

just how healthy is

RED WINE?



Red wine contains antioxidants which can support heart health, lower bad cholesterol, and support blood flow



The most well-known antioxidant in red wine is resveratrol, which is found in the skin of grapes



Grapes contain about 90 percent more resveratrol than blueberries



Research suggests that red wine is healthy when an occasional part of a healthy diet



Moderation is key (stick to one glass a day)

Red Wine For Your Health

Scott C. Dulebohn



Red Wine For Your Health:

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Red Wine For Your Health** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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