



# Health Matters

by  
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A newly released study says drinking a glass of red wine has the same benefits for your heart as an hour of exercise. I'd not go quite that far! The big drawback to drinking red wine is the alcohol in it is not so good for your liver or brain. What IS good for your heart, liver and brain is the natural compound in red wine that's been studied for decades called "resveratrol".

As we age, our need for antioxidants (like "resveratrol") exponentially increases as our production decreases. By age forty, our levels drop 50% and by age seventy, it's estimated we have only about one-tenth of what we had at age twenty, which means it's essential to get them from our foods.

**Muscadine grapes** have a higher antioxidant value than blueberries or pomegranates, and are especially high in "resveratrol". We offer a regionally-produced **Muscadine Grape Juice** that comes from grapes grown in nearby North Carolina. It's an easy, delicious way to get the touted heart-healthy benefits of "resveratrol" without the adverse effects of alcohol.

As always, we guarantee your satisfaction.

*Locally Owned for 33 Years*

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