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

# THE LONGEVITY CTOR

HOW RESVERATROL AND RED WINE **ACTIVATE GENES** FOR A LONGER AND HEALTHIER LIFE

JOSEPH MAROON, M.D. FOREWORD BY Joseph Baur, Ph.D.

# **Longevity Factor**

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