

# Resveratrol Reduces Testosterone and DHEAS in PCOS (Polycystic Ovarian Syndrome)



Resveratrol, a natural polyphenol, reduced serum levels of both testosterone and dehydroepiandrosterone sulfate (DHEAS) in women with polycystic ovarian syndrome (PCOS), in a small double-blind study.

As reported in the *Journal of Clinical Endocrinology*: 1,500 mg of resveratrol, a natural polyphenol, was beneficial at lowering total testosterone levels by over 23%.

PCOS affects an estimated 5 million to 6 million women in the United States, is primarily characterized by hyperandrogenism and ovulatory dysfunction, and is considered the most common endocrine disorder of women of reproductive age.

Source: Medpage Today

*Journal of Clinical Endocrinology and Metabolism*