



## **Resveratrol Believed To Be Effective In Stopping Blindnes**

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Orlando, FL ? June 14, 2016- Nowadays, more and more people are practicing healthy diets and lifestyles to increase their protection against a range of medical conditions. This includes the use of natural remedies such as resveratrol.

Resveratrol is believed to be effective in preventing blindness. This powerful antioxidant can be found in foods that have high nutritional values such as blueberries, red wine, grapes, and peanuts. Resveratrol is also thought to promote health as well as longevity.

There are many health benefits associated with the use of resveratrol such as prevention of heart disease and diabetes, weight management, and regulation of cholesterol levels. Now, it is believed to combat the common cause of blindness.

The researchers from the Washington University School of Medicine in St. Louis have revealed that resveratrol has the potential to stop the growth of angiogenesis. This out-of-control blood vessel growth affects the eye.

The discovery could mean that resveratrol has the potential to preserve vision in age-related macular degeneration, diabetic retinopathy, and retinopathy of prematurity. These are the three major blinding eye diseases.

According to statistics, age-related macular degeneration is the leading cause of blindness among individuals who are over 50 years old in the United States. Diabetic neuropathy, on the other hand, causes blindness among 20 percent of individuals with diabetes.

Retinopathy of prematurity affects infants. It takes place when there is an obstruction of blood flow into the retina. Unfortunately, this blinding eye disease cause vision loss among 50,000 infants every year.

Rajendra S. Apte, MD, PhD, Washington University retina specialist and senior investigator of a study reveals that there have been a massive number of research studies that have identified resveratrol as a powerful anti-aging compound.

Considering the wide interest of scientists in age-related disease, they would like to know if there is truly a link between the use of the antioxidant and the prevention of blindness.

The team spearheaded by Dr. Apte conducted a study to see if resveratrol has an effect on mice that had abnormal blood vessels in the retina after the subjects had laser treatment.

The findings of the study were published in the American Journal of Pathology. It was found that in rodents treated with resveratrol, there was prevention in the growth of abnormal blood vessels. It was also found that the existing abnormal blood vessels started to disappear.

Resveratrol has long been believed to be an effective preventive measure in fighting a range of conditions. Individuals who want to take advantage of its therapeutic effects may use resveratrol supplements.

Some of the most recommended resveratrol supplements contain extracts of Acai fruit, red wine, grape seed, and green tea (<http://amazon.com/Resveratrol-Supplement-Strength-Extract-capsules/dp/B019C0UU5S>).

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