

Benefits of Resveraterol | 白藜芦醇的好处

A

Alzheimer's disease / 老年痴呆症

EN Links-

1. <https://clinicaltrials.gov/ct2/show/NCT01504854>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4261550/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664214/>

CN Links-

1. <https://www.x-mol.com/paper/1304395060752912384/t?recommendPaper=1294139742066712576>

Anti Ageing / 延缓衰老

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/18254804/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5630366/>
3. <https://www.hindawi.com/journals/omcl/2021/9932218/>

CN Links-

1. <https://patents.google.com/patent/CN101371827A/zh>

Antibacterial / 抗菌

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/30825504/>
2. <https://pubmed.ncbi.nlm.nih.gov/33815561/>
3. <https://pubmed.ncbi.nlm.nih.gov/29515440/>

CN Links-

1. <https://www.x-mol.com/paper/1371982953772957696/t>
2. <https://baike.baidu.com/item/%E7%99%BD%E8%97%9C%E8%8A%A6%E9%86%87/2541147>

Anti Cancer Properties / 有抗癌特性

EN Links-

1. <https://www.sciencedirect.com/science/article/abs/pii/S0024320518303692>
2. <https://www.tandfonline.com/doi/abs/10.1080/10408398.2016.1263597>
3. <https://www.mdpi.com/1422-0067/18/12/2589>

CN Links-

1. <https://www.163.com/dy/article/FNHQ0QD50514AUL4.html>
2. <https://www.x-mol.com/paper/1402389998080606208/t>
3. http://www.cib.cas.cn/xwdt/kjqy/201508/t20150811_4409569.html
4. <https://www.wjgnet.com/1009-3079/full/v22/i31/4769.htm>

Antioxidant / 抗氧化剂

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/27058985/>
2. <https://portlandpress.com/biochemsoctrans/article-abstract/35/5/1156/86289/Resveratrol-as-an-antioxidant-and-pro-oxidant?redirectedFrom=fulltext>

CN Links-

1. <https://www.x-mol.com/paper/1372609159396540416/t?recommendPaper=1239434039073161216>
2. https://image.hanspub.org/Html/2-1740185_20620.htm

B

Boost Immune System / 增强免疫系统

EN Links-

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6566902/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5748756/>
3. <https://www.mdpi.com/2072-6643/9/12/1306>

CN Links-

1. <https://www.x-mol.com/paper/1402389998080606208/t>
2. <https://patents.google.com/patent/CN1459280A/zh>
3. <https://new.qq.com/omn/20200320/20200320A0K6UZ00.html>

Breast cancer / 乳腺癌

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/26774195/>
2. <https://www.sciencedirect.com/science/article/abs/pii/S1044579X15300018>

CN Links-

1. <http://gjzlx.cn/CN/abstract/abstract8994.shtml>
2. <http://zgqgws.xml-journal.net/article/id/16146?viewType=HTML>
3. <https://www.wine-world.com/culture/jk/20180704100125032>

C

Cardiovascular diseases / 心血管疾病

EN Links-

1. <https://www.sciencedirect.com/science/article/abs/pii/S0098299710000701>
2. <https://nyaspubs.onlinelibrary.wiley.com/doi/abs/10.1111/nyas.12216>
3. <https://www.ingentaconnect.com/content/ben/cmc/2012/00000019/00000024/art00013>

CN Links-

1. <https://www.x-mol.com/paper/1258179401162620928/t?recommendPaper=5756635>
2. <https://dysw.cnki.net/kcms/detail/detail.aspx?filename=YXZS201814011&dbcode=CJFQ&dbname=CJFD2018&v=>

Colorectal cancer / 大肠癌

EN Links-

1. <https://cancer-ci.biomedcentral.com/articles/10.1186/s12935-019-0906-y>
2. <https://www.spandidos-publications.com/10.3892/mmr.2020.11809#>

CN Links-

1. <https://www.x-mol.com/paper/1294129754460004352/t?recommendPaper=1237507288801722368>
2. <http://www.gjzlx.cn/CN/abstract/abstract9874.shtml>
3. <http://html.rhhz.net/ZGYLXTB/html/201608016.htm>

