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

  Abstract

Brain Function

  Abstract

*Publication was not directly funded, but USHBC freeze-dried blueberry powder was provided at no cost.
  [Abstract](#)

  [Abstract](#)

  [Abstract](#)

  [Abstract](#)

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• McNamara RK, Kalt W, Shidler MD, McDonald J, Summer SS, Stein AL, Stover AN, Krikorian R. Cognitive response to fish oil, blueberry, and combined supplementation in older adults with subjective cognitive impairment. *Neurobiology of Aging*. 2018, 64:147-156.*  
  [Abstract](#)

  [Abstract](#)

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Cancer

Cardiovascular/Lipids

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


### Diabetes/Insulin Resistance


### Exercise/Muscle


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


- 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, 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 hr of running. *Applied Physiology, Nutrition, and Metabolism* 2011, 36:976-984. [Abstract](#)

**Eye Health**


**Food Safety**


**Gut Health**


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Immune Function

  - Abstract

  - Abstract

  - 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 hr of running. *Applied Physiology, Nutrition, and Metabolism* 2011, 36:976-984.
  - Abstract

Inflammation

  - Abstract

  - Abstract

  - Abstract

  - Abstract

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

  [Abstract]

Oral Health

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

General

  [Abstract]
  [Abstract]

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