

## Effects of Oral Resveratrol Supplementation on Inflammation and Quality of Life in Patients with Ulcerative Colitis

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**Abstract :** Ulcerative colitis (UC) is an inflammatory bowel disease in which immune and inflammatory factors are thought to be effective in this disease. Resveratrol is an antioxidant and anti-inflammatory compound. This study determined the effects of resveratrol compound on inflammatory factors in patients with ulcerative colitis. This study was a double-blind randomized clinical trial conducted on 50 patients with UC. Subjects received one capsule daily for 6 wk of either resveratrol (500 mg) or a placebo. Inflammatory factors, anthropometric measures, and IBDQ-9 (Inflammatory Bowel Disease Questionnaire-9) scores were assessed at baseline and at the end of the study. STATA12 software was used for data analysis. No significant differences were found in the background variables between the two groups at baseline. The results indicated that resveratrol supplementation for 6 week significantly decreased plasma levels of TNF- $\alpha$  and hs-CRP and the activity of NF- $\kappa$ B over the placebo group ( $p < 0.001$ ). Significant differences remained after adjustment for vitamin C ( $p < 0.0001$ ). The IBDQ-9 scores increased significantly in the resveratrol group over the placebo group ( $p < 0.001$ ). The findings of this study showed that resveratrol supplementation can be useful in patients with ulcerative colitis.

**Keywords :** IBD, inflammation, resveratrol, ulcerative colitis

**Conference Title :** ICFP 2015 : International Conference on Food Properties

**Conference Location :** Singapore, Singapore

**Conference Dates :** January 08-09, 2015