Chemoprevention / 化学预防

EN Links-

1. <https://europepmc.org/article/med/10492890>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6152653/>
3. <https://pubmed.ncbi.nlm.nih.gov/17569614/>
4. <https://www.sciencedirect.com/science/article/abs/pii/S0304383509000846>

CN Links-

1. [https://www.x-mol.com/paper/1433530367776374784/t?recommendPaper=1346548937940684800\](https://www.x-mol.com/paper/1433530367776374784/t?recommendPaper=1346548937940684800)
2. <https://baike.sogou.com/v66544311.htm>

D

Diabetes mellitus / 糖尿病

EN Links-

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4160010/>
2. <https://www.sciencedirect.com/science/article/pii/S0925443914003196>
3. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011919.pub2/full>
4. <https://www.naturalmedicinejournal.com/journal/2014-02/resveratrol-diabetes-care>

CN Links-

1. <https://www.xiahepublishing.com/2475-7543/MRP-2018-016>
2. <http://www.shcell.org/219/2779.html>
3. https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011919.pub2/full/zh_HANS

E

Eyes Health / 眼睛护理

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/24652235/>
2. <https://medicine.wustl.edu/news/podcast/resveratrol-and-vision/>
3. <https://www.hindawi.com/journals/joph/2017/4052094/>
4. <https://www.hindawi.com/journals/joph/2017/4052094/>

CN Links-

1. <https://health.ltn.com.tw/article/breakingnews/1843996>
2. <https://www.top1health.com/Article/43315>
3. <https://af84131.pixnet.net/blog/post/230471599>

F

Fertility / 幫助懷孕

EN Links-

1. <http://www.fertilecareforwomen.com/infertility/resveratrol-found-to-improve-embryo-quality/>
2. <https://academic.oup.com/humrep/article/28/3/707/937635>

CN Links-

1. [https://www-qbaobei-com.translate.goog/jiankang/443613.html?
_x_tr_sch=http&_x_tr_sl=zh-CN&_x_tr_tl=en&_x_tr_hl=en-
GB&_x_tr_pto=op,sc](https://www-qbaobei-com.translate.goog/jiankang/443613.html?_x_tr_sch=http&_x_tr_sl=zh-CN&_x_tr_tl=en&_x_tr_hl=en-GB&_x_tr_pto=op,sc)
2. <http://www.qbaobei.com/jiankang/443613.html>
3. <http://deepthinkgohelper.com/wp/?p=1710>

H

Hair Health / 头发护理

EN Links-

1. <https://www.dovepress.com/hair-growth-promoting-effect-of-resveratrol-in-mice-human-hair-follicle-peer-reviewed-fulltext-article-CCID>
2. <https://www.express.co.uk/life-style/health/1530060/hair-loss-treatment-resveratrol-supplement-stop-hair-loss>

CN Links-

1. <https://www.x-mol.com/paper/1464446293414674432/t?recommendPaper=1387234494990278656>
2. https://www.sohu.com/a/500321552_121232745

Helps To Lose Weight / 帮助减肥

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/30421960/>

CN Links-

1. <https://www.top1health.com/Article/38314>

Hypertension (High Blood Pressure) / 高血压

EN Links-

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5245087/>
2. <https://pubmed.ncbi.nlm.nih.gov/29359958/>
3. <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-016-1426-x>

CN Links-

1. https://www.medsci.cn/article/show_article.do?id=0c8c1e532052
2. <https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.118.037398>

I

Improves non-alcoholic fatty liver / 改善非酒精型脂肪肝

EN Links-

1. <https://www.nature.com/articles/aps200884>
2. <https://pubmed.ncbi.nlm.nih.gov/18501116/>
3. <https://cdnsiencepub.com/doi/abs/10.1139/apnm-2019-0057>

CN Links-

1. <https://www.x-mol.com/paper/1213038278810472458/t?recommendPaper=1235649782295019520>

Increase Bone Density / 益骨质健康

EN Links-

1. <https://www.healio.com/news/endocrinology/20200708/resveratrol-boosts-bone-density-for-postmenopausal-women>
2. <https://academic.oup.com/jcem/article/99/12/4720/2834693>
3. <https://www.endocrine.org/news-and-advocacy/news-room/2014/resveratrol-boosts-spinal-bone-density-in-men-with-metabolic-syndrome>

