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Nano- and micro-encapsulated systems for enhancing the delivery of resveratrol.

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Abstract

There has been interest in the use of trans-resveratrol as a natural preventative agent for improving health and alleviating a range of diseases. However, resveratrol has low bioavailability, and this has been associated with its poor water solubility, its low stability against environmental stress, and its inability to reach a target site in the body to exert the desired health effect. Encapsulation offers a potential approach for enhancing the solubility of resveratrol, stabilizing it against trans-to-cis isomerization, and improving its bioavailability. A range of encapsulant materials, formulations, and technologies have been examined for enhancing the delivery of resveratrol. **Research on the efficacy of encapsulated resveratrol formulations and relevant doses for specific applications is required before recommendations may be made for the use of these formulations for human health outcomes.**

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KEYWORDS: bioavailability; delivery systems; encapsulation; resveratrol; stability

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