

### **Evolva's resveratrol part of novel combination therapy to be tested in a clinical trial for women with polycystic ovary syndrome**

**Polycystic ovary syndrome is the most common cause of female infertility**

**13 July 2016** – **Evolva** (SIX: EVE) announces that its resveratrol compound will be part of a female reproductive health study conducted at the Poznan University of Medical Sciences in Poznan, Poland. The aim of this randomised, double-blind, placebo-controlled [clinical trial](#) is to examine endocrine and metabolic effects from the combined use of the statin simvastatin and resveratrol for women suffering from [Polycystic Ovary Syndrome \(PCOS\)](#).

Globally, PCOS is considered the leading cause of female infertility. [PCOS symptoms](#) also include ovarian cysts, acne, obesity, baldness, pelvic pain, anxiety, depression and sleep apnea.

Resveratrol is a compound found in red grapes, blueberries, nuts and other plants. There is already a significant body of evidence showing that resveratrol can produce a positive impact on healthy-ageing variables like heart health, bone health, and blood-glucose control. Scientists have also found evidence that resveratrol had a positive effect on key biomarkers related to slowing the progression of Alzheimer's disease in addition to mimicking the age decelerating results of a calorie-restricted diet. Evolva's resveratrol comes from a unique fermentation source which produces a pure compound free of any environmental contaminants.

In recent years, statins like simvastatin have become a novel therapeutic approach to PCOS. Studies on isolated ovarian theca-interstitial cells indicate that resveratrol can reduce the production of androgens. (Though commonly known as "male hormones", women produce androgens, too.) Elevated levels of androgens are symptomatic of PCOS. The clinical trial will evaluate whether this novel combination therapy can lead to enhanced therapeutic benefits for those suffering from PCOS.

The study will enroll 60 women between the ages of 18 and 45. It will compare a daily combination therapy of 20 mg simvastatin and 500 mg resveratrol with a single 20 mg dose of simvastatin. Endocrinological, hormonal and biochemical evaluations will be performed at baseline and repeated after 3 and 6 months of treatment. Poznan University of Medical Sciences is the sponsor of this study, with collaboration from the University of California, San Diego.

### **About resveratrol**

Resveratrol is a compound found in red grapes, blueberries, nuts and other plants. There is already a significant body of evidence showing that resveratrol can produce a positive impact on healthy-aging variables like heart health, bone strength, and blood-glucose control. Scientists have also found evidence in key biomarkers that resveratrol might slow the progression of Alzheimer's disease and mimic the effects of a calorie-restricted diet. Studies have examined the impact of resveratrol on healthy aging in animals, too. To date, some 8,600 studies have been published on resveratrol.

### **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](http://www.evolva.com). Questions about our fermentation approach? Have a look at our [video](#).

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