

# A Letter from Dr. Jamie McManus



## Great News about Resveratrol

Dear Shaklee Family Member,

The most significant human study to date, which supports the **health-enhancing benefits of resveratrol** that may address many of the chronic age-related diseases of our time, has just been published!

In a study published last month in *Cell Metabolism*, Dutch researchers showed that taking a resveratrol supplement for 30 days significantly lowered multiple markers associated with heart disease, diabetes, cancer, and many other chronic diseases. These include markers of inflammation, improved mitochondrial capacity, lowered blood pressure, and blood glucose.

Since inflammation is at the root of literally hundreds of diseases, this has immense potential health implications. And we know that chronic inflammation leads not only to age-related diseases but to accelerated aging, as well! This study also showed reductions in both blood pressure and triglyceride levels, both of which are associated with heart disease risk.

Diabetes has increased a whopping 35% in just the past decade. Until now, the only nonpharmacologic way to improve insulin sensitivity and reduce your risk of developing diabetes has been calorie restriction and weight loss—which is so very hard for people. This study would suggest that adding a high potency resveratrol supplement may help improve your insulin sensitivity and lower blood-sugar levels.

Anyone out there too tired to exercise? Well, this study may provide an answer for this, as well! These study participants showed significant increases in markers of mitochondrial function. Mitochondria are your body's energy producers that tend to decrease in number and output as we age. The increases seen in this study were similar to those seen with endurance training. So get some of the energy benefits associated with exercise and ramp up your mitochondria just by taking a resveratrol supplement! Sounds too good to be true, but I must say the results here are compelling and exciting.

My advice is that, along with trying to eat better and exercise regularly, it makes better sense than ever to add in a high potency resveratrol supplement to your daily routine.

To a longer and healthier life.

Dr. Jamie McManus, M.D.  
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