

Resveratrol dosage

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2008-01/msg00060.html>

- *From:* JayDee <dopamine@xxxxxxxx>
 - *Date:* Mon, 7 Jan 2008 11:06:29 -0800 (PST)
-

I was taking a 325 mg Resveratrol supplement for a while, and recently came across a few "combo" supplements that had significantly lower dosages of Resveratrol (30mg) in combination with, in one case, 100 mg grape seed extract, 25mg olive fruit extract, and 200mg green tea. In other cases, I saw 100mg of Resveratrol combined with "OPC's".

If I'm trying to get the benefits of Resveratrol, is taking a combo supplement with 30mg going to be sufficient? Unfortunately, many of the studies I've read do not specify dosages used.

Thanks!

– JayDee
.