aging.



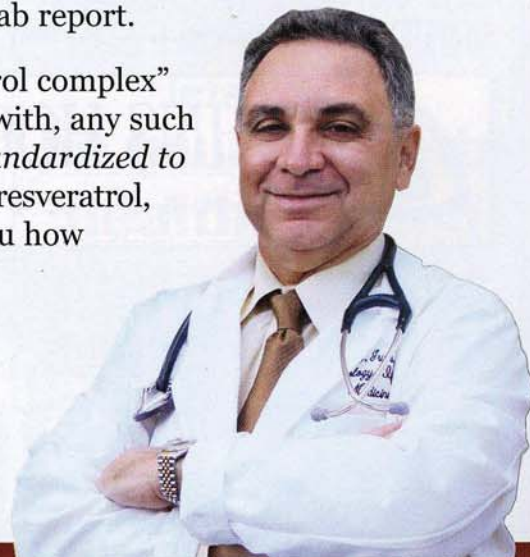
the 20th century with help from clean water and better medical care. It has grown slowly since to 78. An upward creep in obesity and diabetes could send it back down.

Sinclair hopes to restore the longevity curve to a steep upward trajectory. The key, he and a few others believe, is a group of enzymes called sirtuins that exist inside every cell. The theory is that sirtuins are master regulators that divert energy into cellular preservation in times of

What I recommend to look for and avoid when shopping for a resveratrol supplement

– Dr. William S. Gruss MD

1. Check the label and do the math. I recommend 100mg Trans Resveratrol and 100mg Red Wine extract including the seed. Resveratrol can come from various plant species including mulberries, peanuts, onions, tea, grapes, *polygonum cuspidatum* root extract, etc.
2. Make sure the manufacturer can demonstrate that the product is tested to contain the levels of resveratrol they're claiming on the bottle. Ask to see a lab report.
3. Don't be fooled by names like "red wine extract" or "resveratrol complex" in the ingredients. If the manufacturer is worth doing business with, any such ingredients should include *what percentage resveratrol it is standardized to contain*. If it says something like "resveratrol complex, containing resveratrol, red wine polyphenols and other antioxidants" without telling you how much is resveratrol, steer clear.
4. If the ad asks "How does Marisa Tomei/Jennifer Aniston (or any other Hollywood actress) look so young?" avoid.
5. Don't buy any product that claims resveratrol will completely get rid of wrinkles.

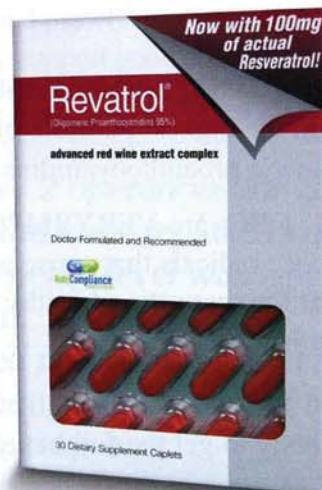


Revatrol Contains 100mg of Trans-Resveratrol Plus Three Key Antioxidants!

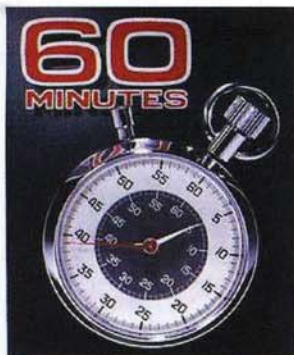
*Each caplet now contains
the approximate equivalent
of Resveratrol found in
50 BOTTLES of Red Wine.*

Dear Friend,

Evidence of the validity of the "French Red Wine Paradox" has been pouring in over the past few years. One scientific medical study after another have taken us another step towards confirming the anecdotal stories that have been circulating over the past 30 years about the benefits of moderate red wine consumption.



The most famous anecdotal example was, of course, the CBS *60 Minutes* feature story on the "Red Wine Paradox" back in the late 1970s, which attempted to address why people in France can eat such a high fat diet, smoke and drink what they like, and still live so much longer and healthier.



Since the airing of the *60 Minutes* story and other anecdotal case studies over the years, moderate wine consumption has been recommended by many very reputable cardiologists and physicians around the world, as well as me, for decades.

So, when the opportunity to help develop *Revatrol* arose, I jumped at it. But... I insisted on three very fair, but iron clad, guarantees from the makers of *Revatrol*, Renaissance Health Publishing, LLC...



**Even Fortune Magazine
featured the Harvard Study**

Over Please...

“I believe *Revatrol* is the best anti-aging formulation available and it has my involvement and endorsement.”

- Dr. William S. Gruss, M.D.

First, I insisted that *Revatrol* HAD to contain the highest possible bio-flavonoids called oligomeric proanthocyanidins – or OPCs.

OPCs are VERY IMPORTANT because they fight free radicals that cause accelerated aging and are crucial for supporting healthy circulation and strengthening capillaries.*

But you need a high concentration of OPCs in your body to get the full benefit.

So, the higher the percentage of OPCs you take, the more of the active ingredient you get, and the more powerful the free-radical neutralizers you get working in your body.*

The highest amounts of OPCs are found in red wine. They are also found in most berries, turmeric, apples and even dark chocolate... but they are the highest in red wine.

Most brands of red wine supplements that compete with *Revatrol* have 5% of OPCs at best. Some, I've found, have only a disgraceful TWO PERCENT, but...

“*Revatrol* has the most OPCs I've ever seen offered – an astonishing 95%!”

Second, *Revatrol's* formulation had to include three anti-oxidants that I consider key to anti-aging and better health: Alpha Lipoic Acid, Acetyl L-Carnatine and Quercetin.

• **Alpha Lipoic Acid** is one of nature's most versatile antioxidants with two important jobs: First, it neutralizes free radicals, which helps protect your brain, eyesight, liver and overall energy level. Alpha lipoic acid is a key brain protector because it is BOTH water and fat soluble, so it can get to all places in the body, including your brain, where it can protect you from a free radical attack.

