

PILL POPPING

About 10 years ago, whilst studying the natural constituents of red wine, scientists discovered that many of the health benefits might be related more to its trace

amounts of resveratrol.

New research now suggests this 'wonder' antioxidant has a unique ability to seek out and regulate the gene sirt1.

This allows the body to burn fat stores more efficiently, which can help in weight management. Sirt1 gene research is creating excitement amongst longevity experts too who believe resveratrol, taken at sufficient levels could help reduce the risk of many age-related health conditions. Try Solgar's 150mg Resveratrol as only one capsule gives you the same amount of resveratrol as 186 glasses of red wine!



Naomi Beinart is an highly regarded medical nutritionist for Solgar. She also practises at Neal's Yard Remedies clinic on London's King's Road



Did you know that too

much iron can lead to arthritis,

high blood pressure,

headaches and dizziness?

Make sure that you're getting

the right amount by consulting a

registered nutritionist