

## Resveratrol - Effects and uses

Resveratrol is produced by certain plants to protect them from stress caused by the environment. It is a phytoalexin which is a byproduct of a plant's natural defense mechanism. Resveratrol is found in huge amounts in the skin of grapes and this antioxidant protects the grapes from extreme heat and fungal diseases. It is therefore found abundantly in cooler climates. Wine is understandably one of the largest sources of this powerful antioxidant.

This antioxidant does not allow fungal infections to affect the plant and also protects the plant from heat. Cooler climates can see more of resveratrol as it is here that there are more chances of fungus infecting the plants.

Though the curative effects of resveratrol are only in the research stages, this antioxidant shows a lot of promise in the cure of heart diseases and cancer. It reduces the risk of heart attacks and clotting of blood with the property by which it reduces the aggregation of platelets in the blood. Resveratrol also shows promise of damage prevention of free occurring cells. This property shows promise in the treatment of cancer.

Sources of resveratrol are mainly grapes. In the grapes, it is found more in the skin than the seeds and stalk. It is found in lesser quantities in plants like lily, spruce and eucalyptus. Resveratrol is also found in sufficient quantities in mulberries and peanuts. Grapes being predominantly used in preparation of wine, resveratrol can be found in considerable quantities in wine.

On arid areas of land grapes do not have a large amount of this antioxidant. This is because there are chances of fewer fungal diseases infecting the skin of the grapes here.

Resveratrol has found to inhibit formation of free radicals as it is a powerful antioxidant. This proves to be helpful during the initial stages of tumor formation. Resveratrol also shows potential in inhibition of cyclooxygenase - 1. Cyclooxygenase is an enzyme which promotes the formation of pro inflammatory substances by converting arachidonic acid. These substances are the root cause for stimulating the growth of tumor cells.

Polygonum Cuspidatum commonly known as the Japanese Knotweed is also a good source of naturally occurring resveratrol.

Apart from these naturally occurring sources, resveratrol is also produced by companies as diet supplements. These supplements are made in the form of either powders or tablets and are derived from the natural sources like skins of grapes, seeds of grapes, Japanese knotweed, red wine, etc.

It is also not advisable to consume red wine in big quantities in a bid to prevent heart diseases and cancer. This will inevitably lead to other conditions like liver damage. It is prudent to wait for any outcome from research in the form of licensed drugs. Information and updates on resveratrol can be found on the internet.

Tons of information can be found on the internet about Resveratrol. It really is the new darling of the supplement world. It also comes in liquid form for easy digestion. All the major supplement companies have a keen interest invested in the future of Resveratrol.

## About the Author

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