Memorial Sloan Kettering
Cancer Center

Grape Seed

This information describes the common uses of Grape Seed, 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?

Grape seeds from wine grapes are used to make grape seed extract. It contains chemicals that help prevent many chronic conditions.

Grape seed extract comes as tablets, capsules, liquid extracts, and tinctures. Extracts are stronger and have less alcohol than tinctures.

What are the potential uses and benefits?

Grape seed extract is used to:

- Lower high cholesterol.

- Reduce inflammation (swelling).

- Treat atherosclerosis (ath-uh-roh-skluh-roh-sis) (when your arteries get hard because of a buildup of fats and cholesterol).

Grape seed extract has other uses, but doctors have not studied them to see if they work.

Talk with your healthcare provider before taking grape seed extract

supplements. Herbal supplements are stronger than the herbs you would use in cooking.

Some herbal supplements can also affect how medications work. For more information, read the "What else do I need to know?" section below.

What are the side effects?

Side effects have not been reported.

What else do I need to know?

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

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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