

Red Wine Catechins (*Vitis vinifera*, *Vitis labrusca*)

Common Name: Resveratrol.

Location: Although red wine catechins are found in purple grape juice and red wine, resveratrol is most abundant in immature grapes grown in damp climates, especially on Long Island in New York.

Description: Red wine catechins are extracted from the skin of red wine grapes. The most active red wine catechin is resveratrol, a compound the grape plant manufactures in the skin of the fruit to deter gray mold.

Properties: Resveratrol is a helpful anti-cancer supplement. It also keeps cholesterol levels down.

Uses: It has been shown to slow the development of atherosclerotic plaques and to protect the heart. In addition, it may reduce the inflammation that causes eczema. Red wine benefits health conditions such as bladder cancer, breast cancer, leukemia, prostate cancer and coronary artery disease.

Doses: Resveratrol is usually taken in tablet form. Unless dietary restrictions prohibit the consumption of sugar, drinking 12 to 14 fluid ounces of purple grape juice or one glass of red wine daily will have similar benefits.

Warnings: Some studies report that flavinoids in red wine can be absorbed from the intestine more efficiently than those in red grape juice. However, other research has found that there is no significant difference in the levels of catechins between alcoholic and nonalcoholic red wine. In fact, concentrations of catechins in plasma dropped more swiftly if alcohol was consumed.