

Resveratrol

Resveratrol is an antioxidant found in grapes, berries, and peanuts. It is responsible for many of the health benefits seen with red wine and is often taken as a supplement for its possible anti-aging effects.

Resveratrol improves brain health, raising levels of the brain's main repair mechanism: brain derived neurotrophic factor. Although its studies in psychiatry are small and few, it may improve attention deficit hyperactivity disorder (ADHD).

We continue to learn about resveratrol's medical benefits. So far what we know comes from small studies and is not definitive. It appears to improve heart health, lowering cholesterol and blood pressure. It prevents diabetes and cancer, and has anti-aging effects in some animals.

How should I take it?

For ADHD, the dose is 500 mg/day of Resveratrol (also called *Standardized Trans-Resveratrol*). It can be divided up twice a day or taken all at once. With or without food.

Risks and Side Effects

No major risks or side effects have been revealed in studies that have used resveratrol supplements. It may thin the blood a little so people on blood thinners should consult with their physician or cardiologist.

What if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

How long do I need to take it?

This depends on your diagnosis and which other medications you are taking.

What happens if I stop it?

Resveratrol does not have known withdrawal problems.



How to purchase

I use Consumer Labs to identify products that are safe and contain the right ingredients. Find links to the best priced option at:

www.chrisaikenmd.com/supplements

Currently the best option is TruNature Resveratrol Plus (available on Amazon). It comes as 250mg so take 2/day. This product also has a green tea extract in it that is equivalent to about 1 cup of green tea a day. Green tea has many health benefits and brain protective properties.

—Chris Aiken, MD. Updated 6/28/2025

Quick links to recommended products at
www.chrisaikenmd.com/supplements

Side effects

Resveratrol is generally well tolerated. Side effects are rare; the most common reported side effects are anxiety, increased appetite, nausea and headache.

Resveratrol may have anticoagulant effects (reducing blood-clotting) which may be a concern for people taking anticoagulants, undergoing surgery, or who are at risk for stroke.

Resveratrol does not have known health risks at doses below 1,500mg daily, though its safety has not been as extensively studied as the safety of medications has. It can be toxic at doses above 5,000mg daily.

Don't mistake Resveratrol for an alternative form called meadow Resveratrol or *Colchicum autumnale*, which is toxic.

—Chris Aiken, MD, updated 6/25/2026