

News Of Nutrition

Health Benefits Found In A Glass Of Red Wine

(NAPSA)—While there are many different kinds of red wine—from Beaujolais to zinfandel—they all have something in common: a benefit to heart health, derived from drinking a glass a day.

The health benefits of red wine come primarily from resveratrol, a naturally occurring antioxidant polyphenol compound produced by plants in response to fungal infections, injury, stress and UV radiation. It's considered a part of their natural "defense system," protecting their delicate tissues from illness and disease. Resveratrol is found in grapevines, with its highest levels of concentration found in the grape's skin. Red wine contains high levels of resveratrol. Resveratrol is also found in raspberries, mulberries, peanuts and other plants.

How It Affects Health

Resveratrol works to counter oxidative damage to human cells and tissues caused by unstable molecules called free radicals.

Free radicals, generated by normal body processes and exposure to pollution, toxins and UV radiation, "attack" healthy cells, damaging important parts of their structure, including proteins, membranes and DNA. Free radical damage to cells is associated with a variety of health complications, including cardiovascular and immune issues. It's also believed to play a part in the aging process.

Over 10 years ago, scientists suggested that red wine consumption may be responsible for the "French paradox"—or the notably low occurrence of cardiovascular complications among the French



People who drink red wine for the health benefits can now get that nutritional power in supplement form.

people, who eat a relatively high-fat diet.

A study from Harvard Medical School, published in the prestigious science journal "Nature," found that high doses of resveratrol allowed obese mice to eat a high-fat diet and still live a long and healthy life.

Resveratrol is now available in supplement form so you can experience all of its health benefits without the side effects of increased alcohol consumption. Nutraceutical Sciences Institute® (NSI®) offers a NEW supplement called Longevatrol™, a high-potency resveratrol supplement. To obtain the amount of resveratrol present in one serving of this outstanding supplement, you would need to consume more than 46 glasses of red wine.

Vitacost offers over 10 resveratrol supplements and other name-brand supplements at wholesale prices—typically 33 to 75 percent lower than retail. To learn more or to place an order, visit www.vitacost.com/res.