





USHBC Supported 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*
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Bioavailability/Metabolism







-  Koh J, Xu Z, Wicker L. **Blueberry pectin extraction methods influence physico-chemical properties.** *Journal of Food Science,* 2018, 83:2954-2962.*
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-  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
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-  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.
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Bone and Joint Health




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Brain Function

-  Shukitt-Hale B, Thangthaeng N, Miller MG, Poulouse SM, Carey AN, Fisher DR. **Blueberries improve neuroinflammation and cognition differentially depending on individual cognitive baseline status.** *J. Gerontol A Biol Sci Med Sci.* 2019, 74:977-983.*
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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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Shukitt-Hale B. **Blueberries and neuronal aging.** *Gerontology*. 2012, 58:518-523.
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Cancer




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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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-  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*. 2014, 34:577-584.
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Diabetes/Insulin Resistance

-  Liu W, Mao Y, Schoenborn J, Wang Z, Tang G, Tang X. **Whole blueberry protects pancreatic beta-cells in diet-induced obese mouse.** *Nutr & Metab*. 2019, 16:34.
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-  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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Exercise

- Brandenburg JP and Giles LV. **Four days of blueberry powder supplementation lowers the blood lactate response to running but has no effect on time-trial performance.** *International Journal of Sports Nutrition and Exercise Metabolism.* 2019.

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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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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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Gut Health



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Immune Function

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Inflammation

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Obesity

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Oral Health

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Reviews

-  Kalt W, Cassidy A, Howard LR, Krikorian R, Stull AJ, Tremblay F, Zamora-Ros R. **Recent research on the health benefits of blueberries and their anthocyanins.** *Advances in Nutrition*. 2019.
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