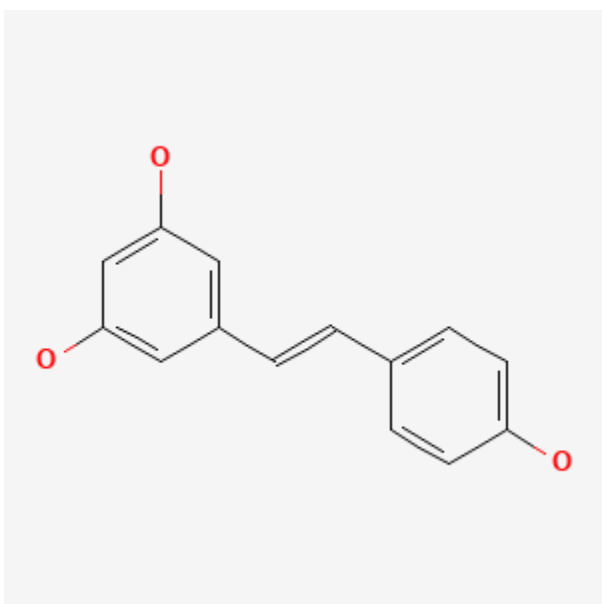




Resveratrol

Revised: September 20, 2021.

CASRN: 501-36-0



Drug Levels and Effects

Summary of Use during Lactation

Resveratrol (3,4,5-trans-trihydroxystilbene) is an antioxidant found in numerous plant species and in red wine. Resveratrol has no specific lactation-related uses. In general, it is used to prevent heart disease, cancer, and other diseases associated with aging, although high-quality studies are lacking. Resveratrol appears to be relatively free from adverse reactions. However, no data exist on the excretion of resveratrol into breastmilk or on the safety and efficacy of resveratrol in nursing mothers or infants. Resveratrol supplements usually contain hundreds of times the amounts found in wine or other foods, so their safety during breastfeeding cannot be assured. It is probably best to avoid the use of red wine as a source of resveratrol during breastfeeding. Refer to the LactMed record on Alcohol for details.

Disclaimer: Information presented in this database is not meant as a substitute for professional judgment. You should consult your healthcare provider for breastfeeding advice related to your particular situation. The U.S. government does not warrant or assume any liability or responsibility for the accuracy or completeness of the information on this Site.

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Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

Substance Identification

Substance Name

Resveratrol

CAS Registry Number

501-36-0

Drug Class

Breast Feeding

Lactation

Complementary Therapies