



Weekly News from Berry Science

and the Superfruits Industry

June is Mango and Strawberry Month

Emergence of Lupeol



Left: Mangoes (*Mangifera indica*), high in micronutrients, dietary fiber, pigments and other phytochemicals

Right: Strawberries (*Fragaria vesca*), a multiple-nutrient whole-food superfruit.

[follow the [Wikipedia](#) links]

June marks the beginning of the fruit season in the northern hemisphere and is designated as the [international month of the mango and strawberry](#) -- two top-ranked whole food [superfruits](#).

For a review of [mango](#) as the *top-ranked nutritional superfruit*, other superfruit criteria and rankings of 14 true superfruits , [click here!](#)

Mango and strawberry are *not related* botanically but share in common several characteristics

- two of the most popular fruits based on volume of annual production and number of consumer products
- high in **dietary fiber**, vitamin C and numerous other micronutrients -- these are **key signatures of superfruits**
- skin contains **anthocyanins** which are polyphenols potentially inhibiting inflammation mechanisms common to onset of various diseases

and....

- both contain **lupeol**, a natural terpene in the **phytosterol** category made by many plants for structural support of cell membranes, including elderberry, fig, cabbage, bell pepper, olive, and grape
- phytosterols have been granted an FDA health claim for lowering levels of blood cholesterol



[Read a previous Berry Doctor's analysis of strawberries!](#)

Let's learn about a few new discoveries from **lupeol** research

- has anti-inflammatory, anti-arthritic, anti-mutagenic and anti-malarial activity in vitro and in animal studies
- a multi-target molecule with **substantial anti-inflammatory activity**
- **has potential anti-cancer activity** *click for research abstract*
- may have specific application as a **preventive agent against breast cancer** *click for research abstract*
- may have specific application as a **preventive agent against prostate cancer** *click for research abstract*
- lupeol is related to **betulinic acid**, another **anti-cancer candidate with strong**



The 'Ataulfo' cultivar of mango, one of the most popular worldwide.
High content of [lupeol and carotenoids](#) in its skin.

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

[Twitter for the Superfruits Book](#)

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.

And you can reply using Twitter to stimulate a conversation or follow-up question.

To give Twitter a try and receive these news capsules -- even on your cell phone! -- go to [Twitter.com](#) and sign up with your own name or handle.

Then [visit twitter.com/superfruitsbook](#) where you need to click on "Follow" to be linked into Berry Doctor "tweets" on superfruit news.

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