



## The Potential Health Benefits of Resveratrol

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### Message from the Guest Editor

Dear Colleagues,

Resveratrol is a naturally occurring diphenolic compound. Animal studies have shown that resveratrol exerts numerous beneficial effects on the organism. Resveratrol action is well established under various pathological conditions. It has been demonstrated to have, among others, anti-diabetic, anti-obesity, nephroprotective, hepatoprotective, neuroprotective, anti-cancer, anti-inflammatory, and antioxidant properties. Resveratrol also ameliorates ethanol-induced disturbances and is effective in rheumatoid arthritis. Moreover, it is well known that its ingestion is associated with cardiovascular benefits.

Animal studies have shown that long-term resveratrol treatment is safe since it is not accompanied by any side effects. However, resveratrol, similar to many other natural-derived compounds, may exert different effects in various tissues, and its action may not be dose-dependent.

The topic of the Special Issue focuses on molecular mechanisms, elucidating the health advantageous effects of resveratrol that enable its future use in human treatment.

Dr. Katarzyna Szkudelska

*Guest Editor*





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