

**"A guidebook for longevity that is both audacious
and achievable." —Sanjay Gupta, M.D.**

THE LONGEVITY FACTOR



**How Resveratrol
and Red Wine Activate
Genes for a Longer
and Healthier Life**

- Learn Everything You Need to Know About Resveratrol
- Live Longer, Lose Weight, Improve Memory, and Prevent Disease
- Recognize the Foods That Can Increase Your Health and Longevity
- Determine Which Supplements Work Best and Whether You Need Them

JOSEPH MAROON, M.D.

FOREWORD BY JOSEPH BAUR, PH.D.

Longevity Factor

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