




USHBC Published Studies


Antioxidant Activity

-  Blacker BC, Snyder SM, Eggett DI, Parker TI. **Consumption of blueberries with a high-carbohydrate, low-fat breakfast decreases postprandial serum markers of oxidation.** *British Journal of Nutrition*. 2013, 109:1670-1677*
[Abstract](#)



Bioavailability/Metabolism







-  Hanley MJ, Masse G, Harmatz JS, Cancalon PF, Dolnikowski GG, Court MH, Greenblatt DJ. **Effect of blueberry juice on clearance of buspirone and flurbiprofen in human volunteers.** *British Journal of Clinical Pharmacology*. 2012, 75:1041-1052.
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-  Milbury PE, Kalt W. **Xenobiotic metabolism and berry flavonoid transport across the blood-brain barrier.** *Journal of Agricultural and Food Chemistry*. 2010, 58:3950-3956
[Abstract](#)
-  Kalt W, Blumberg JB, McDonald JE, Vinqvist-Tymchuk MR, Fillmore SAE, Graf BA, O'Leary JM, Milbury PE. **Identification of anthocyanins in the liver, eye, and brain of blueberry-fed pigs.** *Journal of Agricultural and Food Chemistry*. 2008; 56:705-12.
[Abstract](#)

Bone and Joint Health




-  Devareddy L, Hooshmand S, Collins JK, Lucas EA, Chai SC, Arjmandi BH. **Blueberry prevents bone loss in ovariectomized rat model of postmenopausal osteoporosis.** *Journal of Nutritional Biochemistry*. 2008; 19:694-699
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Brain Function


-  Miller MG, Hamilton DA, Joseph JA, Shukitt-Hale B. **Dietary blueberry improves cognition among older adults in a randomized, double-blind, placebo-controlled trial.** *European Journal of Nutrition*. 2017
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-  Carey AN, Gildawie KR, Rovnak A, Thangthaeng N, Fisher DR, Shukitt-Hale B. **Blueberry supplementation attenuates microglia activation and increases neuroplasticity in mice consuming a high-fat diet.** *Nutritional Neuroscience*. 2017.
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 Poulouse SM, Rabin BM, Bielinski DF, Kelly ME, Miller MG, Thanthaeng N, Shukitt-Hale B. **Neurochemical differences in learning and memory paradigms among rats supplemented with anthocyanin-rich blueberry diets and exposed to acute doses of ⁵⁶Fe particles.** *Life Sciences in Space Research*. 2017, 12:16-23*
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 Ebenezer PJ, Wilson CB, Wilson LD, Nair AR, Francis J. **The anti-inflammatory effects of blueberries in an animal model of post-traumatic stress disorder (PTSD).** *PLoS One* 2016, 11:e0180923.
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 Carey AN, Gomes SM, Shukitt-Hale B. **Blueberry supplementation improves memory in middle-aged mice fed a high-fat diet.** *Journal of Agricultural and Food Chemistry*. 2014,62:3972-3978.
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 Boespflug EL, Eliassen JC, Dudley JA, Shidler MD, Kalt W, Summer SS, Stein AL, Stover AN, Krikorian R. **Enhanced neural activation with blueberry supplementation in mild cognitive impairment.** *Nutritional Neuroscience*. 2017.
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 Shukitt-Hale B. **Blueberries and neuronal aging.** *Gerontology*. 2012, 58:518-523.
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 McGuire SO, Sortwell CE, Shukitt-Hale B, Joseph JA, Hejna MJ, Collier TJ. **Dietary supplementation with blueberry extract improves survival of transplanted dopamine neurons.** *Nutritional Neuroscience*. 2006; 9:251-258.
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Cancer





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 Jeyabalan J, Aqil F, Munagala R, Annamalai L, Vadhanam MV, Gupta RC. **Chemopreventive and therapeutic activity of dietary blueberry against estrogen-mediated breast cancer.** *Journal of Agricultural and Food Chemistry*. 2014, 62:3963-3971,
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 Kanaya N, Adams L Takasaki A, Chen S. **Whole blueberry powder inhibits metastasis of triple negative breast cancer in a xenograft mouse model through modulation of inflammatory cytokines.** *Nutrition and Cancer*. 2014, 66:242-248.
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 Adams LS, Kanaya N, Phung S, Liu Z, Chen S. **Whole blueberry powder modulates the growth and metastasis of MDA-MB-231 triple negative breast tumors in nude mice.** *Journal of Nutrition* 2011, 141:1805-1812.
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Cardiovascular/Lipids


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 Johnson SA, Figueroa A, Navaei N, Wong A, Kalfon R, Ornsbee LT, Feresin RG, Elam MI, Hooshmand S, Payton ME, Arjmandi BH. **Daily blueberry consumption improves blood pressure and arterial stiffness in postmenopausal women with pre- and stage 1-hypertension: A randomized, double-blind, placebo-controlled clinical trial.** *Journal of the Academy of Nutrition and Dietetics*. 2015, 115:369-377.
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-  Stull AJ, Cash KC, Champagne CM, Gupta AK, Boston R, Beyl RA, Johnson WD, Cefalu WT. **Blueberries improve endothelial function, but not blood pressure, in adults with metabolic syndrome: A randomized, double-blind, placebo-controlled clinical trial.** *Nutrients* 2015, 7:4107-4123.
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-  McAnulty LS, Collier SR, Landram MJ, Whittaker DS, Isaacs SE, Klemka JM, Cheek SL, Arms JC, McAnulty SR. **Six weeks daily ingestion of whole blueberry powder increases natural killer cell counts and reduces arterial stiffness in sedentary males and females.** *Nutrition Research*. 2012, 34:577-584.
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-  Basu A, Du M, Leyva MJ, Sanchez K, Betts NM, Wu M, Aston CF, Lyons TJ. **Blueberries decrease cardiovascular risk factors in obese men and women with metabolic syndrome.** *Journal of Nutrition*. 2010, 140:1582-1587.
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-  Kalt W, Foote K, Fillmore SAE, Lyon M, Van Lunen TA, McRae KB. **Effect of blueberry feeding on plasma lipids in pigs.** *British Journal of Nutrition*. 2008; 100:70-78.
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Diabetes/Insulin Resistance

