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News Release

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Task Force Recommends Resveratrol from Food *Grapes Are Whole Food Source of Resveratrol*

FRESNO, California – Resveratrol, a plant compound found naturally in grapes and grape products, is thought to provide an intriguing array of beneficial health effects, from prevention of various cancer types to heart disease, diabetes and more. Not surprisingly, sources of resveratrol have expanded beyond what is found in nature to manufactured resveratrol supplements and resveratrol-fortified products, with many people consuming them regularly.

In a paper titled, “What Is New for an Old Molecule? Systematic Review and Recommendations on the Use of Resveratrol,” a group of leading resveratrol scientists reviewed the body of science on resveratrol. They concluded that until more human studies are undertaken, taking resveratrol in amounts beyond what is found naturally in dietary sources is experimental, and not recommended. The paper was published online through the Public Library of Science.

The paper acknowledges resveratrol’s promising potential health benefits, but concludes that the current published evidence is not sufficient to recommend that people consume resveratrol, other than in amounts that can be obtained by dietary sources, such as grapes.

Also noted in the report was the need to conduct additional studies on the potential synergistic combinatory effect of resveratrol with other bioactive compounds: A summary of the paper’s recommendations for resveratrol research in the future is attached (Table 7)¹.

¹ Vang O, Ahmad N, Baile CA, Baur JA, Brown K, et al. (2011) What Is New for an Old Molecule? Systematic Review and Recommendations on the Use of Resveratrol, PLoS ONE 6(6): e 19881. Doi:10.1371/journal.pone.0019881

“We’re pleased with the recommendations cited in this new summary of resveratrol research,” said Kathleen Nave, president of the California Table Grape Commission. “We conduct research into the potential disease prevention and health-promoting properties of whole grapes, and resveratrol is an integral part of that. Grapes contain literally hundreds of beneficial compounds that may interplay with resveratrol for a greater benefit than any one provides on its own.”

The commission has been conducting health-related research for a decade.

Table 7. Recommendations for research on resveratrol for the coming years

1.	Clinical studies should be initiated, especially with focus on the effect of resveratrol on the development of cancers in colon and skin
2.	Clinical studies should be initiated to test the potential cardiovascular benefit of resveratrol
3.	Elucidating the biological effects of resveratrol metabolites
4.	Biodistribution and degradation of resveratrol <i>in vivo</i> , including the role of bacterial enzymes
5.	Preparation of a resveratrol reference (international standard) product for analytical purposes
6.	Standardized formulations for clinical studies
7.	Combinatory effects of resveratrol with other compounds. This includes development of relevant models
8.	Interaction of resveratrol with drug metabolism (especially cytochrome P450 metabolism)
9.	Identification/development of relevant biomarkers, relevant for the disease-prevention rather than disease treatment, depending on the relevant disease
10.	Effect of resveratrol on inflammation as general condition relevant for several lifestyle diseases
11.	Long term preclinical studies in nonhuman primates may be appropriate to determine the effect of resveratrol on diet-induced metabolic disorders, such as development of insulin resistance

The California Table Grape Commission was created by the California legislature in 1967 to increase worldwide demand for fresh California grapes through a variety of research and promotional programs.

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