NATURAL HEALTH PRODUCT

RESVERATROL

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant’s discretion.
- The solidus (/) indicates that the terms and/or the statements are synonymous. Either term or statement may be selected by the applicant.

Date

March 7, 2014

Proper name(s)

- trans-Resveratrol (Merck 2012)
- (E)-5-(p-Hydroxystyryl)resorcinol (Merck 2012)
- 5-[(1E)-2-(4-Hydroxyphenyl)ethenyl]-1,3-benzenediol (Merck 2012)
- trans-3,4',5-Trihydroxystilbene (PubChem 2007)

Common name(s)

Resveratrol (Merck 2012)

Source material(s)

- Reynoutria japonica Houtt. – Root (Merck 2012; USDA 2011)
  (synonyms: Fallopia japonica Houtt.; Polygonum reynoutria Makino; Polygonum cuspidatum Siebold & Zucc.)
- Vitis vinifera L. - Fruit (Bertelli and Das 2009; USDA 2009; Dani et al. 2007)
- Synthetic (La Porte et al. 2010)

Route(s) of administration

Oral

Dosage form(s)
- The acceptable pharmaceutical dosage forms include, but are not limited to capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.
- This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.

**Use(s) or Purpose(s)**

Provides antioxidants (Ghanim et al. 2010; Rocha et al. 2009).

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**Dose(s)**

**Subpopulation(s)**

Adults (≥ 18 years)

**Quantity(ies)**

Up to 1 g resveratrol, per day (Cottart et al. 2013; Brown et al. 2010; Gaby 2006).

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**Duration of use**

Products providing more than 250 mg resveratrol per day

For prolonged use, consult a health care practitioner (Vang et al. 2010).

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**Risk information**

**Caution(s) and warning(s)**

- If you are pregnant or breastfeeding, consult a health care practitioner prior to use.
- If you are taking prescription medication, consult a healthcare practitioner prior to use as resveratrol may alter the effectiveness of these medications (Bransyo et al. 2011; Chow et al. 2010).

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**Contraindication(s)**

No statement required.

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**Known adverse reaction(s)**

Products providing ≥ 0.5 g of resveratrol per day
May cause nausea, abdominal pain, and/or diarrhea (Brown et al. 2010; Chow et al. 2010).

Non-medicinal ingredients

Must be chosen from the current NHPD *Natural Health Products Ingredients Database* (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.

Specifications

- The finished product specifications must be established in accordance with the requirements described in the NHPD *Quality of Natural Health Products Guide*.
- The medicinal ingredient must comply with the requirements outlined in the *Natural Health Products Ingredients Database* (NHPID).

References cited


USDA 2011: ARS, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). National Germplasm Resources Laboratory, Beltsville (MD). [Reynoutria
japonica Houtt.; Last updated 2011 October 28; Accessed 2013 August 06]. Available at: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl


References reviewed


Bishayee A. Cancer Prevention and Treatment with Resveratrol: From Rodent Studies to Clinical Trials. Cancer Prevention Research Published Online First; 2009.


