



## Grape Juice: 7 Proven Health Benefits

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**Abstract.** The article discusses the main properties of grape juice and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the drink are indicated, the use of grape juice in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of grape juice on the human body under certain medical conditions and diseases are analyzed separately.

**Key words:** grape juice , useful properties, contraindications, composition, calorie content

Mankind has known since ancient times that delicious and fragrant fresh grape juice not only quenches thirst, but is also a very effective cure for many diseases. There is even such a thing as “ampelotherapy” (from the Greek “ampelos” is translated as grapes, and “therapy” means treatment), that is, getting rid of ailments with the help of grapes and grape juice. This method of treatment is very popular today.

### Composition and calories

Grape juice contains a large amount of water (84.5%) <sup>[1]</sup>, as well as many biologically active substances. The drink fully saturates the body with moisture, all the necessary vitamins and minerals.

In particular, the composition of the fresh includes:

- Potassium - strengthens bones, contributes to the normalization of blood pressure, significantly reduces the risk of strokes. <sup>[2]</sup>

- Phosphorus - helps the absorption of calcium in the body, strengthening the bone skeleton and teeth. <sup>[3]</sup>
- [B vitamins](#) : thiamine (improves brain function <sup>[4]</sup>), riboflavin (reduces the toxic effect of drugs, reduces the risk of oncological processes <sup>[5]</sup>), niacin, nicotinic acid, or vitamin PP, (reduces cholesterol, promotes vasodilation and lowering blood pressure, is used in the treatment of depression <sup>[6]</sup>).

The calorie content of freshly squeezed juice is quite low - it is only 60 kcal per 100 grams of product, which allows it to be consumed by people who strictly monitor weight. And fresh white grapes are even recommended by nutritionists as a fight against obesity. <sup>[7, 8]</sup>

## **Top 7 Health Benefits of Grape Juice**

### **1. Helps to achieve a slim figure**

Despite the fairly large presence of fructose and glucose, grape juice also contains an antioxidant that is not found in almost any other fresh juice - [tartaric acid](#). <sup>[9]</sup> A unique nutritional supplement that improves digestion, speeds up metabolism and raises the vitality of the body. Drinking several glasses of natural grape juice every day, you can significantly speed up the process of losing weight <sup>[10]</sup> and find a great mood!

### **2. Slows down the aging process**

Grapes contain polyphenols, powerful antioxidants, the function of which is to protect plants from external influences of negative factors: diseases, ultraviolet radiation, etc. Studies show that these protective properties are also transferred to people whose diet contains grape juice. In particular, the polyphenols present in the aromatic drink protect the cells of the body from damage, oxidation and natural aging, and also help reduce the manifestations of various inflammatory processes. <sup>[11, 12]</sup>

### **3. Improves vision**

Grape juice contains a large amount of beta-carotene and vision-beneficial carotenoids, lutein and zeaxanthin. Studies have shown that drinking several glasses of freshly squeezed grape juice daily helps protect the lens and retina from the harmful effects of light flux, and also prevents diseases such as cataracts and diabetic retinopathy. <sup>[13, 14]</sup>

### **4. Prevents the formation of thrombosis**

The presence of a large amount of polyphenols in purple-hued grape juice (much more than in citrus fresh juices) prevents the formation of platelets in the blood, and, as a result, reduces the risk of thrombosis. As an effective prevention of strokes and heart attacks, it is recommended to drink at least a few glasses of red grape juice daily. <sup>[15]</sup> A very tasty and safe alternative to standard medications!

### **5. Stabilizes sleep**

Grapes and products derived from them, in particular fresh grape juice, contain natural melatonin, a hormone that improves sleep quality. <sup>[16]</sup> Drinking a glass of delicious refreshing drink in the evening, you not only saturate the body with essential vitamins and minerals, but also help it fall asleep easier.

### **6. Protects the kidneys and liver**

The use of grape juice rich in antioxidants prevents the degeneration of liver and kidney tissues, promotes their natural cleaning and reliable protection from heavy metal damage. [17, 18]

## **7. Strengthens the immune system**

It has been proven that regular intake of grape juice, in particular, fresh juices from dark berries, for example, Concord varieties, significantly improves the immune system and well-being of a person, helps to survive the cold season safely and without risk to health. [19]

Also, grape juice rich in useful substances is often used in cosmetology - it is used to produce moisturizing, brightening and rejuvenating masks and creams for the face and body, cosmetics that activate the hair follicles and promote the growth of healthy thick hair, etc.

## **Contraindications and harm of grape juice**

With many positive properties, grape juice has a number of contraindications and application features. In particular, grape juice is recommended to use with caution:

- persons with a predisposition to type 2 diabetes [20] ;
- people with food allergies and individual intolerance to the product.

Lovers of a delicious drink should also be aware that grape juice corrodes tooth enamel, which can lead to cavities and tooth decay. [21] Therefore, it is recommended to use fresh juice through a straw or rinse your teeth with warm clean water immediately after contact with the liquid.

## **Recommended consumption rates for grape juice**

During ampelotherapy, treatment with grape juice, it is recommended to drink a fresh drink, independently squeezed from ripe whole berries, in an amount of about half a liter per day. To reduce concentration and better assimilation, nutritionists advise additionally diluting freshly squeezed fresh juice with clean digested water in a 1: 1 ratio.

Also, experts advise not to drink juices on an empty stomach and immediately after eating. To avoid unpleasant consequences for the body, drink a drink between meals.

## **How to make grape juice at home**

For a healing effect, it is recommended to use a freshly squeezed drink, and not an industrial analogue containing preservatives that are unsafe for the body. For juice extraction, you can use grapes of any variety, but it is better to choose moderately sweet, with a low content of acids, for example, Chardonnay, Phoenix, Aligote, Orion, etc. It should also be borne in mind that dark grape varieties contain more flavonoids and antioxidants, substances that have anti-inflammatory and antitumor properties.

To prepare the juice, beautiful clusters with whole berries are selected, carefully separated from the branches and squeezed through cheesecloth using a press.

**Note!** In order to convey a dark color to the drink, for the maximum transition of coloring pigments, the berries must first be blanched - dipped in boiling water for several minutes, and then proceed to the extraction.

Drinking the drink is recommended within half an hour after preparation. This is due to the fact that over time it oxidizes from contact with oxygen and loses most of the nutrients. For long-term and safe storage of freshly squeezed juice, maximum preservation of vitamins and microelements, it is recommended to conserve it immediately after extraction using the pasteurization method. Pasteurized juice can be stored in a cool place without direct sunlight for several years.

## Expert comment

### Tatyana Eliseeva, nutritionist

Grape juice is a real elixir of youth, beauty, longevity and excellent health. I recommend including it in your daily diet and make sure from your own experience that you can get rid of many health problems without the use of medications, but with the help of natural and familiar products donated by nature itself!

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