Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Resveratrol

This information describes the common uses of Resveratrol, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Resveratrol is a chemical found in grapes, red wine, peanuts, pistachios, blueberries, and cranberries.

Resveratrol supplements come as tablets, softgels, capsules, and powders.

What are the potential uses and benefits?

Resveratrol is used to:

- Prevent or treat heart disease.
- Prevent or treat diabetes (wear and tear arthritis).
- Improve memory.
- Relieve joint pain due to osteoarthritis.

Resveratrol also has other uses that haven't been studied by doctors to see if they work.

It’s generally safe to eat foods with resveratrol. Talk with your healthcare provider before taking resveratrol supplements. Herbal supplements are stronger than the herbs you would use in cooking.

Supplements can also interact with some medications and affect how they work. For more information, read the “What else do I need to know?” section below.

What are the side effects?

Side effects of high doses of resveratrol may include:

- Nausea (feeling like you’re going to throw up).
- Passing gas.
- Abdominal (stomach) pain.
- Diarrhea (loose or watery bowel movements).

What else do I need to know?

- Talk with your healthcare provider if you’re taking blood thinners such as warfarin (Coumadin®, Jantoven®). Resveratrol may increase your risk of bleeding.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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