

# Grape Juice Study

## Main Study Questions

The objective of this study is to learn about the absorption and metabolism of grape polyphenols by the human body that may help explain the beneficial health effects of grapes.

## Motivation for Research

The aim of this study is to learn about the absorption and metabolism of grape polyphenols by the human body. Polyphenols are healthful compounds found throughout the fruits and vegetables in our diets. Polyphenols seem to help reduce risk of many diseases, and appear to be effective in preventing and reversing memory loss.

The study ran from mid-September to mid-October 2011.

