

Bottom Line

Studies suggest that a diet rich in antioxidants, such as those found in fruits, vegetables, and their juices, can help slow and possibly even reverse age-related cognitive decline.¹¹ The findings presented are exciting, but most research has taken place in a laboratory setting. More clinical research needs to be conducted to truly understand if Concord grapes can impact cognitive health in humans.

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Eating a balanced diet rich in a variety of fruits and vegetables is important for maintaining overall health. Delicious Concord grapes and 100% grape juice are part of a nutritious diet, but they should not be used to treat health problems. If you are worried about your health or are faced with a medical concern, be sure to consult with your doctor.

Bottom Line

Based on published research to-date, Concord grapes and grape-based products appear to play a positive role in promoting heart-health in certain population groups. With that said, findings from animal, both *in vivo* and *ex vivo*, and *in vitro* models need to be replicated in larger human studies in order to better understand the biomedical benefits of grapes and grape products in a more diverse population.

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Bottom Line

Research in immune function and Concord grape juice has not been well studied in humans or animal models. *In vitro* studies at this point have focused on Concord grape products and other polyphenolic compounds, like resveratrol. Much additional research is needed in this area to support the initial findings.

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