

Question : What is resveratrol?

Answer : Resveratrol is a polyphenol and phytoestrogen found in grapes, mulberries, and peanuts. It has been shown to have anti-inflammatory, antioxidant, antitumor, neuroprotective, and immunomodulatory activities in in vitro studies and some animal models. Although there has been a lot of media attention about the health benefits of resveratrol and there are even resveratrol tablets on the market (unregulated by the FDA), there are no well-designed human trials showing benefit in decreasing risk of cardiovascular disease and mortality.