

RAW Resveratrol™ FAQ's – August 2011

1. What is Resveratrol?

A: Resveratrol is a polyphenol, a powerful antioxidant found in red wine, red grapes, other red fruits and Japanese Knotweed; Resveratrol occurs in a *trans* and a *cis* configuration. In nature, the *trans* form is most abundant. It is also the most available and researched. *trans*-Resveratrol is naturally produced in grapes as a defense mechanism against the growth of fungal pathogens. This novel compound is backed by clinical research and commonly known to be one of the factors behind the French Paradox.

2. What does the French Paradox refer to?

A: The French Paradox is the observation that French people suffer a lower incidence of coronary heart disease, despite having a diet relatively rich in saturated fats; this is believed to be attributed to the regular consumption of red wine and its Resveratrol content.

3. Why do people take Resveratrol supplements?

A: People seek resveratrol supplements because they know about the benefits of red wine and the French Paradox, particularly the antioxidant benefits but mostly for longevity, anti-aging and heart health.

4. What is RAW Resveratrol™ from Garden of Life?

A: Garden of Life® RAW Resveratrol™ is a powerful, whole food resveratrol formula, combining RAW fermented resveratrol, 23 RAW organically grown fruits and vegetables, including Cabernet Sauvignon Grapes, plus live probiotics and digestive enzymes. A synergistic blend of bioactive phytonutrients with a wide array of beneficial cofactors, RAW Resveratrol™ supports antioxidant activity, heart health and healthy aging.† RAW Resveratrol™ is a highly potent source of polyphenols, providing 350mg of *trans*-Resveratrol per serving, as much *trans*-resveratrol as in 200 bottles of red wine, supporting numerous systems, including the circulatory, respiratory, reproductive and digestive systems.†

5. How much Resveratrol does RAW Resveratrol™ provide?

A: RAW Resveratrol™ provides 350 mg of active *trans*-Resveratrol per serving (1 capsule).

6. What is the source of Resveratrol in RAW Resveratrol™?

A: The active resveratrol is derived from RAW Organically Grown Cabernet Sauvignon Grape (seed) & RAW Fermented Wildcrafted Japanese Knotweed (*Polygonum cuspidatum*). The Cabernet Sauvignon grapes are sourced domestically, are RAW, organically grown and tested pesticide free.

7. What are the benefits of consuming a RAW supplement?

A: Raw foods and botanicals are teeming with digestive enzymes that help the body break down and assimilate nutrients. Garden of Life is leading the raw nutrition



movement and has developed an extensive offering of RAW supplements. When it comes to supplementation, RAW means:

- Uncooked, untreated, unadulterated
- No binders or fillers
- Live probiotics and enzymes

8. What are the benefits of fermentation?

A: Fermentation is an ancient tradition lost to most of us since the advent of refrigeration and the industrial food chain. Fermentation not only utilizes probiotic microorganisms to preserve food, but also creates novel, beneficial compounds while pre-digesting the food and liberating its valuable nutrients.[†]

9. Why is the Japanese Knotweed fermented?

A: The Japanese Knotweed is fermented to convert the naturally occurring polydatin into resveratrol. This step is essential because resveratrol is present in very low concentration and polydatin is not bioavailable to the body. The process uses low temperatures resulting in a cleaner product and helps concentrate the Resveratrol and remove Emodin. The fermentation process allows us to avoid the use of chemicals to concentrated the resveratrol.

10. What is Emodin?

A: Emodin is a resin found in Japanese Knotweed and other plants; it is associated with dyspepsia (stomach or GI discomfort) and diarrhea, so controlling emodin is essential. Garden of Life uses fermentation to remove emodin.

11. Does RAW Resveratrol™ include probiotics and enzymes?

A: Yes, RAW Resveratrol™ includes the RAW Probiotic & Enzyme Blend to aid digestion.[†] This blend is composed of the probiotic *Saccharomyces boulardii*, and the enzymes Protease, Phytase, beta-Glucanase, alpha-Galactosidase, Hemicellulase and Cellulase.

12. Does RAW Resveratrol™ contain Organic Fruits and Vegetable juices?

A: Yes, it contain the RAW Organic Antioxidant Blend composed of 5 fruits and berries (Organic Strawberry, Organic Cherry, Organic Blackberry, Organic Blueberry and Organic Raspberry); and 17 vegetable juices (Organic Beet Juice, Organic Carrot Juice, Organic Spinach Juice, Organic Broccoli Juice, Organic Tomato Juice, Organic Kale Juice, Organic Red Cabbage Juice, Organic Parsley Juice, Organic Brussels Sprout Juice, Organic Green Bell Pepper Juice, Organic Cucumber Juice, Organic Celery Juice, Organic Garlic Juice, Organic Ginger Juice, Organic Green Onion Juice, Organic Cauliflower Juice and Organic Asparagus Juice).

