



Indian Wine Academy

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Cheers again for Resveratrol

A team of researchers at the University of Buffalo in the US has confirmed yet another time that resveratrol found in wine through the skins and pips of grapes, mostly in red wines, can make people healthier and live longer. UB is conducting experiments to test resveratrol on humans.

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Till recently, claims that resveratrol is good for the heart and a host of ailments have not been tested on people. Studies using resveratrol on yeast, fruit flies and mice had showed that the compound reduced inflammation and toxic free radicals that cause disease. The UB study bears that out one more time

According the study published online in the *Journal of Clinical Endocrinology and Metabolism*, taking *Polygonum cuspidatum* (PCE) extract containing 40 mg resveratrol daily suppressed inflammation and oxidative damage in healthy adults by reducing the expression of two major inflammatory molecules and a protein that these molecules produce.

Dr. Paresh Dandona who headed the study says the findings are exciting and very important to future clinical treatment. Among other things, he says that they found that resveratrol could be useful for the treatment of diabetes.

In tests on 20 people, resveratrol stopped the production of proteins that are believed to be responsible for inducing insulin resistance. The compound's properties also make resveratrol a possible preventative for heart disease and other illnesses. There were no side effects. Importantly, they achieved dramatic results at a fraction of the dose previously thought needed for effectiveness.

Dandona said the over-the counter extract used contained 20 milligrams of resveratrol and the remainder other natural substances. But as usual in these studies, Dandona cautioned that more studies and human trials are needed before resveratrol could be put on the market as a clinical prescription.

DelWine continues to advise its male readers to drink every day two glasses of wine-preferably red and women subscribers to stick to one glass a day-editor

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