

Resveratrol Concentrations Chart

Mississippi State University, Dr. Betty Ector.

Resveratrol is an anti-cancer agent as well as a possible treatment for many other health conditions.

GRAPE TYPE	LEVELS
Pinot	1.1 ug/g
Chardonnay	1.1 ug/g
Gamay	1.0 ug/g
MUSCADINE (white)	43.65 ug/g
MUSCADINE (red)	44.57 ug/g
ORAC VALUES	
MUSCADINE SEED 559*	Tomato 37
Orange 52	Plum 79
Apple 13	Pear 9
Grapefruit 48	Kiwi 37
*Brunswick Laboratories, Nov 27, 2002	

ANTIOXIDANTS

In order to understand the magnitude of the discovery of potent and powerful antioxidants in the Muscadine Grape, one must understand a little about free radicals.

The ever increasing pollutants, radiation, and the body's natural metabolism produces free radicals which are unbalanced oxygen atoms due to a missing or un repaired electron. These predators try to replace the lost electrons by raiding other molecules. This theft damages all DNA and tissue contacted until stopped by antioxidants or certain enzymes produced by the body. Antioxidants readily give up electrons without becoming harmful. As we age, our body's production of antioxidants enzymes decreases and we see symptoms of the battle against free radicals in wrinkles, age spots, and stooped posture.

Chronological age and physiological age are two different things. The human body is genetically designed to live to 120 years (physiological age). However, the average chronological age for women is 76, and 74 for men. There are several groups of people who have members that live to be over 100 years old, an extremely higher rate than the rest of the population. Scientists believe that the primary reason these groups have so many more centenarians is due to dietary differences.

The U.S. National Institute of Health has determined that one of the primary causes of deteriorating health as we age is the relentless attack from free-radicals. It has then estimated that each cell in our body is attacked by free-radicals 10,000 times a day. Your body makes special enzymes to seek out and neutralize free-radicals. Unfortunately, the older you get the fewer of these enzymes your body produces. Another way to battle free-radicals is to eat plants high in antioxidants.

Antioxidants are used by the body to neutralize free-radicals and thus reduce the amount of damage our body suffers as we age. Brunswick Biomedical Laboratories of Wareham, Massachusetts stated in 2003 that NutraGrape's Muscadine Grape Seed has the highest ORAC (Oxygen Radical Absorbing Capacity) of any natural substance they have yet to test.

An Antioxidant That Beats Breast Cancer

by [Dr. Ray Sahelian](#) (06/28/2008)

Yesterday, I told you that animal studies have shown that [resveratrol can help prevent the development of prostate cancer in men](#). Women, too, have a specific reason to pay attention to this powerful antioxidant: It can help protect against breast cancer.

Researchers at the University of Alabama at Birmingham's Department of Pharmacology and Toxicology found that female mice given resveratrol had a significantly reduced risk of developing breast cancer.

This anti-aging substance has a host of additional health benefits - and we look forward to more research over the next few years to give us a fuller understanding of them.

Meanwhile, blueberries, red grapes, cranberries, bilberries, and - of course - red wine are all good sources of resveratrol. You can also find it in supplement form in many health food stores.

An Antioxidant That Can Help Prevent Prostate Cancer

by [Dr. Ray Sahelian](#) (06/27/2008)

Wine lovers are probably already aware that red wine contains a powerful antioxidant: resveratrol. And Dr. Sears has written about the [anti-aging effects of resveratrol](#) in ETR. For instance, animal studies hint that it can help prevent weight gain and developing the symptoms of diabetes and obesity. But the health benefits of this antioxidant don't end there.

Researchers at the University of Alabama at Birmingham's Department of Pharmacology and Toxicology gave male mice, on a daily basis, the equivalent of resveratrol found in a bottle of red wine. They discovered that the mice were significantly less likely to develop prostate cancer. And those mice that consumed resveratrol but still got cancer developed less serious tumors.

Red wine has about two to three milligrams of resveratrol per liter. (A liter is almost 34 ounces.) But even if you drink wine fairly regularly, taking resveratrol in supplement form is a good idea.

Anti-Aging Tip: An Antioxidant to Help You Avoid Diabetes and Obesity

by [Dr. Al Sears](#) (03/17/2007)

You've probably heard that red wine has health benefits. You may even know about research linking those benefits to the powerful antioxidant called resveratrol. One study has found that resveratrol lengthened the lives of mice by 30 percent.

I've recently uncovered more evidence that this antioxidant may be the most versatile and powerful anti-aging supplement (with the exception of CoQ10) you can take. The newest round of studies, from the Institute of Genetics, Molecular, and Cellular Biology, found that resveratrol helped mice run twice as far during exercise. It super-charged their muscles, reduced their heart rates, and gave them a boost in endurance comparable to the boost humans achieve through athletic training.

A study of men and women from Finland showed that resveratrol is likely to operate the same way in humans. And one of the lead researchers from a French study, Johan Auwerx, said, "Resveratrol makes you look like a trained athlete without the training."

What's more, resveratrol protected mice from gaining weight and developing the symptoms of diabetes and obesity. Other benefits included a heightened sensitivity to insulin (a sensitivity which declines with age). When you reverse this decline in insulin sensitivity, you have not only reduced the effects of aging, you've also helped maintain your ideal weight and avoid diabetes.

Aside from red wine, good sources of resveratrol are blueberries, cranberries, bilberries, and red grapes.

You can take resveratrol in supplement form as well, which you can find in most health food stores. I recommend a dose ranging from 20 mg to 50 mg daily.