Alpha lipoic acid also rejuvenates exhausted antioxidants like vitamins E and C, and coenzyme Q10. For example, alpha lipoic acid replenishes vitamin E as it is used up fighting free radicals oxidizing LDL “bad” cholesterol. Once replenished, the vitamin E can get back to doing its job to squash free radicals.

It's like having a constant supply of reinforcement soldiers that are always ready and able to take over so there's a fresh fighting force!

It has also been shown to improve blood flow to peripheral nerves and stimulate the regeneration of new nerve fibers.

• **Quercetin** is another powerful antioxidant that occurs naturally in red wine, however, it's found in the highest amounts in the skins of apples, tea, onions, nuts, berries, cauliflower and cabbage.

“People tell me they feel a real difference in their energy and vitality once they get these three super antioxidants working in their body.”



Quercetin has many of the same properties as Resveratrol, and when they are combined together, quercetin makes Resveratrol work better in your body by increasing bio-availability!

That's great because Resveratrol has a tough time on its own getting into the body. Quercetin, just like in a glass of wine, helps get it to work more efficiently. Furthermore, within the flavonoid family, quercetin is the most potent scavenger of the dangerous free radicals reactive oxygen species (ROS) and superoxide.

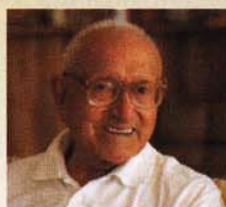
Many other red wine extract products leave out this important ingredient, making them much less compelling formulations than **Revatrol**. You won't find resveratrol and quercetin together in most other formulas!

• **Acetyl L-Carnitine helps your heart and brain by transporting fats into the "engine" powerhouse of each cell – your mitochondria – where the fat is burned for energy. This natural energy keeps your body moving and your heart pumping strongly. Simply put... you can't burn fat without it!***

Acetyl L-Carnitine also has potent antioxidant activity. Several gold standard studies show that it helps people with mild memory problems associated with aging.*

For instance, a double-blind placebo study found after one year acetyl L-Carnitine significantly improved logical intelligence, long-term verbal memory and attention in the study's participants.*

Another double blind placebo study showed that acetyl L-Carnitine can help support good concentration and attention.*



"After 2 operations for cancer and knee replacement, my energy level was way down.

I tried prescriptions and all kinds of vitamins, but nothing seemed to help. Being 80, I gave up on getting my energy back.

I take one Revatrol caplet a day and I am back to golf, fishing, walking and exercising."

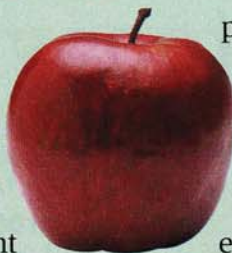
To see what's happening to your cells every day...peel an apple!

If you peel an apple...it turns a moldy brown color, right? That's called oxidation — and you see it in your body when free radicals cause premature aging by wrinkling skin, hardening arteries, stiffening joints or forming cataracts. The same thing happens when you see paint colors fade on the wall or rubber tires get old and hard...and that's what's happening inside your cells right now!

Your cells constantly suffer the negative effects of free radicals from pollution in the air, food additives, high-fat diets, sodas and processed foods, smoking, infections, and even emotional stress!

Free radicals can multiply by attacking the mitochondria of your cells — which are the center "engine rooms." They are at the root cause of many health concerns.

Free radicals are actually "mutant" molecules that are missing a part — actually a neutron or a



proton — so they attack and try to grab a part from another healthy molecule to make themselves whole. What's frightening is that as they keep attacking healthy molecules, they create a continuous chain of "free radicals." This kind of domino effect in your body happens every day.

Your only choice is to neutralize as many free radicals as possible

Especially those in your heart and brain because they contain the most mitochondria. Toxins in our foods, cosmetics, cleaners and even tap water can speed up the aging process. It can make you look and feel older than you really are!

And that's where **Revatrol** comes to the rescue. The three powerhouse antioxidants in this breakthrough discovery work together at the cellular level to reverse aging of your DNA, which is your very life source.

Third, I wanted to be able to change *Revatrol* at any time if I believe the change would be an improvement.

And I have! Thanks to a lot of hard work and research, *Revatrol* now contains 100mg of Trans-Resveratrol, the equivalent of 50 bottles of red wine.

I like this amount of 100mg of Trans-Resveratrol in concert with the 95% OPC level, Alpha Lipoic Acid, Acetyl L-Carnatine and Quercetin. I believe, as a physician, that this dosage makes the most sense when relating the Harvard Medical School study results to humans.

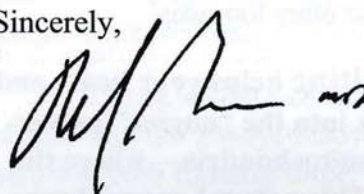
Animal research suggests that Resveratrol increases mitochondrial biogenesis leading to increased exercise endurance and protection from diet induced weight gain.*

The scientific evidence indicates that loss of weight was due to decreased fat, and this was attributed to an increase in the number and function of mitochondria

and an increased metabolic rate. It actually switches on the genes that repair DNA and help you avoid the bad effects of a calorie-laden, high fat diet.*

Revatrol contains no alcohol, no sugar, no calories, and has no side effects. Just one caplet a day is designed to help you fight fatigue and feel more energized, protect your heart and arteries, and maintain cholesterol levels that are already within the normal range, while also keeping your skin looking firm, fresh and vibrant; benefits all associated with moderate red wine consumption and the anti-oxidant formulation in *Revatrol*.

Sincerely,



Dr. William S. Gruss, M.D.
For Renaissance Health Publishing, LLC

See the value for yourself...

