

## Resveratrol Research Articles in Humans or using Human Cells

By

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1] Sinclair,D., (2013), It's a SIRT , Science, March 8<sup>th</sup> 2013,Vol 339,No 6124,p1121 – shows resveratrol activates the enzyme SIRT 1,which makes cells live longer, in humans

2] Kennedy,D.O.,(2010) , Effects of resveratrol on cerebral blood flow variables and cognitive performance in humans. Am J ClinNutr.,March 31,2010,Vol 91,pp1590-1597 – shows resveratrol administration to humans resulted in dose dependent increases in cerebral blood flow during task performance

3] Cullen,J.P., (2007), Resveratrol,a PolyphenolcPhytostilbene, Inhibits Endothelial Monocyte Chemotactic Protein-1 Synthesis and Secretion [ in human umbilical vein endothelial cells],J Vasc Res 2007,Vol 44,pp 75-84 – thus monocytes are not attracted to endothelial cells to cause vascular disease via inflammation of endothelium

4] Schroeksadel,K., (2005), Anti-inflammatory compound resveratrol suppresses homocysteine formation in stimulated human peripheral blood mononuclear cells in vitro, Clinical Chemistry and Laboratory Medicine, October 1005,Vol 43,No 10, pp 1084-1088

5] Lee, B., (2005), Resveratrol Inhibits TNF – alpha? Induced Proliferation and Matrix Metalloproteinase Expression in Human Vascular Smooth Muscle Cells, J of Nutrition December 2005,Vol 135, pp 2767-2773 – shows resveratrol reduces cell proliferation and inflammation necessary for vascular disease.

6] Gouedard,C., (2004), Induction of the Paraoxonase -1 gene expression by resveratrol [ in human hepatocyte cultures ] ,Arteriosclerosis ,Thrombosis,and Vascular Biology,2004,Vol 24,No 12,pp 2378-2383 – increased paraoxonase gives cardiac protection

7] Wu, J.M., (2004), Vascular Effects of Resveratrol [ using human aortic endothelial cells ] Phytochemicals: mechanisms of action, CRC Press Inc.,2004

8] Liu,J.C., (2003), Inhibition of Cyclic Strain – Induced Endothelial-1 Gene Expression by Resveratrol [using human umbilical vein endothelial cells],Hypertension,2003,Vol42,pp 1198-1205 – shows one mechanism by which resveratrol acts as an anti-inflammatory agent to protect endothelial cells from oxidative stress.

9] Ferrero,M.E., (1998), Activity in vitro of resveratrol on granulocyte and monocyte adhesion to endothelium [using human umbilical vein endothelial

cells], Am J of Clin Nutr., 1998, Vol 68, pp 1208-1214 – shows how resveratrol inhibits adhesion of inflammatory cells to endothelial cells

10] Frankel, E.N., (1993), Inhibition of human LDL oxidation by resveratrol, The Lancet, 24 April 1993, Vol 341, Issue 8852, pp 1103-1104