of LDL and inflammation in the vasculature, but also lower levels of total cholesterol, LDL, and triglycerides, and increase the level of HDL cholesterol. The main mechanisms of action include down-regulating HMG-CoA reductase, promoting bile synthesis and secretion, and increasing expression of LDL receptors in hepatocytes.

Glycemic Control

Resveratrol has demonstrated the ability to help with glycemic control. Its mechanisms of action include stimulation of insulin secretion and activation of Sirtunin 1 Protein (SIRT1), which is one of the principle factors in glucose homeostasis and insulin sensitivity.

In a randomized controlled trial involving patients with type 2 diabetes, the subjects were administered either 250 mg of resveratrol daily along with their oral hypoglycemic agents or just their hypoglycemic agents. After a period of 3 months, the resveratrol group showed significant improvement in their hemoglobin A1c (p<0.05).

Grape Seed Extract (OPCs)

Grape seed has been shown to exert beneficial actions against atherosclerotic plaque formation and cardiovascular risk by improving serum lipid profile.
Multiple Anti-Tumor Potentials of Resveratrol, Grape Seed Extract, and Quercetin

A vast body of research has shown that resveratrol, grapeseed extract, and quercetin pack synergistic mechanisms of action against cancers:

- Induces apoptosis of cancer cells via mitochondria rescue and p53 activation.
- Anti-angiogenic.
- Inhibits cancer growth and progression by inhibiting collagenases.
- Augments chemotherapy drugs.
- Inhibits COX-2 and LOX-5 to reduce metastasis.
- Aromatase inhibitor to reduce endogenous estrogen levels.
- Blocks epidermal growth factor receptor (EGFR), the mutation of which promotes proliferation of tumor cells.

Reference:


Caution:

Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding; if you are taking other diuretics; if you have a kidney disorder; or if you are taking prescription medication as resveratrol may alter the effectiveness of this medication.

For Education Purpose Only: The entire contents are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this presentation. All statements in this article have not been evaluated by the Food and Drug Administration and are not intended to be used to diagnose, treat, or prevent any diseases.