

Evolve sponsors study to assess impact of resveratrol supplementation on healthy ageing metrics in post-menopausal women

Study builds on growing interest in role that resveratrol can potentially play in healthy ageing

10 May 2016 – Evolve has signed a sponsored research agreement with the University of Newcastle, Australia, to co-fund one of the most ambitious studies yet to measure the effect of daily resveratrol supplementation on cognitive and bone health (two of the leading healthy ageing/longevity factors) in postmenopausal women. The National Health and Medical Research Council, Clinical Trial Center, at the University of Sydney is the other lead sponsor and co-funder of this two-year study.

The study will be led by Rachel Wong and Peter Howe of the Clinical Nutrition Research Center at the University of Newcastle, who are developing novel strategies with resveratrol to address cognitive decline in postmenopausal women. The RESHAW (Resveratrol for Health Ageing in Women) study is an extension of an earlier pilot study that Wong presented at the 2015 World Diabetes Congress, which showed that resveratrol can play a role in slowing cognitive decline in Type 2 diabetes.

According to the World Health Organisation, the number of individuals over 60 years old with diabetes will increase from 605 million patients to 2 billion. As people live longer there will be a dramatic increase in the number of older people experiencing diseases linked with ageing and cognitive decline such as dementia and Alzheimer's.¹

In November 2015, Researchers at 21 US medical centers examined at the safety and efficacy of taking high doses of resveratrol for patients diagnosed with mild to moderate Alzheimer's. Researchers looked at several biomarkers of Alzheimer's and found that people who took up to four pills a day for one year had higher levels of amyloid-beta proteins in their spinal fluid than those who took a placebo pill.

More recently, a team of scientists in China used mice to demonstrate that resveratrol reduced the formation of plaques in arteries—a cardiovascular condition known as atherosclerosis, which limits blood flow and can trigger heart attacks and strokes. Mice fed a diet supplemented with resveratrol experienced a significant change in the composition of their gut bacteria, or microbiome. At the same time, these scientists observed a decrease in the production of trimethylamine-N-oxide, a risk factor for atherosclerosis.

¹ <http://www.who.int/ageing/about/facts/en/>

The researchers believe that it was the remodelling of the microbiome that was responsible for this drop. Conversely, the benefits of resveratrol disappeared when these same mice were given antibiotics.

Scientists around the world are studying the potential for resveratrol – naturally occurring in the skin of red grapes, berries, peanuts and a variety of other plants – to promote healthy aging in humans, pets, race horses, and even aquarium fish. Most resveratrol on the market today is sourced from the roots of the Japanese knotweed plant, an invasive weed, possession of which is illegal in many countries. A small amount is made by synthetic chemistry, and an even smaller amount is extracted from grapes. Evolva's resveratrol is brewed from baker's yeast. Evolva markets resveratrol as a nutritional supplement ingredient in the US and Europe and is developing additional human and animal health applications.

Evolva will be exhibiting resveratrol at the VitaFoods Europe conference at the Palexpo in Geneva, Switzerland 10-12 May. Visit Stand N93 at Vitafoods (#VFE16) to find out more about the healthy-ageing potential of resveratrol. Samples on hand will include resveratrol formulated in capsules, gums, and chocolate.

About Evolva

Evolva is a pioneer and global leader in sustainable, fermentation-based approaches to ingredients for health, wellness and nutrition. Evolva's products include stevia, resveratrol, vanillin, nootkatone and saffron. As well as developing its own proprietary ingredients, Evolva also deploys its technology for partners, providing them with a competitive edge and sharing in the returns they make. For more information see www.evolva.com. Questions about our fermentation approach? Have a look at our [video](#).

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