**Only *Revatrol* gives you the
HIGHEST potency and quality!**

Brand Name	Red Wine Extract	OPC Level	Trans Resveratrol ¹	Alpha Lipoic Acid	Acetyl L-Carnitine	Quercetin
<i>Revatrol</i>[™]	100mg	95%	100mg	100mg	100mg	100mg
Brand A	100 mg	15%	100mg	None!	None!	None!
Brand B	250mg	2%	1mg	None!	None!	None!
Brand C	60mg	NA	NA	None!	None!	None!
Brand D	50mg	NA	30mg	None!	None!	None!
Brand E	200mg	NA	NA	None!	None!	None!
Brand F	50mg	92%	50mg	None!	None!	100mg
Brand G	NA	NA	NA	None!	None!	None!

NA = Not available, * Information based on websites of these products,

**Brand A - contains 25mg Rice Bean Extract (phytic acid), 100mg lecithin, Vitamin D3 1200 IU, and gelatin,

¹Elemental content

NutriCompliance Certifies Advanced Red Wine Supplement Revatrol

Revatrol, the only advanced red wine extract with 100MG of Resveratrol, 95% OPC and other key anti-oxidants, has received certification from NutriCompliance for implementing a program for good manufacturing practices. Those standards are designed to meet FDA guidelines for quality production.

Boca Raton, Fla. (PRWEB) June 3, 2009 —

There are a number of Resveratrol supplements on the market today that claim to be the best for manufacturing quality, but only one has been certified by NutriCompliance, a regulatory compliance firm. Revatrol, the only advanced red wine extract with 100MG of Resveratrol, 95% OPC and other key anti-oxidants, has received certification for implementing a program for good manufacturing practices. Those standards are designed to meet FDA guidelines for quality production.



"We are thrilled that Revatrol has been recognized by NutriCompliance. Our goal is to create high-quality supplements and this just proves that's exactly what we are doing," said James DiGeorgia, president of Renaissance Health Sciences, the manufacturer of Revatrol. "This certification of Revatrol is a testament to the product and confirms our commitment to producing quality products using safe ingredients and manufacturing conditions."

To receive NutriCompliance certification, a company must implement good manufacturing practices that meet FDA regulations. These specific regulations apply to all phases of dietary supplement manufacturing, distribution and sales. In addition, good manufacturing practices require manufacturers to establish specifications for the dietary ingredients and dietary supplements they produce, and these must be in place at all phases of product development, manufacturing and distribution.

Revatrol meets these guidelines and is the first red wine supplement to receive this certification.

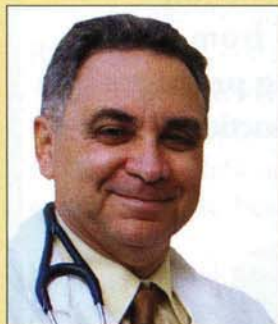
About Revatrol: Revatrol gives you 100MG of Trans-Resveratrol, the equivalent of 50 bottles of wine in every caplet. In addition, Revatrol provides three anti-aging antioxidants in the supplement's formula including: 100MG of Alpha-Lipoic Acid, 100MG of Acetyl L-Carnitine and 100MG of Quercetin. Independent lab results prove Revatrol provides the highest quality and potency of all the Resveratrol supplements available. It is prepared under exacting laboratory standards in a GMP certified laboratory. To learn more, call 1-866-482-6678 or visit <http://www.revatrol.com>

About NutriCompliance: NutriCompliance is the compliance solution for the successful consumer health and dietary supplement business. It offers a wide range of solutions for small to medium size companies.

NutriCompliance is made up of attorneys and consultants with years of experience assisting supplement companies navigate complex regulatory challenges and solve problems. For more information, visit <http://www.nutricompliance.com/>

Is Beauty Only Skin Deep?

The Surprise Benefit of Looking Good on the Outside While Taking Care of the Inside



There is no doubt about it. The Anti-aging Antioxidant Revolution has already begun and is gaining momentum as more and more scientific evidence comes forth. We have catapulted past the days of just taking vitamin and mineral supplements and are now dealing with exciting natural antioxidant compounds. When used in the right combination - *synergistically* -

they can provide greater health benefits than when used alone. The sum of the parts may just be greater than the whole!

Recently, the remarkable news about Resveratrol, found in red wine, created such interest that nearly everyone has had to repeat the name out loud just so they are saying it properly. Examples of its benefits are as follows:

- ✓ Improves the number, health, and function of the mitochondria, the tiny structures inside almost every cell that produces 95% of our energy.
- ✓ Helps provide cardiovascular protection against damage from heart attacks and stroke.
- ✓ May extend life span. Activation of the anti-aging *Sirtuin* gene.
- ✓ Reduces oxidation of LDL-cholesterol ("bad" cholesterol) that leads to atherosclerotic plaque formation in the arteries.
- ✓ Reduces blood clotting from platelet aggregation.
- ✓ Increases stamina.
- ✓ Helps to clear the type of plaque that can cause Alzheimer's.
- ✓ Protects skin from UV (Ultraviolet radiation) damage.
- ✓ Stimulates nitric oxide that supports healthy blood vessels.

Resveratrol, as great as it is alone, loves to be a team player. Therefore, it is imperative to mention these other compounds:

1. **Red wine extract** containing 95% Oligomeric proanthocyanidins (OPCs, grape seed extract), Anthocyanins (grape skin extract), and Catechins (grape leaf extract).
2. **Quercetin**.

3. **Alpha Lipoic Acid**.

4. **Acetyl L-Carnitine** (carnitine). (The Red wine extracts and Quercetin are all Flavonoid compounds.)

All these compounds also have substantial benefits that are too long to list for the purpose of this article.

Healthy Skin – Healthy Looking Tan



I wish to review the benefits to the skin, most specifically, the tanning benefit that has become quite evident. Of course, this can apply to any situation in any season where there is significant direct or indirect sun radiation exposure. Examples are the beach, the pool, fishing, boating, walking, playing sports outside, tanning salons, driving with the windows or top down, snow skiing, etc.

