

# ESU 009– Other beverage (Wine) as functional foods

## Lecture 30



# 1. Healthy for the Heart

- Regulate proper blood circulation
- Reduce abnormal blood pressure
- Prevent artery blockage

## 2. Regulates Weight

- Prevent diabetes
- Build up protective mechanism
- Fights off unwanted fats

### 3. Prevents High Blood Pressure

- Regulate proper blood flow
- Reduce LDL (bad) cholesterol

## 4. Reduces risks of cancer

- Boosts anti-inflammatory mechanisms
- Stimulate nitrogen
- Fight and prevent tumor

# 5. Less Chances of Having Infection

- Eliminate virus
- Protect the body from unwanted substances

# 6. Tooth Decay Prevention

- Hardens your enamel
- Fight off gum diseases

# 7. Defies Ageing

- Keeps blood vessels healthy
- Rich in procyanidins
- Healthier skin



# Thank you

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