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Reversing Time with Resveratrol

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As we get older our skin is probably the first organ to show signs of ageing – wrinkles and atypical pigmentation.

With age, the number of elastin fibres decrease, as does collagen, resulting in sagging and reduced elasticity of the skin.¹ However, antioxidants are proving to be effective in preventing the signs of photo-induced ageing of the skin.²

One antioxidant phytonutrient that has been in the spotlight on the anti-ageing stage is resveratrol. As an antioxidant, it quenches free radicals which are known to play a crucial role in tissue damage and ageing.³

Resveratrol also mimics some molecular and functional effects of dietary restriction which, when not associated with malnutrition, has been shown to slow the ageing process.⁴

One of these molecular effects is the protection of mitochondria – an effect that is thought to have a significant impact on cellular ageing processes and the development of age-related diseases.⁴

To summarise the age-defying actions of resveratrol, its protection of mitochondria is likely to contribute to its anti-ageing action. Similar mitochondrial protection can be achieved by a calorie-restricted diet which also induces pathways activated by resveratrol and attenuates mitochondrial free radical production.⁴

References

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