



The Mighty New Zealand Blackcurrant "Bursting with Life"

Blackcurrants have long been regarded as having remarkable health benefits. Early European folklore has blackcurrants being used for treating general fatigue, arthritis, kidney stones, gout, inflammation of the mouth, stomach and bowel, lung and cough ailments, and as a diuretic.

Recent scientific research using clinical trials has shown direct effects of Blackcurrants on health and well being. A clinical trial is a comparison test of a treatment versus a placebo (inactive look-a-like), and provides the most compelling evidence that the treatment causes the expected effect on human health. We now know that it is high concentrations of anthocyanins, other antioxidants and bioactives in blackcurrants that give these fruit their wonderful properties.

Increases Bloodflow

Subjects consumed anthocyanin (100mg) equivalent to two tablespoons of blackcurrant berries.

- > Anthocyanin content of plasma reached a maximum after 1 hour, and decreased to 50% by 4 hours.
- > After 1 hour the forearm blood flow increased significantly (about 40%) compared to placebo.

In another study 50mg of anthocyanin was shown to improve blood circulation in cold hands.

- > Hands were soaked in cold water at 10°C for 1 minute. For subjects who had consumed blackcurrants hand temperatures returned to normal after 7 minutes, compared to 13 minutes for the placebo group.

Improves Eye Function and Recovery

The eye takes approximately 30 minutes to fully adapt from bright sunlight to complete darkness and become one million times more sensitive than at full daylight.

- > Subjects consumed the equivalent of one tablespoon of blackcurrant berries or less.
- > Dark adaption was significantly improved at the highest level of 50 mg anthocyanin, and two hours after consumption.

In another study, the same dose of blackcurrants was shown to greatly reduce visual fatigue following prolonged Visual Display Terminal work 2 hours after consumption.

Reduces Muscle Stiffening

Blackcurrants reduce muscle stiffness by increasing peripheral blood flow and reducing muscle fatigue.

- > Subjects consumed anthocyanin (50mg) equivalent to one tablespoon of blackcurrant berries and carried out keyboard work for 30 minutes.
- > Total haemoglobin was significantly higher (about 40%) in the blackcurrant intake group.
- > Oxygenated haemoglobin was significantly higher in the blackcurrant intake group.
- > Stiffening of the trapezius (shoulder) muscle during typing was suppressed by blackcurrant intake compared to placebo.

Improves Kidney Function

Consumption of 330 ml Blackcurrant juice daily for five days increased the

- urinary pH
- excretion of citric acid
- excretion of oxalic acid

This observation suggests that regular blackcurrant consumption could reduce the likelihood of kidney stone development as persistently low urinary pH is a significant factor for uric acid kidney stone formation.

In another study residents of a nursing home were given a daily glass of blackcurrant juice for 3 months. Residents reported reduced symptoms of scalding, urgency and odour. Staff noted improvements in white cell count on urinalysis and reduced likelihood of recurrent urinary tract infection over a 3 month period.

For more on NZ Blackcurrants visit www.nzblackcurrants.com

Scientific Literature

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