13. What are the benefits of RAW Resveratrol™?

A: RAW Resveratrol™ provides the many benefits, including:

- Provides Powerful Antioxidant Support[†]

Supplement Facts		
Serving Size 1 Capsule Servings Per Container 60		
	Amount Per Serving	% Daily Value
RAW Resveratrol Blend	553 mg	+
RAW Organically Grown Cabernet Sauvignon Grape (seed) & RAW Fermented Wildcrafted Japanese Knotweed <i>Polygonum cuspidatum</i> (350 mg active <i>trans</i> -Resveratrol)		
RAW Organic Antioxidant Blend	50 mg	+
Organic Strawberry (fruit), Organic Cherry (fruit), Organic Blackberry (fruit), Organic Blueberry (fruit), Organic Raspberry (fruit), Organic Beet (root), Organic Carrot (root), Organic Spinach (leaf), Organic Broccoli (flower & stem), Organic Tomato (fruit), Organic Kale (leaf), Organic Red Cabbage (leaf), Organic Parsley (leaf), Organic Brussels Sprout (leaf), Organic Green Bell Pepper (fruit), Organic Cucumber (gourd), Organic Celery (stalk), Organic Garlic (bulb), Organic Ginger (root), Organic Green Onion (root), Organic Cauliflower (flower & stem), Organic Asparagus (flower & stem)		
RAW Probiotic & Enzyme Blend	35 mg	+
<i>Saccharomyces boulardii</i> , Protease, Phytase, beta-Glucanase, alpha-Galactosidase, Hemicellulase, Cellulase		
+ Daily Value not established.		

- Assists the Body in Fighting Against Oxidative Stress[†]
- Supports Cellular and Tissue Health[†]
- Supports Cardiovascular Health by Promoting Circulation[†]
- Supports Healthy Aging[†]
- Supports Digestive health – Promotes Regularity, Digestive Comfort and Healthy Elimination[†]

14. What makes RAW Resveratrol™ unique and different from other Resveratrol products?

A: RAW Resveratrol™ is the only RAW and fermented Resveratrol. One capsule provides 350mg of active *trans*-Resveratrol, a higher amount of resveratrol per capsule than most top selling competitors in the natural product industry. RAW Resveratrol™ does not only provide resveratrol, it is delivered in a base of 23 RAW Organically Grown Fruits and Veggies, in addition to live probiotics and enzymes, providing RAW whole food nutrition without the use of heat, binders, fillers or carriers. RAW Resveratrol™ provides the benefits of red wine in a convenient, reliable and affordable form, without the alcohol or associated side effects, delivering as much Resveratrol as 200 bottles of wine![†] RAW Resveratrol™ offers the best value per milligram of resveratrol when compared to competitors.

15. Who can benefit from taking RAW Resveratrol™?

A: All healthy adults can benefit from taking RAW Resveratrol™. Typically women over 30 seek a Resveratrol product for healthy aging.[†] Men and women over 30 years old are looking for the benefits of Resveratrol concentrated in a capsule without having to consume too much wine. Consumers that are already taking a different Resveratrol supplement will prefer RAW, organic whole foods and fermented ingredients.

16. What is the suggested usage of RAW Resveratrol™?

A: Adults take 1 capsule per day. Can be taken with or without food. Contents may be mixed in your favorite raw juice or water. Not intended for children.

17. Are there any cautions or warnings for RAW Resveratrol™?

A: CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you pregnant, planning to get pregnant, nursing, anticipate surgery, take medication (particularly blood thinners) on a regular basis, have an estrogen sensitive condition, or are otherwise under medical supervision. Keep out of reach of children.

18. Is RAW Resveratrol™ gluten and dairy free?

A: Yes, RAW Resveratrol™ is gluten and dairy free.

19. Is RAW Resveratrol™ vegetarian and/or Vegan?

A: Yes, RAW Resveratrol™ is considered a vegan product, so it is suitable for both vegan and vegetarian lifestyles.

20. Does RAW Resveratrol™ contain soy?

A: There are no soy derived ingredients in RAW Resveratrol™ however as it is manufactured in a facility that also processes soy, it may contain soy.

21. Does RAW Resveratrol™ contain binders or fillers?

A: RAW Resveratrol™ is in a capsule versus a caplet unlike most other resveratrol supplements, therefore RAW Resveratrol™ does not contain any binders or fillers.

22. What are the capsules made of?

A: The capsules are made of plant cellulose.

23. What is the Non-GMO project?



A: The Non-GMO Project is a non-profit multi-stakeholder collaboration committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices. RAW Resveratrol™ is one of the first Garden of Life products to go through the complete process of Non-GMO certification and to include the Non-GMO project logo on packaging.

24. What does the Vitamin Angels logo mean on the package?



A: For every RAW Resveratrol™ bottle sold, a donation will be made to Vitamin Angels and their Operation 20/20 program to eliminate Vitamin A deficiency in the world by the year 2020.

25. Does RAW Resveratrol™ require refrigeration?

A: No, RAW Resveratrol™ should be stored in a cool dry place both before and after opening.

26. What is the shelf life of RAW Resveratrol™?

A: RAW Resveratrol™ has a 2 year shelf life.

27. What is the suggested retail price for RAW Resveratrol™?

A: RAW Resveratrol™ is available in a 60ct capsule amber glass container, with a suggested retail price of \$49.95 providing a 2 month supply. Only 83 cents per day for 350mg – a meaningful amount of active *trans*-Resveratrol. This is a value proposition when compared as cost per milligram with other brands in the natural product industry.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.