

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

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- Lin Z, Pattathil S, Hahn MG, Wicker L. **Blueberry cell wall fractionation, characterization and glycome profiling.** *Food Hydrocolloids*. 2019, 90:385-393.*
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- 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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- Lin Z, Fischer J, Wicker L. **Intermolecular binding of blueberry pectin-rich fractions and anthocyanin.** *Food Chem*. 2016, 194:986-993.*
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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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Bone and Joint Health

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Brain Function

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- **Krishna G, Ying Z, Gomez-Pinilla F. Blueberry supplementation mitigates altered brain plasticity and behavior after traumatic brain injury in rats.** *Molecular Nutrition and Food Research*. 2019, 63:e1801055.
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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*. 2019, 22:253-263.
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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*. 2018, 21:297-305.
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- **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*. 2018, 57:1169-1180.
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Cancer

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Cardiovascular/Lipids

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Diabetes/Insulin Resistance

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Exercise/Muscle

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Eye Health

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Food Safety

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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

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