

High-quality Resveratrol (99%) obtained by fermentation. Extensive research on Resveratrol highlights a wide range of health benefits, especially for women.



PRODUCT PROFILE SHEET

With over **17,000 published studies** and more than **270 human clinical trials** (PubMed, May 2023), Resveratrol is among the **most extensively researched** compounds used in dietary supplements, food and beverages, cosmetics, and animal health.

As our bodies endure daily stress and aging, mitochondrial function may gradually decline, impacting various essential processes such as blood pressure regulation, cognitive focus, skin vitality, bone strength, eye health, and joint function, among others.

Scientific findings suggest **Resveratrol may play a vital role in promoting overall well-being** as it may offer antioxidant, anti-inflammatory, neuroprotective, glucose and lipid regulatory, and cardiovascular benefits.

The importance of Resveratrol for women

A woman's quality of life is influenced by hormonal changes that impact her health over time.

From puberty and menstruation through the childbearing and breastfeeding years to pre-menopause, menopause, and post-menopause, the female body undergoes continuous transformation both internally and externally.

With the decline in estrogen production during menopause, women face an increased risk of osteoporosis, cognitive decline, and both physical and mental discomfort.

Research suggests that Resveratrol may help counteract these effects by supporting cellular health and combating signs of aging, making it a beneficial supplement for postmenopausal women.

Fermentation vs. Plant-Based

In nature, Resveratrol is a polyphenol found in grapes, blueberries, and other plants, where it serves as a defence mechanism against environmental stress and pathogens. Our Resveratrol is produced through fermentation, replicating this natural process. Fermentation-derived resveratrol has advantages over plant-based versions due to its higher purity, consistent quality, and sustainability.

Unlike plant sources, which can often contain impurities and heavy metals, fermentation produces clean, high quality and potent resveratrol in a controlled environment. It also eliminates the need for harsh solvents and large-scale plant harvesting, making it eco-friendly and safe.

Product Advantages

- ✓ High Quality trans-Resveratrol
- ✓ > 99% Pure
- ✓ Produced by Fermentation
- ✓ From Selected Approved Partners
- ✓ Qualified and Approved by our Regulatory team
- ✓ Technical and Commercial support from our expert teams
- ✓ Suitable for Vegetarians and Vegans
- ✓ Clean Label
- ✓ Kosher & Halal Certified

Research

According to research, Resveratrol has demonstrated a variety of health benefits. Resveratrol has been shown to beneficially modulate the **gut microbiome**, supporting overall **metabolic health** and highlighting its role in **gut-related regulation**¹. Resveratrol may also improve insulin sensitivity and metabolic profiles. Research shows it can help **lower fasting insulin** and **insulin resistance** which **supports healthy blood glucose levels**, as well as **reduce total cholesterol**^{2,3}, demonstrating its potential to support both **glycaemic control** and **lipid management**.

A 2015 review concluded that high doses of resveratrol may help reduce blood pressure, suggesting its potential for **cardiovascular benefits**⁴, while a study has found that resveratrol supplementation may improve **cognitive performance and memory**⁵. Research has also demonstrated that repeated resveratrol administration led to measurable changes in circulating immune cells, indicating its potential immunomodulatory effects⁶.

Talking about **skin health benefits**, A 60-day study found that resveratrol may improve skin hydration, elasticity, and antioxidants while reducing wrinkles, roughness,

age spots, and oxidative stress, suggesting anti-aging benefits⁷. Resveratrol is also known to provide benefits for **oral health**. A study tested resveratrol supplementation in 40 patients with chronic gum disease. After four weeks, only plaque levels were significantly lower in the resveratrol group. The study suggests resveratrol may help reduce plaque and act as an anti-inflammatory⁸.

Women's Health

A study in **post-menopausal women** found that resveratrol and vitamin C helped reduced oxidative stress markers, with a 33% decrease in lipohydroperoxides and a 39% decrease in protein damage. Total antioxidant capacity also increased by up to 30%, suggesting that this combination effectively **lowers oxidative stress in post-menopausal women**⁹.

A study of 60 **postmenopausal women** found that 12 months of 200 mg fermented soy containing 10 mg equol and 25 mg resveratrol significantly improved bone turnover biomarkers and increased whole-body bone mineral density (BMD) compared to placebo. These results suggest that equol and resveratrol may help **prevent age-related bone loss in postmenopausal women**⁹.

A trial with 192 type 2 diabetes patients showed that 500 mg resveratrol may help prevent **bone density loss**. Resveratrol also improved serum phosphorus and T-scores, with the 500 mg dose benefiting those with low calcium and vitamin D levels. These results suggest that 500 mg of resveratrol **may help prevent bone density loss** in T2DM patients, particularly those with poor baseline conditions¹⁰.

Product Safety

Clinical trials show that it is technically safe to take resveratrol in doses of up to 5 g per day, though taking more than 2.5 g per day may result in abdominal side effects¹¹.

Product Range

LEHVOSS Code	Active Content	Grade	Mesh Size
26002418	Min 99% trans-Resveratrol	Powder	98% through 80-mesh

This ingredient is **Novel Food and meets the requirements** of the listing in EU regulation EU/2017/2470 for microbial Resveratrol.

Product Pack Size

Our Resveratrol powder is available in 10kg bags.

Product Dosage

Resveratrol is well tolerated in healthy individuals without any comedication. However, no European Nutrient Reference Value (NRV) has been established for it so far. Supplemental doses of resveratrol in the range of 1 g/day or above may potentially exceed the natural intake through food¹².

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About



LEHVOSS Nutrition is the European division of the Hamburg-based group, specialising in the sourcing, technical approval, sales and marketing of specialty ingredients for the food supplement, pharma, animal nutrition and functional foods industries.

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