Can Wine and Chocolate Help Osteoporosis?

by YVONNE BANKS

Interesting Results From Resveratrol Study

You are what you eat, but really … can wine and chocolate help you if you have osteoporosis? Recent studies done by Danish researchers seem to support this notion. It is actually a compound called resveratrol that has been found to improve osteoporosis when given to mice and rats in the laboratory setting. Resveratrol is a natural compound found in cocoa powder, grapes and red wine, mulberries, and even peanuts. The benefits of resveratrol have included the anti-inflammatory properties that attribute to the protection of bone loss in their rodent test subjects.

Now it has been found to be also successful in human subjects. Danish researchers gave male participants with metabolic syndrome resveratrol. Metabolic syndrome is linked with low-grade inflammation that leads to bone loss. The results of the study were that the men had increased spinal bone density. By removing the inflammation factor, this staves off potential osteoporosis. This study reveals that resveratrol can have true potential as an anti-osteoporosis intervention in human beings.

How the Study Was Conducted

The study entailed a 16-week course of administering a specified dose of resveratrol to male participants with metabolic syndrome. Metabolic syndrome is a cluster of risk factors, including conditions like diabetes and high blood pressure, which may lead to heart disease, diabetes, or stroke. It is thought that the inflammation caused by metabolic syndrome leads to osteoporosis. The dosage given was either 500 milligrams of the compound, a 75 milligram dose, or a placebo two times a day.

The Results of the Study

The men had their bone density measured to measure the effect of the resveratrol regime. The men who had taken the 500 mg of the compound twice a day had a 2.6% increase in their bone density compared to the men who had the placebo. They also had a 16% increase in a bone formation marker compared to the control group. Overall, the group with the higher dose of resveratrol had significant improvements in both of the tests compared to the other two groups.

Further studies will be done to determine resveratrol’s effects on the varying populations at risk for osteoporosis. The mentioned study offers encouraging results that are definitely worth looking into.

What Makes Resveratrol So Unique in Its Ability to Help Osteoporosis?

Resveratrol is thought to work in helping osteoporosis by stimulating bone-forming cells within the body. Osteoporosis is a problem because of the loss of bone density that leads to the risk of fractures, so if resveratrol can support bone density, then it is a worthy intervention toward prevention.

So are you ready to consume this wondrous compound for its bone strengthening benefits? You will need to drink between 0.2 and 5.8 mg per liter of red wine (depending on the type of grape it is made from). Chocolate has 0.35 to 1.85 mg/kg of the natural compound. To mimic the amount in the study, it may not be a good idea to take it this way. Fortunately, resveratrol is available in supplement form. You can find them online or at your local health store.