## USHBC Supported Studies

### Antioxidant Activity

  
  Abstract

### Bioavailability/Metabolism

  
  Abstract

  
  Abstract

  
  Abstract

  
  Abstract

  
  Abstract

- 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
  
  Abstract

  
  Abstract

### Bone and Joint Health

*Publication was not directly funded, but USHBC freeze-dried blueberry powder was provided at no cost

List of Published Studies as of 10/8/2020
Brain Function


*Publication was not directly funded, but USHBC freeze-dried blueberry powder was provided at no cost
Cancer


Cardiovascular/Lipids

- Johnson SA, Figueroa A, Navaei N, Wong A, Kalfon R, Ornsbee LT, Feresin RG, Elam ML, Hooshmand S, Payton ME, Arjmandi BH. Daily blueberry consumption improves blood pressure and arterial stiffness in...

Abstract


Abstract


Abstract


Abstract


Abstract

**Diabetes/Insulin Resistance**


Abstract


Abstract


Abstract


Abstract


Abstract


Abstract

*Publication was not directly funded, but USHBC freeze-dried blueberry powder was provided at no cost

List of Published Studies as of 4/23/2020
**Exercise/Muscle**

  Abstract

  Abstract

  Abstract

- **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; 29:636-642.  
  Abstract

- **McAnulty LS**, Nieman DC, Dumke CL, Shooter LA, Henson DA, Utter AC, Milne G, **McAnulty SR.** *Effect of blueberry ingestion on natural killer cell counts, oxidative stress, and inflammation prior to and after 2.5 h of running.* *Applied Physiology, Nutrition, and Metabolism* 2011, 36:976-984.  
  Abstract

**Eye Health**

  Abstract

**Food Safety**

  Abstract

- **Popa I**, Hanson EJ, **Todd ECD**, Schilder AC, Ryser ET. *Efficacy of chlorine dioxide gas sachets for enhancing the microbiological quality and safety of blueberries.* *Journal of Food Protection* 2007, 70:2084-2088.  
  Abstract

**Gut Health**

  Abstract

**Immune Function**


**Inflammation**


**Obesity**

Oral Health


- Lagha AB, Howell A, Grenier D. Highbush blueberry proanthocyanidins alleviate \textit{Porphyromonas gingivalis}-induced deleterious effects on oral mucosal cells. \textit{Anaerobes}. 2020, 65:102266 Abstract

Reviews


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