Flavonoid consumption with the diet has been associated with lowered risks for cardiovascular disease and cancer. The so-called green tea polyphenols, or catechins, have gained attention as protective agents against UV-induced damage. Animal studies provide evidence that the tea polyphenols, when taken orally ameliorate adverse skin reactions following UV exposure, including skin damage, erythema (redness), and lipid peroxidation (oxidation). Oligomeric proanthocyanidins (OPCs) are phytonutrients (phyto = plant based) that belong to the polyphenol family of antioxidants and possess a high free-radical-scavenging activity.

In addition to their antioxidant properties, the anti-inflammatory effect of OPCs has often been attributed to their ability to increase capillary resistance. OPCs have shown to protect collagen and elastin from degradation by collagenases and elastases. Indications are that there is good anti-inflammatory and skin hydration properties of 2 topical formulations – a cream and a lotion – containing OPCs. Additionally, the results of an important study suggest that dietary supplementation with OPCs will further support skin care. Considering that the supplementation period in the study was relatively short with supplementation only for 4 weeks prior to the UV erythema test, a longer duration of supplementation or a higher dose of OPCs could establish their role in countering the inflammatory response in UV-induced erythema. The regular use of these products probably benefits skin care, especially as a defense against the development

of erythema from UV exposure. It is important to note that the nutritional (taken by mouth) aspect is complementary to topical (placed on the skin) photoprotection. One major aspect regarding dietary photoprotection is the time frame. Another study showed that there is a time of approximately eight to ten weeks when protection against erythema formation becomes significant. Skin turnover and skin biochemistry therefore require this time frame, whereas protection by topical sunscreen is practically instantaneous.

Resveratrol taken orally also protects the skin from damage that leads to skin cancer. Remember, the same kind of damage that causes cancer also causes your skin to become leathery and wrinkled. Alpha lipoic acid also inhibits a protein molecule called NF-kB that triggers inflammation chemicals called cytokines. Alpha lipoic acid inhibits NF-kB better than any other antioxidant. It blocks the inflammatory enzymes that damage collagen fibers so that your skin stays smooth and flexible. It also prevents glycation that makes collagen stiff and rigid. Acetyl L-carnitine is necessary for the mitochondria to produce energy. It transports the right kind of fatty acids into the mitochondria for fuel, takes toxic waste out of the mitochondria, and delivers more fuel. Without enough acetyl l-carnitine, your mitochondria won't be able to keep working and produce that beautiful energetic glow that lights up your skin. Red-wine polyphenols help generate nitric oxide. Nitric oxide stimulates the synthesis of collagen and subsequent healing of wound sites and damage to the skin. Healthy levels of nitric oxide scavenge some of the most damaging free radicals. Nitric oxide keeps the endothelial lining of blood vessel healthy and is critically important to keeping your skin as well as your heart and your love life in good shape.

Synergy is still the best strategy. It is wise to include an oral supplement of Red wine extract, Resveratrol, Quercetin, Alpha lipoic acid, and Acetyl L-carnitine if you are in the sun a lot. I enjoy being outdoors. I do not enjoy having to use heavy sunscreens every time I may be exposed to increased amounts of sun radiation. Certainly, taking **Revatrol** consistently over a significant period of time has afforded me the opportunity to allow these antioxidant compounds to penetrate all my organs. Remember, skin is the human body's largest organ system.

My personal observations are as follows:

1. I have found that I obtain a deeper, healthier-looking, darker tan that is also much longer lasting than before I started consistently taking **Revatrol**. This is especially evident a week after I had returned from a recent beach vacation. This same effect has been duplicated as well from short weekend excursions where there was increased sun exposure.

2. As I tan, I find that I have avoided getting that pinkish to reddish "lobster" shade of sunburn that is all too common in many people if they don't use a lot of sunscreen. I like having an even healthy tan appearance, rather than a paler look that would occur if I "gobbed" on a high SPF sunscreen all over.

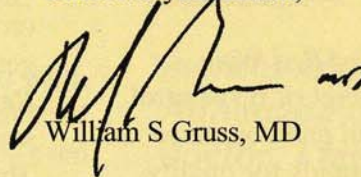
3. On a day where the sunburn index is particularly high, I have taken a full dose aspirin 325 mg. (not Tylenol or Advil) an hour *before* going out to give an added anti-inflammatory effect to try to avoid any potential redness.

4. My complexion is medium and I have medium brown eyes. Those persons with a light complexion, with blond hair and blue eyes, will obviously have to make some adjustments. However, a patient of mine with this type of complexion happened to be taking 1 tablet of **Revatrol** twice a day for a while. After playing golf on a hot weekend in Florida, many of his friends had noted his healthy glow of a tan, as opposed to the reddish-pinkish hue. He did not use sunscreen on that occasion.

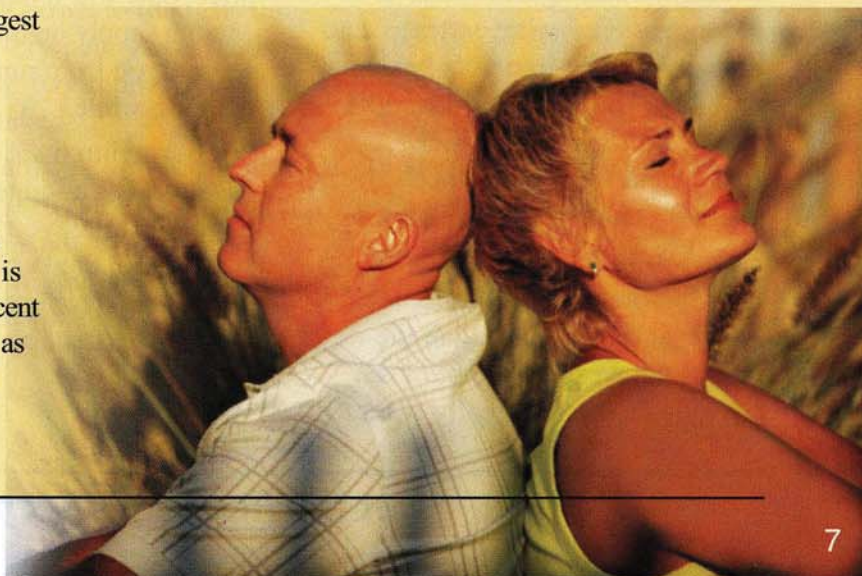
5. Avoiding the redness or painful sunburn seems to allow you to steadily get the opportunity your skin needs to obtain that healthy-looking eye-appealing tan. Once that sunburn takes over, the battle is lost.