-  Elks CM, Terrebonne JD, Ingram DK, Stephens JM. **Blueberries improve glucose tolerance without altering body composition in obese postmenopausal mice.** *Obesity* 2015, 23:573-580.*
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-  Seymour EM, Tanone II, Urcuyo-Llanes DE, Lewis SK, Kirakosyan A, Kondoleon MG, Kaufman PB, Bolling SF. **Blueberry intake alters skeletal muscle and adipose tissue peroxisome proliferator-activated receptor activity and reduces insulin resistance in obese rats.** *Journal of Medicinal Food*. 2011, 14:1511-1518.
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-  Stull AJ, Cash KC, Johnson WD, Champagne CM, Cefalu WT. **Bioactives in blueberries improve insulin sensitivity in obese, insulin-resistant men and women.** *Journal of Nutrition*. 2010, 140:1764-1768.
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-  DeFuria J, Bennett G, Strissel KJ, Perfield JW II, Milbury PE, Greenberg AS, Obin MS. **Dietary blueberry attenuates whole-body insulin resistance in high fat-fed mice by reducing adipocyte death and its inflammatory sequelae.** *Journal of Nutrition*. 2009; 139:1510-1516.
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Exercise



-  McAnulty LS, Nieman DC, Dumke CL, Shooter LA, Henson DA, Utter AC, Milne G, McAnulty SR. **Effect of blueberry ingestion on natural killer cell counts, oxidative stress, and inflammation prior to and after 2.5 h of running.** *Applied Physiology, Nutrition, and Metabolism* 2011:36:976-984.
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Eye Health


-  Tremblay F, Waterhouse J, Nason J, Kalt W. **Prophylactic neuroprotection by blueberry-enriched diet in a rat model of light-induced retinopathy.** *Journal of Nutritional Biochemistry* 2013, 24:647-655.
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*Publication was not directly funded, but USHBC freeze-dried blueberry powder was provided at no cost



Food Safety

-  Bialka KI, Demirci A. **Decontamination of Escherichia coli 0157:H7 and Salmonella enterica on blueberries using ozone and pulsed UV-light.** *Journal of Food Science.* 2007, 72:M391-396.
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-  Popa I, Hanson EJ, Todd ECD, Schilder AC, Ryser ET. **Efficacy of chlorine dioxide gas sachets for enhancing the microbiological quality and safety of blueberries.** *Journal of Food Protection* 2007, 70:2084-2088.
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Gut Health

-  Lee S, Keirseay KI, Kirkland R, Grunewald ZI, Fischer JG, de La Serre CB. **Blueberry supplementation influences the gut microbiota, inflammation, and insulin resistance in high-fat-diet-fed rats.** *Journal of Nutrition* 2018; 148:209-219.*
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Immune Function


-  Lewis ED, Ren Z, DeFuria J, Obin MS, Meydani SN, Wu D. **Dietary supplementation with blueberry partially restores T-cell-mediated function in high-fat-diet-induced obese mice.** *British Journal of Nutrition* 2018, 119:1393-1399.*
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-  Nair AR, Mariappan N, Stull AJ, Francis J. **Blueberry supplementation attenuates oxidative stress within monocytes and modulates immune cell levels in adults with metabolic syndrome: a randomized, double-blind, placebo-controlled trial.** *Food and Function.* 2017.
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Inflammation

-  Du C, Smith A, Avalos M, South S, Crabtree K, Wang W, Kwon Y, Vijayagopal P, Juma S. **Blueberries improve pain, gait performance, and inflammation in individuals with symptomatic knee osteoarthritis.** *Nutrients.* 2019; 11:E290.
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-  Ono-Moore KD, Snodgrass RG, Huang S, Singh S, Freytag TI, Burnett DJ, Bonnel EI, Woodhouse LR, Zunino SJ, Peerson JM, Lee JY, Rutledge JC, Hwang DH. **Postprandial inflammatory responses and free fatty acids in plasma of adults who consumed a moderately high-fat breakfast with and without blueberry powder in a randomized placebo-controlled trial.** *Journal of Nutrition* 2016, 146:1411-1419.
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-  Xin, J, Feinstein DI, Heyna MJ, Lorens SA, McGuire SO. **Beneficial effects of blueberries in experimental autoimmune encephalomyelitis.** *Journal of Agricultural and Food Chemistry.* 2012, 60:5743-5748.
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Obesity

-  Moghe SS, Juma S, Imrhan V, Vijayagopal P. **Effect of blueberry polyphenols on 3T3-F442A preadipocyte differentiation.** *Journal of Medicinal Food.* 2012, 15:448-452
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Oral Health

-  Lagha AB, LeBel G, Grenier D. **Dual action of highbush blueberry proanthocyanidins on *Aggregatibacter actinomycetemcomitans* and the host inflammatory response.** *BMC Complement Altern Med.* 2018; 18:10.
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