

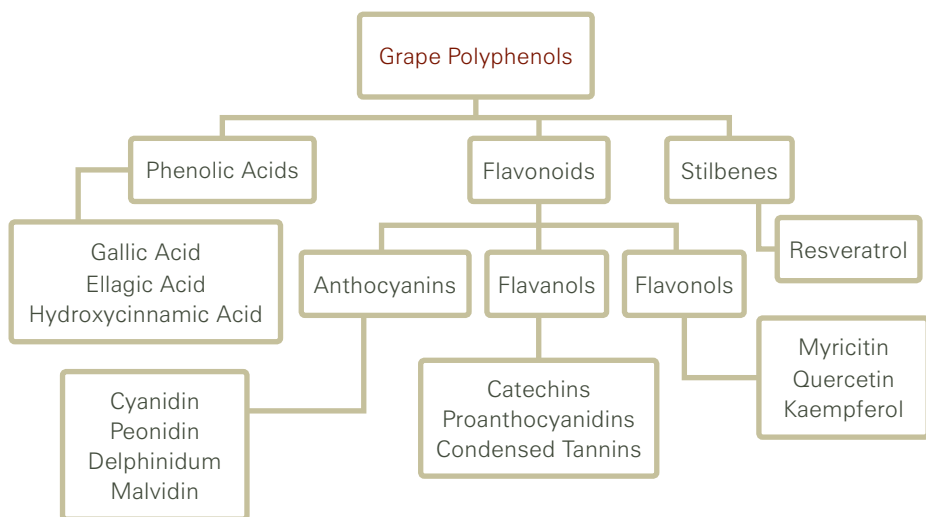
GRAPES from California

The Power of Polyphenols

You love grapes for their delicately sweet flavor, crisp bite and beautiful colors. But did you know there's health-promoting power in those bunches too?

Grapes are a natural source of beneficial plant compounds called polyphenols, which are associated with numerous health benefits, from heart health to healthy aging. Polyphenols are found in every part of the grape: skin, flesh and seeds, and in grapes of all colors – red, green and black.

There are three main families of polyphenols in grapes: phenolic acids, flavonoids, and stilbenes, each with their own particular family "members," some of which are depicted below.



Polyphenols appear to work by protecting the health and function of our cells, which broadly affects health. Research suggests that polyphenols work in more than one way, promoting antioxidant activity and influencing cell communications that affect important biological processes.

About Resveratrol

Resveratrol is a specific polyphenol that's garnered scientific and media attention for its potential health benefits. Grapes are one of the main natural dietary sources of resveratrol. All colors of grapes contain resveratrol, which is found in the grape skin. Perhaps more importantly, grapes offer hundreds of natural plant compounds – including many other polyphenols – and these may work together with resveratrol to contribute to health.



Heart Health

Grape polyphenols help contribute to a healthy heart by promoting the relaxation of blood vessels to help maintain healthy blood flow and function. Polyphenols may also help support healthy blood lipids, as well as antioxidant and anti-inflammatory activities that can help maintain heart health.

Healthy Aging

In addition to heart health, grape polyphenols may also play a role in healthy aging. Preliminary studies suggest that grape polyphenols may benefit eye health, bone health, brain health, bladder health, and liver health. And they may help maintain cell health to help prevent certain cancers. Eating grapes has also been linked to a lower risk of diabetes. Research is ongoing in these and other important areas of health.

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