Science has demonstrated that the 5 compounds in **Revatrol** have a wide arrangement of health benefits in many of your body's internal organ systems. The skin, the largest organ system, is not forgotten by taking this oral supplement, and its benefits are now readily visible. With **Revatrol** we can see a healthier looking skin overall in time. The extra added benefit of a natural-looking longer-lasting tan on the exterior goes great with a healthier interior.

Cheers to your health,

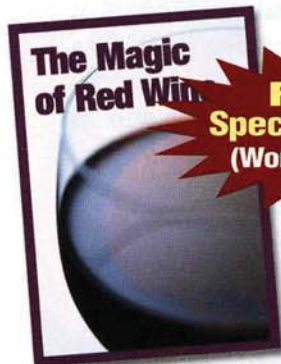


William S Gruss, MD



Order *Revatrol* Today and Receive up to 3 Special Reports!

Try a one month supply and get 1 FREE gift!



FREE Special Report
(Worth \$6.95)!

When you place your order for a one-month supply of *Revatrol* for just \$39.95, you'll also receive a FREE Special Report called *The Magic of Red Wine*. This Special Report—based on the *CBS 60 Minutes* story that first broke the French Paradox red wine discovery—is worth \$6.95, but you get it FREE.

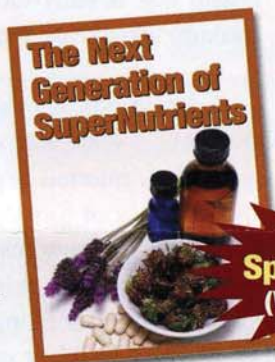
The Magic of Red Wine unlocks the secret of resveratrol in greater detail and compares red wine extract brands for quality and potency. You'll also learn healthy and delightful ways to incorporate red wine extract...and red wine itself...into your healthier new life. You'll learn things like what countries to buy wines from...and what other food sources contain powerful OPCs.

If you're intrigued at all by how the French manage to live longer and live better than the rest of the world—*without even trying*—then you'll really want to

read this Special Report. Overall, that's a combined value of \$61.90 for only \$39.95!

Or if you are serious about enjoying the true, long-term benefits of *Revatrol*, then I recommend you...

Try a three-month supply for a greater discount... and get two FREE gifts!



FREE Special Report
(Worth \$6.95)!

If you're ready to give red wine extract a try, I strongly suggest you order a three-month supply—you'll get a much better discount on *Revatrol* that way. A three-month supply of *Revatrol* is just \$99.95. This discount saves you \$64.90 off the regular price, plus you'll have enough supply on hand to keep you from running out for a while.

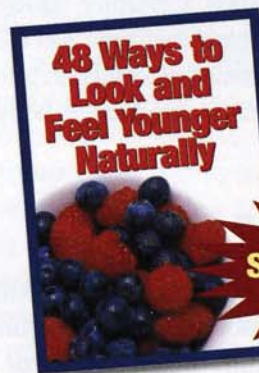
By staying on *Revatrol* for a longer period of time, you'll start to feel the lasting benefits that a high-powered red wine extract complex has to give you.

Plus, with your three-month supply, you'll get a very important Special Report FREE: *The Next Generation of Super Nutrients*. This Special Report names the most recent, cutting-edge findings in the natural supplement world... and how to take them. Many of these nutrients are ones you've probably never heard of and *may not for years to come until the mainstream catches on to them!*

In *The Next Generation of Super Nutrients*, you'll learn more about other potent antioxidants, what's safe to take for pain, and what to do now that many antibiotic don't seem to be working anymore. Even if you're a long-time supplement buyer and user, I guarantee you'll find the next big breakthrough in this report.

Now here's the very best discount you can get...

The lowest price per box—it's like getting a box FREE! Plus three FREE gifts!



FREE Special Report
(Worth \$6.95)!

If you're the kind of person who likes to get the *best bargain* on a high-quality product you'll appreciate this discount:

Get the Red Wine Secret to Living Longer and Healthier!

You can get the lowest price-per-box on **Revatrol** when you order a six-month supply for just \$179.95. That's a savings of \$149.95 off the regular price!

Let me tell you the three best reasons to order the six-month supply:

1. You get the very best discount and save extra on shipping and handling by buying it all at once...
2. You don't have the hassle of re-ordering for quite a while... and...
3. You may have a spouse or a friend you will want to try red wine extract and this is the best way to get a deal on it for *both* of you.

And, with your six-month supply of **Revatrol** you'll also receive both of the Special Reports I named above, plus an important third one: **48 Ways to Look and Feel Younger Naturally.**

This special report gives you all of the best natural secrets I've collected from all over the world to help you keep your youthful appearance. You get 48 of the best natural remedies including skin tricks, natural facials, age spot removers, wrinkle smoothers, weight loss secrets, detoxing discoveries, memory boosting games, sex life enhancers, hormone helpers, all kinds of natural pain remedies and more!

All 48 of these discoveries are natural and simple to do. And you'll love the results!

Here's an *extra* way to save some money on **Revatrol**, too...

Get FREE shipping by ordering in the next 7 days



If you want to save some extra money, please order your **Revatrol** in the next seven days—that way you can get **FREE** shipping and handling. You *pay nothing* to have this life-giving formula shipped directly to your house!

But you must order in the next 7 days to enjoy this extra free gift, so please don't put off ordering.

Now that you know all about the French fat-flushing secret in red wine extract, plus all of the remarkable brain protection and immune boosting benefits you get only in **Revatrol**, let me assure you this:

If **Revatrol** isn't for you, you'll get every single penny back.

