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A new study shows that a dietary supplement containing resveratrol may provide a complementary benefit and improve risk factors in adults receiving standard therapy for cardiovascular disease

RESVERATROL IMPROVES INFLAMMATORY STATUS IN ADULTS AT HIGH RISK FOR CARDIOVASCULAR DISEASE

More than 20 years ago, researchers described what is known as the French Paradox. Despite having cardiovascular disease (CVD) risk factors similar to other industrial countries, the French have a lower mortality rate from CVD. Red wine consumption was assumed to be the explanation for this paradox, and the polyphenol resveratrol was identified as one of the beneficial compounds responsible for wine's health benefits. Despite the expectations derived from this compound's preliminary preclinical research, long-term randomized human clinical research has been lacking.

In a recent paper published in the *American Journal of Cardiology*, researchers investigated the effects of a dietary supplement containing resveratrol on the inflammatory and fibrinolytic status of adults at high risk of CVD. Subjects were on statin drugs for primary prevention of CVD and at high CVD risk (i.e., with diabetes or hypercholesterolemia plus ≥1 other CV risk factor).

The study included 75 patients that were treated for a period of one year, with a year of follow-up. Subjects were randomized into 3 groups; placebo (maltodextrin), resveratrol rich supplement (8 mg), or a conventional grape supplement lacking resveratrol. These dosages were used for the first 6 months, and then doubled for the next 6 months.

In contrast to placebo and conventional grape supplement, the resveratrol-rich grape supplement significantly decreased markers of inflammation; high-sensitivity C-reactive protein by 26%, tumor necrosis factor-α by 19.8%, plasminogen activator inhibitor type 1 by 16.8%, and interleukin-6/interleukin-10 ratio by 24%. In addition, the resveratrol supplement increased anti-inflammatory interleukin-10 by 19.8%. A marker of fibrinolytic (clotting) activity, soluble intercellular adhesion molecule, was also decrease in the resveratrol group by 5.7%.

The results of the present study show that a 1-year consumption of a resveratrol-rich supplement improved the inflammatory and fibrinolytic status in patients who were on statins for primary prevention of CVD. Thus, dietary intervention with resveratrol could complement the current standard therapy in the primary prevention of CVD.

João Tomé-Carneiro et al. One-Year Consumption of a Grape Nutraceutical Containing Resveratrol Improves the Inflammatory and Fibrinolytic Status of Patients in Primary Prevention of Cardiovascular Disease. American Journal of Cardiology - 23 April 2012 (10.1016/j.amjcard.2012.03.030).