



Resveratrol is the active component in grape skins, and is the main cause of what is called the “French Paradox” or the prevention of diet-induced health damage. Among other benefits, it: 1) has been shown to have many beneficial anti-aging effects, even at low doses;¹ 2) supports healthy inflammatory responses;^{2,3} 3) supports cardiovascular health;⁴ and 4) supports normal cell development and life span.⁵

¹ **A low dose of dietary resveratrol partially mimics caloric restriction and retards aging parameters in mice.** Barger JL, Kayo T, Vann JM, et al. PLoS ONE. 2008 Jun 4;3(6):e2264. <http://www.ncbi.nlm.nih.gov/pubmed/18523577>; Free full text: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2386967/?tool=pubmed>

² **Anti-inflammatory responses of resveratrol.** Das S, Das DK. Inflamm Allergy Drug Targets. 2007 Sep;6(3):168-73. <http://www.ncbi.nlm.nih.gov/pubmed/17897053>

³ **Potential of resveratrol in anticancer and anti-inflammatory therapy.** Udenigwe CC, Ramprasath VR, Aluko RE, Jones PJ. Nutr Rev. 2008 Aug;66(8):445-54. <http://www.ncbi.nlm.nih.gov/pubmed/18667005>

⁴ **Beneficial effects of resveratrol on atherosclerosis.** Fan E, Zhang L, Jiang S, Bai Y. J Med Food. 2008 Dec;11(4):610-4. <http://www.ncbi.nlm.nih.gov/pubmed/19053850>; Free full-text access: <http://www.liebertonline.com/doi/abs/10.1089/jmf.2007.0091>

⁵ **Resveratrol in cell fate decisions.** Holme AL, Pervaiz S. J Bioenerg Biomembr 2007 Feb;39(1):59-63. <http://www.ncbi.nlm.nih.gov/pubmed/17308975>