

# NutriFax<sup>®</sup>

## The facts about Red Wine

Many studies suggest that moderate amounts of red wine (one drink a day for women and two drinks a day for men) lowers the risk of heart attack for people in middle age by 30 to 50 percent. It is also suggested that red wine may prevent additional heart attacks if you have already suffered from one. Other studies also indicated that red wine can raise HDL cholesterol (the Good cholesterol) and prevent LDL cholesterol (the Bad cholesterol) from forming. Red wine may help prevent blood clots and reduce the blood vessel damage caused by fat deposits. Indeed, studies showed that people from the Mediterranean region who regularly drank red wine have lower risks of heart disease

What's in Red Wine that is good for heart health?

One of the most studied antioxidants in red wines is resveratrol, a compound found in the seeds and skins of grapes. Antioxidants, like resveratrol, are beneficial in preventing harmful elements in the body from attacking healthy cells. Found in red wine, peanuts, blueberries and cranberries, resveratrol is easily absorbed by the human body. The antioxidant properties of resveratrol also offer certain health benefits in the prevention of heart disease and the reduction of lung tissue inflammation in chronic obstructive pulmonary disease (COPD).

Should you drink more red wine now?

The answer is NO! Studies showed that alcohol drinking may increase triglycerides and result in weight gain due to its empty calories. Other studies also suggested that alcohol consumption is associated with cancer risk. The American Heart Association cautions people NOT to start drinking if they do not already drink alcohol.



### Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	60 mg	100%
Red Wine Complex	200 mg	**
Red Wine Extract (Vitis vinifera)(grape skin), Citrus Bioflavonoids (Citrus spp.)(rind), Grape Seed Extract (Vitis vinifera)(seed)(standardized to contain polyphenols), Procyanidol™ (Vitis vinifera)(grape skin & seed)(supplying Ellagic Acid and Resveratrol)		

\*\*Daily Value not established.

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