Longevity Seekers Advised To Consume Modest Doses of Red Wine Molecules In Dietary Supplements (Longevinex®) Rather Than Mega-Dose Resveratrol Alone

San Dimas, CA (Dec. 27, 2008) - According to the latest science, resveratrol pill users are best advised to consume modest doses resveratrol plus an array of antioxidant molecules as typically provided in 3 to 5 glasses of aged, red wine, rather than resveratrol alone.

The most recent study shows mega-dose resveratrol alone fails to prolong the life of laboratory mice. In fact, mega-doses shortened the life of animals compared to a standard calorie diet with no resveratrol. [Cell Metabolism. 2008 Aug; 8:157-68]

While resveratrol (rez-vair-ah-trol), an antioxidant molecule concentrated in red wine (about 1 milligram per glass), is touted for its health properties, partially explaining the French Paradox (why French wine drinkers have cardiac mortality rates 30% lower than North Americans despite their high-calorie, high-fat diets), it is not the sole molecule responsible for longevity, says Bill Sardi, spokesperson for Longevinex®, a leading brand of resveratrol dietary supplement.

The total array of red wine molecules found in the best red wine, about 60 milligrams per 5-ounce glass, or 180-300 milligrams in 3 to 5 glasses, is the suggested healthy dosage range, says Sardi.

Consistently, studies show modest doses of red wine lower mortality rates over abstention or over-consumption. [American Journal Epidemiology 1986 Sep; 124(3):481-9] Red wine pills offer the advantage of no alcohol, no calories or sulfite preservatives.

Cause of shortened lifespan

The negative effect upon lifespan with mega-dose resveratrol may emanate from over-inhibition of tumor necrosis factor (TNF), an inflammatory factor. Excessive TNF leads to inflammation, while too little impairs the immune system, says Sardi.

"We know that over-inhibition of TNF in humans increases the risk for lymphoma (cancer that originates in lymphocytes, a type of white blood cell)," says Sardi. [Therapeutics Clinical Risk Management 2007 Jun; 3(2):245-58] *"When laboratory mice were given mega-dose resveratrol they did not live as long and largely succumbed to*

lymphoma. Resveratrol is a known TNF inhibitor," adds Sardi. [Biochemical and Biophysical Research Communications 2008 May 2; 369(2):471-7]

Confusing dosage advice

While longevity seekers have been hearing a lot about resveratrol in the past four years, since an Ivy League university discovered it activated a longevity gene known as Sirtuin 1, advice concerning dosage has been confusing at times.

A 2006 mouse study suggested consumers would have to drink about 750 to 1500 bottles of red wine a day to live longer (24 milligrams per kilogram of body weight), but the longevity effect was only demonstrated among mice engorged with a fat-laden diet (60% fat calories vs. 35% for the typical human diet), which isn't a real-world example.

When the data on mice fed a standard calorie diet were analyzed and published in 2008 [Cell Metabolism. 2008 Aug; 8(2):157-68], ultra-high dose resveratrol (360 mg and 1565 mg, human equivalent dosage) actually stunted the lifespan of mice. So the public has been misled concerning dosage since 2006 [Nature 2006 Nov 16; 444:337-42], and may have never heard about the 2008 report, says Sardi.

Lower dose resveratrol accompanied by an array of other small molecules may be superior to resveratrol alone. According to a mouse study conducted by Longevinex®, published in the September 2008 issue of Experimental Gerontology [2008 Sept; 43(9):859-66], far more longevity genes were activated in heart tissue by Longevinex (9-fold more) than plain resveratrol, at a dose that was 17-320 times lower than doses used in prior studies.

Synergism found

"A synergistic effect has been demonstrated with the array of antioxidant molecules provided in Longevinex®, compared to resveratrol alone," says Sardi. Other studies also corroborate that resveratrol works better when accompanied by other molecules, at lower doses. [Journal Medicinal Food 2008 Dec; 11:773-83; Translational Oncology 2008 March; 1:19-27; Life Science 2008 May 7; 82: 1032-9]

Sardi says longevity seekers often demand human lifespan studies, not realizing such a study would be impractical, taking 100 years to complete. Mouse longevity studies take about 3-4 years and cost more than a million dollars, so more economical gene array studies are performed and compared against a calorie restricted diet, which is a known intervention that prolongs life in all life forms. Longevinex® also sponsored an unpublished study showing it activated far more genes in brain tissue than plain resveratrol.

Longevinex® is a patent-applied-for matrix providing 250 milligrams of gene-controlling molecules (resveratrol, quercetin, rice bran IP6, ferulic acid, vitamin D), and is currently the only resveratrol-based dietary supplement to have been successfully studied in

humans. Researchers at Appalachian State University found Longevinex® had superior antioxidant and anti-inflammatory action among endurance athletes compared to green tea molecules or quercetin alone.

Longevinex® is microencapsulated for stability and long-term shelf life, and is micronized to enhance absorption. Longevinex® contains no alcohol. Longevity seekers are invited to visit the website at www.longevinex.com ####