Your decision to try **Revatrol** is entirely risk-free. You are protected by our **100 percent money-back guarantee.**

If you're ever dissatisfied with **Revatrol**, for any reason, just send it back to us within 60 days—even if you've opened the box. Any time—even if you've opened the box and are down to the last caplet! Every penny you paid will be promptly returned, with no questions asked.

And as a thank you for trying **Revatrol**, all of the **FREE** Special Reports are yours to keep. They're yours even if you return your supply of **Revatrol**!

To really boost your results,

doctors who've studied this latest red wine extract discovery say it's perfectly safe and very effective to take up to four caplets a day. This is something to consider if you're worried about weak immunity or high cholesterol or blood pressure levels. If this is the case, you may want to order it at the lowest price per box so you can increase your daily dose—see page 15 for the absolute best savings.



*"I just wanted to say what a great product you have in **Revatrol**. I've been taking **Revatrol** for 6*

*months and I just love it. Although I am not a doctor, I feel like it strengthens my immune system and protects me from getting the flu. With flu epidemics on the rise, I would recommend **Revatrol** to everyone who wants to give their immune system a much-needed boost!"*

— Lawrence K, California

Let Me Send You This FREE GIFT

...Along With Your One-Month Supply of This Remarkable French Red Wine Secret with the Highest OPCs!

Our GOOD DISCOUNT on Revatrol is only \$39.95, plus shipping and handling—regularly \$5.99—but it's FREE if you order in the next 7 days!

In this Special Report, you'll learn everything there is to know about red wine, red wine extract, and how the French use it to stay healthy and young looking well into their later years. You'll discover:

■ **How to pick the right wines** in restaurants and stores—for health and for flavor!

■ **Wine is just grape juice...** so you can get the same benefits from drinking grape juice, right? **WRONG!** Red wine contains this nutrient that no other juice or wine does for your heart and your brain.

■ **Best wines for cooking...** leave the sherry in the cupboard!

■ **The truth about white wines.** You'll be surprised to know the difference is more than just taste.

■ **Before you buy any red wine extract product,** you should know what preserves—and ruins—the precious nutrients! Don't be fooled by cheap imitators.

■ **The true story of the French Paradox secret.** Learn how it was discovered by scientists who loved to eat!

■ **And so much more!**



The Magic of Red Wine

Revatrol
advanced red wine extract complex

Now with 100mg of actual Resveratrol!

Doctor Formulated and Recommended

30 Dietary Supplement Capsules

Your FREE Gift #1

A one-month supply includes:

- ✓ One box of **Revatrol** caplets (a one-month supply)
- ✓ **PLUS FREE GIFT #1: The Magic of Red Wine** (valued at \$6.95)

We Can't Keep up With Demand!!

We are a small, independent company, so the amount of **Revatrol** we are able to produce at one time is limited to **ONLY** enough for 15,000 people for 3 months. Keep in mind we have over 50,000 customers who have purchased **Revatrol** in the last 36 months. So, having enough for only 15,000 people is a **BIG** problem.

Our laboratory is working at full steam, and the next production of **Revatrol** will arrive in 6-8 weeks and even then, it will be just enough for the first 15,000 people to continue for another three months. So if you believe, as I do, that **Revatrol** is a must take supplement every day and you want to start taking this 100mg Trans-Resveratrol formulation including 100mg Alpha Lipoic Acid, you must order immediately.



Get Another **FREE** GIFT and a Great Discount on Revatrol!

Our **GREAT DISCOUNT** on *Revatrol* gives you a three-month supply for just \$99.95!

The *Next Generation of Super Nutrients* reveals the latest and greatest natural breakthroughs – those that are just emerging from cutting-edge scientific studies and top medical journals from all over the world. You'll discover:

■ **HOW TO POWER UP YOUR VITAMINS WITHOUT SWITCHING BRANDS.** Just add the “universal power antioxidant,” that not only neutralizes free-radicals but it also boosts the power of vitamin C, vitamin E, and CoEnzyme Q10!

■ **“SMART NUTRIENT”** doctors are hailing as the most natural and effective way to support your brain for **MENTAL CLARITY** and **LESS FORGETFULNESS.**

■ **NEW JOINT NUTRIENT** that works better than chondroitin! This plant-based fatty acid promotes joint repair and improves joint function. Even more cartilage-building power when taken with glucosamine!

■ **ENERGIZE YOUR HEART** with this all-natural energy fuel for increased stamina and immunity.

■ The vital **ADRENAL GLAND HORMONE** THAT **HELPS YOU MANAGE STRESS**, memory and other mental activities. Take this

natural substitute and boost your immunity and muscle mass, too!

■ Long term studies show that people who eat a diet rich in this type of carotenoid have a **BETTER LONG-TERM HEALTH PROFILE** than those who don't. Hint: It's delicious with pasta!

■ Two delicious exotic fruits **EASE DIGESTIVE DISCOMFORT FAST.** Take in supplement form... and enjoy these luscious treats after meals!

■ The seeds of this sweet fruit **STRENGTHEN BLOOD VESSELS** for greater cardiovascular health.

■ Two berries that **IMPROVE NIGHT VISION, REDUCE EYESTRAIN.** You probably already know about bilberry... but this other berry actually relieves tired, dry, blurry eyes! Take in this combo in these amounts.

■ **BUILD BONE** with more than just calcium. This safe new bio-flavonoid is proven to stimulate bone formation and bone mineral density.



