

THE MANY BIOLOGICAL ACTIONS OF RESVERATROL

Biological Action

Peer reviewed citations

Anti-histamine action (allergy)	Planta Medica 2004 Apr; 70 (4):305-309
Anti-inflammatory agent	J Chemotherapy 2004 Nov; 16 Suppl 4:3-6 J Environ Pathology Toxicology Oncology 2004; 23 (3):215-226
COX-2 inhibitor (anti-inflammatory)	Inflammation Research 2005 Apr; 54 (4):158-162
Potentially helpful for Rheumatoid arthritis	International Immunopharmacology 2005 May; 5 (5):849-856
Inhibits pancreatitis	World J Gastroenterology 2005; 11:3171-3174
ACE Inhibitor properties	European J Pharmacology 2005 May 16; 515 (1-3):1-9
Prevents blood clots	Blood Coagulation Fibrinolysis 2004 Sept; 15 (6):441-446
Reduces LDL cholesterol	Life Sciences 2003 Aug 1:73 (11):1393-1400
Reduces triglycerides	Life Sciences 2003 Aug 1:73 (11):1393-1400
Raises HDL "good" cholesterol	J Agric Food Chemistry 2005 May 4; 53 (9): 3403-3407
Inhibits arterial plaque without altering cholesterol	Int J Mol Med 2005 Oct; 16 (4):533-540
Preserves or stimulates superoxide dismutase (antioxidant)	J Agric Food Chem 2005 May 18; 53 (10):4182-4186 Free Radical Biology Medicine 2003 Apr 1; 34 (7):810-817
Elevates glutathione (antioxidant)	J Agric Food Chem 2005 May 18; 53 (10):4182-4186 Arch Biochem Biophys 2000 Sept 15; 381 (2):253-263
Elevates catalase activity	Life Science 2003 May 2; 72 (24):2741-2750
Prolongs life of cells via Sirtuin 1 gene	Trends Pharmacological Sciences 2005; 26:94-103
Promotes DNA repair (via Sirtuin 1 gene)	Nature 2003 Sep 11; 425 (6954):191-196
Inhibits abnormal new blood vessel formation (angiogenesis)	J Physiology Pharmacology 2005 Mar; 56 Suppl 1:51-69
Inhibits dietary sugar absorption	Journal Natural Products 2001; 64:381-384
Regulates blood sugar	J Agric Food Chemistry 2005 May 4; 53 (9): 3403-3407
Normalizes blood pressure	J Hypertension 2000 Dec; 18 (12):1833-1840
Calms effects of estrogen (estrogen blocker)	J Steroid Biochemical Mol Biology 2005 Apr; 94 (5):431-443
Prevents bone loss	J Medicinal Food 2005 Spring; 8 (1):14-19
Protects retinal cells (retinal pigment epithelium)	Chemical Biological Interaction 2005 Jan 15; 151 (2):143-149
Increases sperm count	J Nutrition 2005 Apr; 135 (4):757-760
Inhibits viral growth (influenza)	J Infectious Disease 2005 May 15; 191 (10):1719-1729
Inhibits viral growth (HIV)	J Pharm Science 2004 Oct; 93 (10):2448-2457

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Reference

Inhibits viral growth (herpes)	Antiviral Research 2004 Jan; 61 (1):19-26; 1999 Oct; 43 (3):145-155
Antibiotic against bacteria (Chlamydia)	Atherosclerosis 2003 Dec; 171 (2):379-380
Antibiotic against bacteria (H. pylori)	Am J Gastroenterology 2003 Jun; 98 (6):1440-1441
Inhibits growth of fungi (yeast, mold)	J Agriculture Food Chemistry 2003 Feb 26; 51(5):1464-1468
Inhibits initiation of tumors	Proc Nati Sci Council Repub China B 1999 Jul; 23 (3):99-106
Eradicates plaque in brain (beta amyloid toxicity)	British J Pharmacology 2004 Mar; 141 (6):997-1005
Chelates metals (copper)	Biochem Pharmacology 1997 May 9; 53 (9):1347-1355
Anti-leukemia agent	Leukemia Lymphoma 2002 May; 43 (5):983-987
Inhibits prostate cancer	Cancer Epidemiology Biomarkers Prevention 2005 Mar; 14 (3):596-604
Inhibits breast cancer	Molecular Nutrition Food Research 2005 May; 49 (5):462-471
Inhibits melanoma	Neoplasia 2005 Jan; 7 (1):37-47
Inhibits ovarian and cervical cancer	Anticancer Res 2004 Sep-Oct; 24 (5A):2783-2840
Inhibits lymphoma	Cancer Letters 2001 Feb 10; 163 (1):43-49
Exhibits Viagra-like effects (via nitric oxide production)	Free Radical Biology Med 2004 Mar 15; 36 (6):774-781
Novel molecule for organ transplants	World J Gastroenterology 2005 Aug 14; 11(30):4745-4749
Non-toxic	J Nutrition 2002 Feb; 132 (2):257-260
Inhibits growth of tumors	Drug Experimental Clinical Research 1999; 25 (2-3):65-77
Inhibits spread of tumors	Proc Nati Sci Council Repub China B 1999 Jul; 23 (3):99-106
Targets multiple genes (silencing/activation)	J Nutritional Biochemistry 2005 Aug; 16 (8):449-466
Protects brain cells	Ann N Y Academy Sciences 2003 May; 993:276-286
Inhibits hepatitis (liver inflammation)	Hepatogastroenterology 2002 Jul-Aug; 49 (46):1102-1108
Inhibits liver cancer	World J Gastroenterology 2003 Oct; 9 (10):2341- 2343
Inhibits brain cancer	Molecular Cancer Therapy 2005 Apr; 4 (4):554-561
Inhibits pancreatic cancer	Pancreas 2002 Nov; 25 (4):e71-76
Inhibits kidney cancer	Cancer Biology Therapy 2004 Sept; 3 (9):882-888
Inhibits colon cancer	International Cancer 2005 June 10; 115 (2):194-201

NO CLAIM CAN BE MADE THAT RESVERATROL DIETARY SUPPLEMENTS
HAVE THE SAME ACTION AS DEMONSTRATED IN THE ABOVE EXPERIMENTS