

Table S1: Placebo and resveratrol capsule composition

	Placebo capsule	Active resveratrol capsule
Biotin (10 mg)	●	●
Atlantic Kelp (50 mg)	●	●
Flaxseed Oil (300 mg)	●	●
Lecithin (40 mg)	●	●
Peppermint Oil (25 mg)	●	●
Resveratrol (450 mg)	○	●