POUR A GLASS OF WINE—IT'S GOOD FOR YOU

WHY?

Everyone always says a glass of wine a night is good for your health—and they're right, within reason. Research has shown that drinking a small glass a day will **lessen the risk of cardiovascular disease** and **lower blood pressure**, among other health benefits.

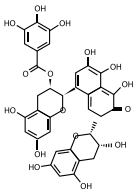**↓ LOWER** BLOOD PRESSURE

♥ **LESS RISK** OF CARDIOVASCULAR DISEASE

HOW IT WORKS

Red wine is full of **heart-protecting polyphenols, resveratrol, flavonoids and tannins**. The lowest risk for cardiovascular death is found when it's **one to two drinks per day.**
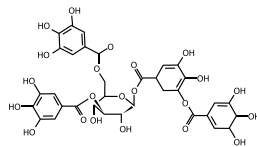
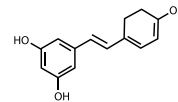only **1-2** DRINKS PER DAY

HEALTH BENEFITS

POLYPHENOLS

lowers bad cholesterol, protects against vascular oxidative stress, **improves artery function**, and lessens the risk of cardiovascular disease.
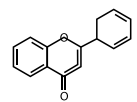
TANNIS

helps **reduce blood pressure**, suppresses the compound that hardens arteries, and **lessens the rate of heart disease**.

RESVERATROL

increases good cholesterol and lowers bad cholesterol, and **maintains healthy blood pressure levels.**

FLAVONOIDS

reduces the risk of cardiovascular disease, stroke, **certain cancers** and **other chronic diseases**.

WHAT DOES THIS MEAN?

Drinking too much alcohol will result in negative health effects, **so moderation is key**.

But if you want to pour a glass of full-bodied, red wine? **Go for it**—you'll be **treating yourself and your heart**.

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CardioVascular Group

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