

BLACKCURRANT RESEARCH FINDINGS



SUJON SUPERFRUIT

LATEST RESEARCH SHOWS CERTAIN VARIETIES OF BLACKCURRANTS MAY HELP IMPROVE THE FOLLOWING...

- Asthma
- Exercise Recovery
- Diabetes
- Eye Health & Vision
- Cancer Prevention
- Lifespan
- Blood Circulation & Brain Function
- Blood Circulation & Muscle Recovery
- Blood Circulation & Blood Pressure/Cholesterol
- Prebiotics/Probiotics Effects
- Herpes Infection Prevention & Fibromyalgia Treatment

Reference Material Extract Summaries

Exercise Recovery

...In summary, our findings support the concept that consumption of blackcurrant anthocyanins alleviate oxidative stress, and may, if given at the appropriate amount and time, complement the ability of exercise to enhance immune responsiveness to potential pathogens.

...Our results provide further evidence for the protective effects of berries against the neurotoxic effect of dopamine and β -amyloid 25-35 in brain cells.

...The phenolic extract of blackcurrant demonstrated the highest protective effect against H₂O₂-induced neurotoxicity, oxidative stress and DNA damage and may be a good candidate for inclusion into a processed functional food.

Asthma

...Our findings support the potential for blackcurrant polyphenolic compounds to reduce eosinophil recruitment and alleviate eosinophilic-driven airway inflammation.

Cancer Prevention

...Anticarcinogenic mechanisms include modulation of carcinogen activation and detoxification, decreased DNA binding of the carcinogen, inhibition of oxidative DNA damage, alteration in cell signalling and malignant transformation and inhibition of cell invasiveness and metastasis....

...A blackcurrant juice extract, containing a mixture of flavonoids in addition to quercetin, prolonged significantly the life span of the 'older dying' females.

Diabetes

These results show that berries rich in polyphenols decrease the postprandial glucose response of sucrose in healthy subjects. The delayed and attenuated glycaemic response indicates reduced digestion and/or absorption of sucrose from the berry meal.

...The present invention further provides a method for treating a disordered metabolism syndrome utilizing anthocyanin-rich extracts from berries.

Eye Health & Vision

...This information also suggests that intake of anthocyanoside-rich foods may have previously unknown effects in terms of preventing visual problems attributable to working with computers and VDTs.

Blood Circulation & Brain Function

...Cerebral blood flow (CBF) must be maintained to ensure a constant delivery of oxygen and glucose as well as the removal of waste products. Increasing blood flow is one potential way for improving brain function and the prospect for increasing CBF with dietary polyphenols is extremely promising.

...It appears that the polyphenols in blueberries and cranberries have the ability to improve muscle tone, strength and balance in aging rats, whereas polyphenols in blueberries, cranberries and blackcurrants have the ability to enhance neuronal functioning and restore the brain's ability to generate a neuroprotective response to stress.

...The use of an effective monamine oxidase-inhibitory amount or portion of blackcurrant juice (*Ribes nigrum* L.)

or concentrate or dry extract thereof to activate the brain and central nervous system, in a living animal, especially a human being, in need thereof, and thereby to increase the general cerebral performance, especially in healthy and elderly people, and for the prevention, treatment, and alleviation of neurodegenerative diseases associated with reduced cerebral performance, such as Parkinson's disease, dementia, and mood disorders, and compositions thereof for such purpose are disclosed.

Blood Circulation & Muscle Recovery

...The results of this study suggest that intake of BCA may improve shoulder stiffness caused by typing work by increasing peripheral blood flow and reducing muscle fatigue.

...Body temperature in the hand did not return to normal after 15 minutes without blackcurrant consumption. In contrast, however, body temperature began to return to normal 10 minutes after blackcurrant consumption.

Blood Circulation & Blood Pressure/Cholesterol

...These results indicate that, in the rat aorta, BC concentrate enhances synthesis of NO, which subsequently induces the endothelium-dependent vasorelaxation via the H₁-receptors on the endothelium.

...The consumption of moderate amounts of berries resulted in favorable changes in platelet function, HDL cholesterol, and BP. The results indicate that regular consumption of berries may play a role in the prevention of cardiovascular disease.

...Anthocyanin supplementation in humans improves LDL and HDL cholesterol concentrations and enhances cellular cholesterol efflux to serum. These benefits may be due to the inhibition of CETP.

Prebiotic/Probiotic Effects

...It was found that foods with measurable anti-H. pylori activity have an effect greater in combination than the sum of foods tested singly, and that this was most noticeable with a combination of broccoli sprouts and blackcurrant oil....

...The invention is also directed to the use of the dark fruit or dark fruit juice for the manufacture of an orally ingestible composition to promote health by promoting the growth of beneficial gut microflora....

Herpes Infection Prevention & Fibromyalgia Treatment

...The extract inhibited herpes simplex virus type 1 attachment on the cell membrane completely at a 100-fold dilution, as well as the plaque formation of herpes simplex virus types 1 and 2, and varicella-zoster virus by 50% at a 400-fold dilution or lower concentrations....

...This trial of anthocyanidins in the treatment of primary fibromyalgia has shown small but statistically significant benefits at a dose of 80 mg day⁻¹, the dose that is recommended for these substances to be used as a food supplement. It may therefore be worthwhile patients suffering from this difficult chronic condition undergoing an individual therapeutic trial....

All references are available on our website:

www.sujon.co.nz/powder.htm

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