CN Links-

1. https://www.sohu.com/a/422706841_100213011

Inflammatory diseases / 炎症性疾病

EN Links-

1. <https://www.cambridge.org/core/journals/nutrition-research-reviews/article/resveratrol-and-inflammatory-bowel-disease-the-evidence-so-far/73F670C35DD43BF42711B44E01D335A7>
2. <https://www.ingentaconnect.com/content/ben/iadt/2007/00000006/00000003/art00004>
3. <https://onlinelibrary.wiley.com/doi/abs/10.1002/mnfr.200500022>

CN Links-

1. <https://news.bioon.com/article/6350989.html>
2. <https://www.x-mol.com/paper/1344393193032790016/t>

K

Kidney diseases / 肾脏疾病

EN Links-

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6682908/>
2. <https://www.hindawi.com/journals/omcl/2013/963217/>

CN Links-

1. <https://patents.google.com/patent/CN101780062A/zh>

M

Metabolic Syndrome / 代谢综合征

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/30400297/#:~:text=Resveratrol%20is%20a%20polyphenol%20which,grade%20inflammation%2C%20and%20oxidative%20stress>
2. <https://www.clinicaltrials.gov/ct2/show/NCT01714102>

CN Links-

1. <https://scjg.cnki.net/kcms/detail/detail.aspx?filename=1015325675.nh&dbcode=CDFD&dbname=CDFD2015&v=>
2. https://xueshu.baidu.com/usercenter/paper/show?paperid=1c460g60b13d0jq0mm6k0ef0mh763181&sc_from=pingtai4&cmd=paper_forward&title=%E7%99%BD%E8%97%9C%E8%8A%A6%E9%86%87%E5%AF%B9%E4%BB%A3%E8%B0%A2%E7%BB%BC%E5%90%88%E5%BE%81%E5%A4%A7%E9%BC%A0%E7%B3%96%E8%84%82%E4%BB%A3%E8%B0%A2%E7%9A%84%E6%94%B9%E5%96%84%E4%BD%9C%E7%94%A8&wise=0
3. <https://www.spkx.net.cn/CN/10.7506/spkx1002-6630-201123071>

Multiple myeloma / 多发性骨髓瘤

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/17164350/#:~:text=Resveratrol%20inhibited%20the%20proliferation%20of,effects%20of%20bortezomib%20and%20thalidomide>
2. <https://pubmed.ncbi.nlm.nih.gov/17049120/>
3. <https://ashpublications.org/blood/article/109/6/2293/23316/Resveratrol-inhibits-proliferation-induces>

CN Links-

1. <https://www.tiprpress.com/zcy/article/abstract/20070130?st=search>
2. <https://www.x-mol.com/paper/1390984127819960320/t>
3. <http://cjbmb.bjmu.edu.cn/CN/abstract/abstract24909.shtml>

N

Neurological Disease / 神经系统疾病

EN Links-

1. <https://jneuroinflammation.biomedcentral.com/articles/10.1186/s12974-016-0779-0>
2. <https://www.frontiersin.org/articles/10.3389/fphar.2018.01261/full>

CN Links-

1. <https://www.x-mol.com/paper/1304395060752912384/t?recommendPaper=1294139742066712576>
2. https://www.chemicalbook.com/SupplierNews_6223.htm
3. https://www.medsci.cn/article/show_article.do?id=30a32e3682b

O

Obesity / 肥胖症

EN Links-

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6466544/>
2. <https://www.frontiersin.org/articles/10.3389/fendo.2019.00413/full>

CN Links-

1. <https://www.x-mol.com/paper/1213016692434866189/t?recommendPaper=1311366607208157184>
2. <https://www.x-mol.com/paper/1213038278542037005/t?recommendPaper=1269903117865480192>
3. <http://rs.yiigle.com/CN112225202103/1315358.htm>

P

Protective Effect On Cell Oxidative Damage / 保护细胞氧化损伤

EN Links-

1. <https://onlinelibrary.wiley.com/doi/abs/10.1046/j.1440-1681.2001.03415.x>
2. <https://www.sciencedirect.com/science/article/abs/pii/S0022480405000594>