A three-month supply includes:

- ✓ Three boxes of *Revatrol* caplets (a three-month supply)
- ✓ **PLUS FREE GIFT #1:** *The Magic of Red Wine* (valued at \$6.95)
- ✓ **FREE GIFT #2:** *The Next Generation of SuperNutrients* (valued at \$6.95)

Turn the page to save even more and get more FREE GIFTS

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Call Toll-Free 1-866-482-6678

Get the Lowest Price Possible Red Wine Extract Formula

Our **VERY BEST DISCOUNT** on *Revatrol* gives you a six-month supply for just

Here are 48 ways to look great and keep your youthful energy and enthusiasm! These all-natural secrets are simple and easy to do—some are as trouble-free as taking a pill! You'll learn all kinds of ways to keep your skin tight and glowing, your mind free and clear and your body working like a well-oiled machine. Just look at what's in store for you in *48 Ways to Look and Feel Younger Naturally*:

■ Four perfectly safe, ephedra-free weight loss nutrients that **WORK WONDERS TO DROP UNWANTED POUNDS**. No stimulants... yet you feel energy and vigor when you're on them!

■ The easy way to renew and strengthen your **LIVER** to stop premature aging—take this simple

natural herb used for centuries in Europe to detoxify this critical organ.

■ **BEST NATURAL FIBER SOURCE...** *without drinking messy, chalky drinks!* Just sprinkle these seeds on your salads or mix in yogurt, pudding or even ice cream!

■ More **SEXUAL AROUSAL, ENERGY AND STAYING POWER...** with these three natural male potency nutrients. Forget Viagra, these really work!

■ This carotenoid from the marigold flower actually feeds the arteries of your eyes for **BETTER VISION!** Works to reduce unwanted cholesterol oxidation and promotes arterial health, too.

■ The **DELICIOUS DRINK THAT SPARKS YOUR ENERGY and SOOTHES DIGESTION**.

Just one cup a day for great antioxidant protection, too!

■ Once ridiculed as “snake oil” by doctors, this vitamin is the most important antioxidant you can take for a **HEALTHY HEART**. But... you must take it in this form!

■ **GORGEOUS, GLOWING SKIN** with this green superfood. The Japanese take it daily to clear out toxins that make you age faster than you really are.

■ Nuts for snacks... too fattening, right? *Wrong!* Enjoy **YUMMY NUTS AND SEEDS AS HEALTHY FATS**, but make sure they're not cooked this way or you invite unhealthy trans fats into your body!

Frequently Asked Questions about

Q: Is red wine extract a drink?

A: No, it is a potent ingredient that is extracted carefully from the skin of grapes. Scientists carefully process it in a laboratory setting to preserve this precious nutrient in a caplet. With *Revatrol*, you just take ONE CAPLET a day and you get the same amount of resveratrol—the powerful antioxidant found in red wine—that's found in 50 bottles of red wine! It's a much simpler and healthier way to get a more advanced antioxidant complex that protects your brain, heart, immunity and more!

Q: Can I just drink more red wine to get resveratrol?

A: Although red wine is one of life's great pleasures, drinking more of it means a load of extra sugars, calories, and carbs... not to

mention the unpleasant side effects of alcohol. Taking a red wine extract supplement made from high quality grapes like *Revatrol*, is the safest and easiest way to get high amounts of resveratrol. *Revatrol* has the highest OPC ratings of any red wine extract formula I know of—a hefty 95 percent! Its nearest competitor has only 15 percent! There really is no comparison!

Q: Does *Revatrol* contain any alcohol or sugars?

A: Absolutely no alcohol or sugars are in this formula.

Q: How do I know if *Revatrol* is for me?

A: This formula is for you—especially if you're over age 50—if you're worried about aging too quickly and want more...

on the *Most Advanced* Available!

\$179.95! That's a savings of \$149.75—that's 45% off!

**Lowest
Price
Possible!**

■ **THE FAT THAT SIPHONS VITAMIN E OUT OF YOUR BODY.** This fat is in a lot of the foods you eat, but you must avoid it at all costs!

■ Add this tasty spice to your foods for a **HEALTHY HDL-to-LDL CHOLESTEROL BALANCE.** You'll love it on bread, in spaghetti sauce and marinades. Try rubbing it on your wooden salad bowl for a really fresh from the garden salad taste!

■ This antioxidant found in citrus fruit and peppers **STOPS YOUR JOINTS FROM BREAKING DOWN.** Also helps speed other joint soothing nutrients right where it hurts.

■ Just for Men: **PROTECT YOUR PROSTATE** with these two powerful herbs—saw palmetto is one of them, learn the other that works in tandem in this Special Report.



A six-month supply includes:

- ✓ Six boxes of **Revatrol** caplets
- ✓ **FREE GIFT #1:** *The Magic of Red Wine* (valued at \$6.95)
- ✓ **FREE GIFT #2:** *The Next Generation of SuperNutrients* (valued at \$6.95)
- ✓ **FREE GIFT #3:** *48 Ways to Look and Feel Younger Naturally* (valued at \$6.95)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Revatrol

- ✓ Blood pressure support
- ✓ Healthy eye support
- ✓ Guard against stroke
- ✓ Normal cholesterol levels
- ✓ Protection against toxins
- ✓ Free radical fighting power
- ✓ Heart protection
- ✓ Brain boosting power
- ✓ Memory protection
- ✓ Circulation support
- ✓ Wrinkle protection

Of course, the only way to know is to give it a try. You can get **Revatrol** absolutely risk free with a 100 percent money-back guarantee—just return it within 60 days if you don't think it works for you. Just call 1-866-482-6678 or turn to page 15 now to get the best price per box.

Call Toll-Free 1-866-482-6678

IMPORTANT HEALTH TIP!

You and your spouse should BOTH take it every morning:

A lot of my patients on **Revatrol** want their spouses to get all of the red wine extract benefits, too. Call and ask about our special Marriage Package deal.

Toll-Free 866-482-6678.



**Turn the page NOW to reserve
your FREE GIFTS and GET YOUR
FREE SHIPPING AND HANDLING...**

**Don't Forget
FREE Gift #4...**

Hurry... It's FREE for the Next 7 Days Only!

Place any order for *Revatrol* in the next seven days and you'll pay *nothing* for shipping and handling. That's an extra savings of \$5.99! This is your extra bonus for acting promptly, so please don't wait!

Call 1-866-482-6678 now!



