



Resveratrol Benefits that science found

[Resveratrol](#) Benefits that science found. Notable Health Benefits.

Have you ever heard the name “Resveratrol”? This is a “longevity nutrient”, providing powerful anti-inflammatory and antioxidant benefits. A series of recent studies have also shown its role in preventing chronic disease such as lowering blood glucose and protecting heart health. Let’s see some fascinating areas of research that highlight why you want to include this longevity nutrient in your daily routine.

Embrace Brain and Heart Health

Many studies have substantiated the best-known benefit of resveratrol: its heart-protective action. A three-month trial with supplementation of 10mg of [resveratrol](#) per day found LDL (bad cholesterol) was significantly decreased. An earlier study shows it worked to inhibit plaque buildup in the arte



ries. The other series of studies have shown it also possesses neuro-protective properties to protect against Alzheimer’s and Parkinson’s diseases.

Promote Healthy Aging and Free Radical Protection

Free radicals can damage cells in the body, leading to premature aging and chronic illness such as heart disease, neurodegeneration, and kidney dysfunction. Resveratrol can scavenge the body to neutralize free radicals and prevent cellular damage, helping to prevent disease

and promote healthy aging. Research has indicated its potential to help activate longevity genes for extending lifespans.

Reduce Your Inflammatory Response

Chronic inflammation is dangerous to our cellular health. Pursuing an anti-inflammatory diet rich in plants could be beneficial for naturally reducing inflammation in the body. Resveratrol is part of the polyphenol family which is a group of plant compounds offering powerful [anti-inflammatory benefits](#) and could be found in richly pigmented foods, such as Blueberries, Cranberries, Grapes, Peanuts, and Cocoa. It may help repair tissue damage caused by chronic inflammation.

Balance Hormones

Resveratrol could be a help for women experiencing imbalanced hormone levels. It is classified as a phytoestrogen which can mimic the effects of estrogen in the body while credited for various health benefits inclusive of lowering risk of osteoporosis and menopausal symptoms. A 2016 randomized, double blind, placebo-controlled study showed daily supplementation of 1.5g of resveratrol reduced testosterone levels in with polycystic ovarian syndrome.

Support Healthy Skin

With its antioxidant effects, topical application of resveratrol can moderate skin aging. It may be useful for mitigating sun damage and minimizing fine lines, together with other antioxidants, such as vitamin E and vitamin C. Resveratrol may also work against skin cancer, though further research is needed.