

*Resveratrol can protect the heart, blood vessels and memory. In addition, it can positively promote energy metabolism.*

### Basics:

The polyphenol resveratrol is a natural, highly effective antioxidant that is mainly extracted from the skin of grapes. Especially the red grape seems to have a high content of this active ingredient. In nature, the main function of resveratrol is to protect the plant from infections, fungi and parasites as well as from harmful environmental toxins and UV rays. Ancient civilisations recognised nature's treasures in herbs and plants and have understood their importance for around 10,000 years, during which they were able to achieve amazing effects with these botanical nutrients.

Resveratrol and other plant substances from nature have positive effects on the blood vessels, the heart and the metabolism. They can be summarised as follows:

**Resveratrol:** The polyphenol resveratrol has a strong antioxidant effect and can neutralise reactive oxygen molecules. It is extracted from the skin of grapes. Cocoa, peanuts, pistachios and berries also contain this nutrient. The highest content of resveratrol, on the other hand, is found in Japanese knotweed. It is particularly beneficial for the blood vessels and the cardiovascular system. It can also help to positively support the ageing process.

**Quercetin:** This yellow pigment is a water-soluble plant pigment from the large group of flavonoids. Besides red wine, it is found in green and black tea, apples and leafy vegetables. The main source of quercetin, however, is the onion. As an important antioxidant, it can help support normal cell growth, protect the blood vessels and increase the number of mitochondria, the power plants of the cells.

**Catechins** are the main antioxidants found in green tea leaves. These colourless bitter substances with an excellent radical scavenging capacity develop synergistic effects with resveratrol. In addition, they can regulate those enzymes that influence insulin levels and thus also promote normal cell growth.

**OPC:** This abbreviation refers to oligomeric procyanidins, a group with specific chemical bonds. Besides grapes, peanuts, blueberries and cranberries are also rich in OPC. OPC is said to have particularly strong cell-protective effects. In fact, it has a stronger effect than the combination of vitamin C and vitamins E. OPC helps to keep cholesterol levels within the normal range as well as supporting an optimal memory and protecting against the effects of stress.

If the absorption of these nutrients through the diet is not sufficient or there is an increased need, these nutrients can be supplemented through special food supplements.

### Ingredients:

#### One capsule contains:

Resveratrol	120 mg
Quercetin	50 mg
Catechins (from green tea leaf extract)	30 mg
OPC	30 mg

#### Other ingredients:

Calcium Carbonate, Magnesium Stearate, SiO<sub>2</sub>.  
The product is vegetarian, gluten-free, lactose-free, not genetically modified.  
Capsule shell vegetarian.

#### Recommended consumption:

In normal cases take 1 capsule daily with plenty of fluid.

#### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.  
The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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