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Southwestern Texas pokazali su da **resveratrol** iz crnog vina smanjuje razine šećera u krvi. Dr. Roberto Coppari inicirao je miševima injekcije resveratrola uz visoko kalorijsku prehranu. Rezultati su pokazali da je aktiviran **SIRT1 protein** u mozgu odgovoran za smanjenje koncentracije glukoze i povećanje količine **inzulina** .

“Resveratrol dobiven iz kožice bobica crnog grožđa proučava se već niz godina zbog svog pozitivnog utjecaja na organizam. Pretpostavljali smo da resveratrol djeluje na jetru, međutim ustanovilo se da je **mozak** meta terapije. To pruža nove mogućnosti u terapiji dijabetesa tip 2, a vjerujemo da je isti princip djelovanja i kod kardiovaskularnih bolesti.”, izjavio je dr. Coppari.

Znanstvenici Harvard Aging Institute objavili su 2006. studiju o djelovanju resveratrola na pretile miševi. Nakon šest mjeseci terapije resveratrolom umanjeni su negativni efekati prehrane s 60% kalorija iz masti, tvrdi dr Rafael de Cabo. Ove studije doprinos su razumijevanja **“francus kog paradoksa”** , specifičnog za francusku kuhinju u kojoj kombinacija kalorične hrane uz umjerenu konzumaciju vina korisno djeluje na zdravlje.

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