



*Weekly News from Berry Science
and the Superfruits Industry*

What's New in Blueberry Research?

*July is Blueberry Month
in Canada and the United States*



A child holding prime British Columbia blueberries!
Vaccinium corymbosum, large highbush variety.
Courtesy of [Bremner Foods](#)

[follow the [Wikipedia](#) links]

Blueberries are a rarity in nature -- one of the few *truly blue* plant foods. This pigmentation is provided by polyphenols, mainly [anthocyanins](#), in the berry skin.

In wild (lowbush) blueberries (*Vaccinium angustifolium*), the blue pigmentation also exists throughout the berry pulp, possibly giving added health value from the wild species.

Anthocyanins are a staple of medical research activity to define their potential for benefiting human health.

Let's have a look at what's new in blueberry anthocyanin research!



Recent Advances in Blueberry Research

- Nutr Res. 2009 Feb;29(2):130-8.

Diets containing blueberry extract lower blood pressure in rats with experimental hypertension.

click for research abstract!

Synopsis

Blueberry anthocyanin feeding over two months reduced symptoms of kidney dysfunction in rats with chronic experimentally-induced high blood pressure.

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- Phytomedicine. 2009 May;16(5):406-15.

Blood glucose lowering activity of a novel anthocyanin-rich formulation from lowbush blueberry, *Vaccinium angustifolium*.

click for research abstract!

Synopsis

Anthocyanins from 'lowbush' (wild) blueberries can alleviate symptoms of high blood glucose in mice with experimental diabetes.

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- PLoS One. 2009 Jun 18;4(6):e5954.

[Blueberry-enriched diet protects rat heart from experimental ischemic damage.](#)

[click for research abstract!](#)

Synopsis

A blueberry-enriched diet protected the rat heart from induced ischemic damage.



Pre-ripe highblush blueberries (*Vaccinium corymbosum*) in June.
Delta, British Columbia

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new Archives just for superfruit essays, [click!](#)*

Twitter for Superfruits News

We're starting a new online update feature using [Twitter](#), a free micro-blogging service where we can periodically broadcast news updates on berries and superfruits.

Twitter is simply a "short message service" ([SMS](#)), just 140 characters for quickly broadcasting a message to our educational network of subscribers for the Berry Doctor's Journal. SMS is the same technology as cell phone texting, short messages being used by over 2 billion people. It's the fastest growing network service on the internet.

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