

## **N.B. TO GIVE IT TO YOUR PHARMACIST OR DOCTOR**

### **VITOLI HEALTHY AGING - PRECAUTIONS**

#### **Side effects**

The various ingredients in the Vitoli HEALTHY AGING product have little specific or serious toxicity. However, some users have reported some side effects such as gastrointestinal discomfort, and rarely nausea.

However, the clinical information we currently have, shows that the Vitoli HEALTHY AGING product has a reassuring side effect profile.

It is always possible that hypersensitivity (ex: allergy) to one of the ingredients of the preparation could occur. In such a case, it is recommended to stop using it and consult a health professional if serious allergy symptoms persist.

#### **Contraindications**

Vitoli HEALTHY AGING product could be contraindicated in a patient on dialysis, on anticoagulant or antiplatelet medication, or suffering from estrogen-dependent cancer. Monitoring (INR) in patients on anticoagulation therapy may be recommended if a patient ever decides to take the product. It is advised to avoid it in the 2 weeks preceding surgery or a dental procedure.

#### **Interactions**

Although research shows that Resveratrol can inhibit cytochrome P450 1A1 (CYP1A1) and other cytochromes, no interactions caused by this inhibition have been reported in humans.

Some studies suggest a slight estrogenic effect of Resveratrol<sup>\*4</sup>. We therefore recommend that you avoid taking Resveratrol if you suffer from a condition which could worsen through the exposure to estrogens (breast, uterus, ovarian, endometrial cancer, etc.).

Quality olive extracts could lower blood pressure, improve glucose management, and reduce blood clotting. However, the dose used is the average food dose consumed in the Mediterranean diet and it is not linked to any significant interaction effect. Health Canada has not reported this risk as significant.

#### **Pregnancy and breastfeeding**

According to the information available, and although probably harmless

**It nevertheless appears prudent to avoid taking Resveratrol during pregnancy due to the possibility of slowing down blood coagulation or of the slightly estrogenic effect of the product.**

#### **Caution**

The content of medicinal plants naturally varies according to the production site or according to the extraction conditions. Therefore, there are a lot of variations in the composition of ingredients available from one brand of product to another. It is strongly recommended to use quality products, these being standardized to contain sufficient quantities of active substances for each plant, which ensures their

effectiveness, confirms the origin of the plant and its safety. Canadian regulations do not require companies to meet these standards; the majority of plant extracts on the market are not standardized. The information in this document only applies to products in the Vitoli product line.

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