

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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- 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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Bone and Joint Health

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Brain Function

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- **Krikorian R, Kalt W, McDonald JE, Shidler MD, Summer SS, Stein AL. Cognitive performance in relation to urinary anthocyanins and their flavonoid-based products following blueberry supplementation in older adults at risk for dementia.** *Journal of Functional Foods.* 2020, 64:103667.
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- **Shukitt-Hale B, Thangthaeng N, Miller MG, Poulouse SM, Carey AN, Fisher DR. Blueberries improve neuroinflammation and cognition differentially depending on individual cognitive baseline status. .J Gerontol A Biol Sci Med Sci.** 2019, 74:977-983.*
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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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Cancer

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Cardiovascular/Lipids

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Diabetes/Insulin Resistance

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Exercise/Muscle

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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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