



Resveratrol may suppress inflammation

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BUFFALO, N.Y., July 31 (UPI) -- Resveratrol, found in the skin of red grapes and red wine, appears to suppress inflammation in humans, U.S. researchers say.

Senior author Dr. Paresh Dandona and first author Husam Ghanim of the University at Buffalo used a nutritional supplement containing 40 milligrams of resveratrol for the study involving 20 participants who were randomized into two groups of 10.

One group received the supplement, while the other group received a placebo once a day for six weeks. Fasting blood tests were conducted at the beginning of the study, week one, week three and week six.

The study, published online ahead of print in the *Journal of Clinical Endocrinology & Metabolism*, finds blood samples from those who took resveratrol showed suppression of the inflammatory protein tumor necrosis factor, which causes insulin resistance and the risk of developing diabetes. Blood samples from those who received the placebo showed no change in the pro-inflammatory markers.

Long-term inflammation affects development of type 2 diabetes, aging, heart disease and stroke, Dandona says.

"The product we used has only 20 percent resveratrol, so it is possible that something else in the preparation is responsible for the positive effects," Dandona says.

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