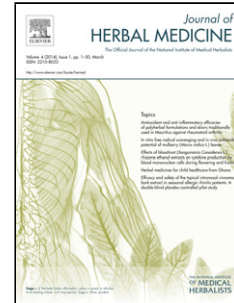


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Bioavailability of resveratrol: Possibilities for enhancementKonrad de Vries^a, Morné Strydom^b, Vanessa Steenkamp^{a*}

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Highlights

- Resveratrol has a variety of beneficial effects *in vitro*
- Orally administered resveratrol has low bioavailability *in vivo*
- Methods are proposed for enhancing bioavailability

Abstract

Resveratrol is a naturally occurring polyphenol that has been shown to elicit a variety of beneficial effects *in vitro*. Translating these gains to *in vivo* and clinical settings has proven to be a major challenge, because of its poor oral bioavailability. This caveat was confirmed after reviewing clinical trials conducted on this investigational product over the past two years. This review provides alternative methods of administration of resveratrol which may enhance its bioavailability. However, these methods remain to be validated.

Keywords: Bioavailability; clinical trials; efficacy; resveratrol

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