

Please Take One!



SUPPLEMENT OF THE MONTH: Resveratrol

What is Resveratrol and where is it Found?

Resveratrol is a natural polyphenol found in the skin of red grapes, the roots of Japanese knotweed, berries, peanuts, wine, and cocoa powder. It is also sold as a supplement. Polyphenols are antioxidants that have health benefits.

What are the benefits?

Resveratrol appears to have anti-aging and anti-inflammatory properties. It seems to decrease the risk of many diseases, such as heart disease, cancer, Alzheimer's and diabetes. Further, resveratrol is associated with antiviral effects and increased testosterone levels. Most of the research has been on animals and in the laboratory rather than in clinical trials on humans.

Are there interactions with medications?

Because of its anti-platelet effects, resveratrol should not be taken with blood thinners (Coumadin) and NSAIDS, such as aspirin and ibuprofen, because it may increase the risk for bleeding.

Are there side effects?

None known.

Women with hormone sensitive cancers or conditions, such as breast cancer or fibroids, should avoid resveratrol because of its estrogenic effects. It should also be avoided in pre-surgical patients due to its antiplatelet effects.