



# Resveratrol: Unleashing the Benefits of Red Wine

*Beth Giesler*

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## **Resveratrol: Unleashing the Benefits of Red Wine** Beth Giesler

Now the media buzz surrounding resveratrol, a powerful antioxidant found in red wine, grape juice, and several other foods, can be easily understood. This well-documented guide presents the latest research on how resveratrol can prevent or delay the onset of cancer, cardiovascular disease, neurological and brain disorders, diabetes, and viral infection. Resveratrol also may have the potential to help us live longer, making it a prominent subject in aging and longevity research.

*RESVERATROL* explains these health benefits in layman's terms, shows how to determine which wines and food contain the most amounts, and offers advice on how to choose the right supplement with recommended dosage levels. Luckily, there are many options when it comes to including this antioxidant into your lifestyle in order to generate better health.

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