**STUDY 1**

Resveratrol is a potent antioxidant!

“Efficiency and mechanism of the antioxidant action of trans-resveratrol and its analogues in the radical liposome oxidation”

**Key Points of Study**

- Trans-resveratrol protects against lipid peroxidation and inhibits tumor formation.
- It was found that trans-resveratrol was a better radical scavenger than vitamins E and C but similar to the flavonoids epicatechin and quercetin.

**STUDY 2**

Resveratrol is anti-inflammatory!

“Resveratrol is a potent inhibitor of the dioxygenase activity of lipoxygenase”

**Key Point of Study**

- Resveratrol inhibits the dioxygenase activity of lipoxygenase.