



# **Resveratrol and Human Health**

Debasis Bagchi

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## Resveratrol and Human Health Debasis Bagchi

Red wine is claimed be good for your health. The reason red wine is so good for you is that it contains resveratol, a powerful antioxidant derived from grapes. In this guide, Dr Bagchi examines the health properties of resveratol and red wine.



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