American Diabetes Association.

NEWS RELEASE

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High-Doses of Resveratrol Provide No Metabolic Benefit to Obese Men

-- Human Study Contradicts Previous Animal Research Suggesting Compound Found in Red Wine Could Improve Insulin Sensitivity --

Alexandria, VA *(*November 28, 2012) – Taking high-dose supplements of resveratrol, a compound found in small amounts in red wine, provided no significant health benefit to obese but otherwise healthy men, according to a study published online November 28th in the journal *Diabetes*.

Previous animal and in vitro studies have suggested that taking resvertrol supplements in high doses can protect against morbidity and premature mortality for those with obesity, diabetes, hypertension or hyperlipidemia. This randomized, placebo-controlled, double blind study was one of the first to examine the effects of resveratrol on humans. In this trial, 24 obese but otherwise healthy men took daily doses of 1500 mg of resveratrol or placebo over a period of four-weeks.

Researchers found no significant changes in insulin sensitivity, the main focus of the study. They also found no impact on blood pressure, metabolic rate, levels of triglycerides and fats or any other metabolic biomarkers.

"While there has been a suggestion that resveratrol could offer some protection from diabetes or heart disease, this study clearly contradicts what we have seen in previous research involving laboratory animals," said lead researcher Morten Moller Poulsen, MD. "It seriously calls into question whether there is any benefit associated with taking supplements made from this compound. In healthy obese subjects, our results would suggest there is not."

The researchers note, however, that future studies should test the therapeutic potential of resveratrol on subjects who have been diagnosed with type 2 diabetes, high blood pressure and non-alcoholic fatty liver disease to determine if it might be more beneficial for people who are less healthy.

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Diabetes publishes original research about the physiology and pathophysiology of diabetes. Published by the American Diabetes Association, it is the leading peer-reviewed journal of basic research into one of the nation's leading causes of death by disease. Diabetes also is a leading cause of heart disease and stroke, as well as the leading cause of adult blindness, kidney failure, and non-traumatic amputations.

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The American Diabetes Association is leading the fight to Stop Diabetes and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both these sources is available in English and Spanish.

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