CN Links-

1. <http://rs.yiigle.com/CN431274202004/1197082.htm>

Promotes Blood Circulation in the Brain and Improves Cognition / 促进脑部血液循环

EN Links-

1. <https://pubmed.ncbi.nlm.nih.gov/20357044/>
2. <https://veriteresveratrol.com/2019/07/how-resveratrol-rejuvenates-blood-vessels-and-supports-healthy-living/>

CN Links-

1. <https://www.herbridge.com/newsInfo-52674-61.html>
2. <https://cn.iherb.com/blog/resveratrol-brain-health/1011>

R

Regulate blood sugar (beneficial to diabetic patients) /

调控血糖 (有益于糖尿病患者)

EN Links-

1. <https://veriteresveratrol.com/2019/07/how-resveratrol-rejuvenates-blood-vessels-and-supports-healthy-living/>
2. <https://www.hindawi.com/journals/bmri/2014/698628/>

CN Links-

1. <http://www.ubasichealth.com/sites/ubasio/lunwen/2018-02/%E7%99%BD%E8%97%9C%E8%8A%A6%E9%86%87%E5%AF%B9%E7%B3%96%E5%B0%BF%E7%97%85%E5%8F%8A%E5%85%B6%E5%B9%B6%E5%8F%91%E7%97%87%E4%BD%9C%E7%94%A8%E6%9C%BA%E5%88%B6%E7%9A%84%E7%A0%94%E7%A9%B6%E8%BF%9B%E5%B1%95.pdf>
2. https://www.medsci.cn/article/show_article.do?id=89d619e1699d

Reduce Cholesterol Level / 降低胆固醇水平

EN Links-

1. <https://lipidworld.biomedcentral.com/articles/10.1186/s12944-020-1198-x>
2. <https://www.nutraingredients-usa.com/Article/2018/08/02/Resveratrol-may-improve-cholesterol-levels-suggests-Mexican-study>

CN Links-

1. <https://www.x-mol.com/paper/1235584685027606528/t?recommendPaper=1356344970477682688>

Rhinopharyngitis / 鼻咽炎

EN Links-

1. [Resveratrol plus carboxymethyl-b-glucan in children with recurrent respiratory infections a preliminary and real-life experience](https://www.researchgate.net/publication/268789060)
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4245789/>
3. <https://www.sciencedirect.com/science/article/pii/S2405844020306599>

CN Links-

1. https://m.medsci.cn/article/show_article.do?id=d6671333855a
2. https://www.medsci.cn/article/show_article.do?id=8edc194e60b7
3. <https://ichgcp.net/zh/clinical-trials-registry/NCT02130440>

S

Skin Care / 皮肤护理

EN Links-

1. <https://www.healthline.com/health/beauty-skin-care/resveratrol-for-skin#benefits-of-resveratrol>
2. <https://www.dermstore.com/blog/what-is-resveratrol-used-for/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3060966/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770230/>
5. <https://onlinelibrary.wiley.com/doi/full/10.1111/iwj.13601>
6. <https://www.hindawi.com/journals/ecam/2020/2416837/>

CN Links-

1. <https://www.x-mol.com/paper/1390052394964901888/t#:~:text=%E7%99%BD%E8%97%9C%E8%8A%A6%E9%86%87%E6%98%AF,%E7%9A%AE%E8%82%A4%EF%BC%88%E5%85%89%E8%80%81%E5%8C%96%EF%BC%89%E6%9C%89%E5%85%B3%E3%80%82>
2. <https://www.x-mol.com/paper/1213059469541576716/t?recommendPaper=1309251577931075584>
3. <https://39jingyou.com/723.html>

Stroke / 脑中风

EN Links-

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3474795/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4587342/>
3. <https://www.eurekaselect.com/124524/article>
4. <https://www.hindawi.com/journals/omcl/2018/4147320/>
5. <https://pubs.acs.org/doi/10.1021/cn400094w>

CN Links-

1. <https://www.herbridge.com/newsInfo-32225-65.html>
2. <http://rs.yiigle.com/CN115541201503/632851.htm>