**I promise... there's
absolutely no risk**

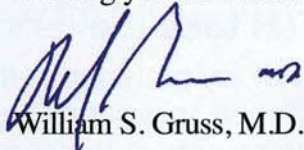
Revatrol 100% money-back guarantee

Be assured there's no risk involved when you try *Revatrol*. I want to make sure you are completely satisfied, so let me make these three promises to you:

- 1.** With *Revatrol* you'll get the finest quality red wine extract with the highest OPC rating available. You can be sure that what we print on our label is what your body receives!
- 2.** If for any reason you are unhappy with *Revatrol* within the first 60 days, simply return the unused portion to us and we'll send you a full refund for the purchase price of the product. No questions asked.
- 3.** Even if you return your *Revatrol*, please keep all of the free gifts you've received as a thank you for giving it a try.

I've asked Renaissance Health to offer this unconditional guarantee to you because I'm confident that if you give *Revatrol* a try, you'll have no need to return it! See for yourself by ordering your supply of *Revatrol* today. It really works!

Wishing you the best of health,


William S. Gruss, M.D.

Order the Easy Way!



1. By Mail:

Fill out this easy order form. There's no need to fill in your name and address because it's already on the back of the order form. Just make any correction necessary, fold this and mail it using the postage-paid envelope inside to:

Renaissance Health
925 S. Federal Highway
Suite 500
Boca Raton, FL 33432

2. By Phone:

For fastest service, call toll-free
1-866-482-6678 or
1-561-750-1418



3. By Internet:

See web address above your name on back page.



Revatrol Discount Savings Certificate

☒ **YES!** I want the French secret to living longer and healthier! Please send me the *Revatrol* quantity I've indicated below. If I am unsatisfied with *Revatrol* for any reason, I will return the unused portion within 60 days and receive a full and prompt 100 percent refund and all of the FREE GIFTS are still mine to keep!

SAVE \$149.75

☐ **Very Best Discount:** A six-month supply of *Revatrol* (six boxes) and ALL THREE of my FREE Special Reports for just **\$179.95** (reg. \$329.70) plus \$5.99 S&H—or if I order within 7 days, I'll get FREE shipping & handling and pay only \$179.95! *That's a savings of \$149.75!*



SAVE \$64.90

☐ **Great Discount:** A three-month supply of *Revatrol* (three boxes) and TWO FREE Special Reports for just **\$99.95** (reg. \$164.85) plus \$5.99 S&H—or if I order within 7 days, I'll get FREE shipping & handling and pay only \$99.95! *That's a savings of \$64.90!*



☐ **Good Discount:** A one-month supply of *Revatrol* (one box) and ONE FREE Special Report for just **\$39.95** (reg. \$54.95) plus \$5.99 S&H—or if I order within 7 days, I'll get FREE shipping & handling and pay only \$39.95!



☐ **I want FREE SHIPPING & HANDLING...**
so I'm responding within 7 days!

FREE SHIPPING & HANDLING

on any order if you order within 7 days!

Save an extra \$5.99 per order. Total prices with Free S&H are:

6 months = \$179.95
3 months = \$99.95
1 month = \$39.95

METHOD OF PAYMENT:

My check is enclosed for U.S. \$ _____ (Payable to Renaissance Health)
Please allow 3-4 weeks delivery on all orders paid by check or money order.

Please charge my: ☐



☐



☐



Card #: _____ Expires: ____/____/____ Amount \$ _____

Signature: _____ Phone #: (____) _____
(Optional, in case we have a question about your order)

E-mail address: _____

There's no need to write your name and address. Just check the label on the back cover and make any corrections if necessary. Thank you!

**For fastest delivery,
call toll-free
1-866-482-6678**



Return with payment in the enclosed postage-paid envelope to:
Renaissance Health • 925 S. Federal Highway, Suite 500 • Boca Raton, FL 33432

See What Taking Revatrol Regularly Has Done for So Many People and What it Can Do for YOU!

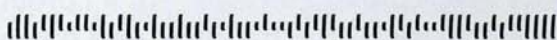
- Promotes normal cholesterol levels
- Keeps blood pressure healthy
- Boosts poor circulation
- Preserves your brain and memory
- Promotes good homocysteine levels
- Protects your heart
- Fortifies your immunity
- Keeps your arteries clear
- Preserves firm, vibrant skin
- Increases your energy
- Stamps out colds and flu



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LAWRENCE BERNSTEIN
6890 E SUNRISE DR # 118-120
TUCSON, AZ 85750-0738

37800 T473 P1
R125



I started taking Revatrol 12-18-05 and I haven't missed a

*day of taking a caplet. I don't like the taste of wine, so by taking Revatrol, I get the benefits of wine in a caplet. Since I've been taking Revatrol, my cholesterol and blood pressure fell into the normal range and my nagging cough (I've had for 11 yrs) has disappeared. Thank you Renaissance Health for Revatrol.**

– Warren Hammet



I'll be 63 in June and have been taking a statin drug for high cholesterol for about 3 years.

*After taking Revatrol for a month, I was able to discontinue the prescription drug. I was truly amazed at how good I felt. It was a surprise, because I had no idea that taking the statin was contributing to various aches and pains and tiredness. I thought they were just a part of getting older. With Revatrol, I now awaken looking forward to the new day. Also, a few pounds have slipped away, and that's always a plus for me. Thanks again.**

– Sue Harper



I suffer from degenerative arthritis and am in a lot of pain. I've tried everything, but I still had no energy.

*My 94 yr old mother had been taking Revatrol for over a year and wanted me to try it. I began taking Revatrol once a day and noticed a big change in my energy level. After reading the material that came with my order, I started taking Revatrol twice a day. WOW! What a difference taking Revatrol twice a day makes; I have energy all day. I don't have that weak feeling and the sluggish feeling mid-day like I used to. I feel like Revatrol has given me a new lease on life! Plus all the other factors that Revatrol does in helping the body.**

– Sherrill B., Loganville, GA

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

** Testimonials are verbatim from actual Revatrol customers. Results may vary.