



Aging, Antibacterial, Bone Health, Brain Function, Cancer  
Cardiovascular, Diabetes, Exercise, Eye Health, Gut Health

# Blueberries: Recent Research

## US Highbush Blueberry Council

Research papers are selected by Dr. Ron Prior, Ph.D, with support from the U.S. Highbush Blueberry Council and the Wild Blueberry Association of North America. For topics table, web links, and descriptions visit the online Blueberry Research Library. <http://www.blueberrystech.org>

January 2014

### Aging Research

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### Bone Health

Elam, M. L., J. Zhang, R. Feresin, S. Hooshmand and B. H. Arjmandi (2012). Examining the Anti-inflammatory Properties of Blueberry Polyphenols Using MC3T3-E1 Cells *The FASEB Journal* 26(1\_MeetingAbstracts):823.838.

Zhang, J., O. P. Lazarenko, M. L. Blackburn, T. M. Badger, M. J. Ronis and J. R. Chen (2012). Blueberry consumption prevents loss of collagen in bone matrix and inhibits senescence pathways in osteoblastic cells. *Age (Dordr)*.

Zhang, J., O. P. Lazarenko, T. M. Badger, M. J. Ronis and J.-R. Chen (2012). Feeding Blueberry Diets Dose-Dependently Inhibits Bone Resorption in Young Rats. *The FASEB Journal* 26(1\_MeetingAbstracts): 244.245.

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### Brain Function

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## Diabetes Research

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## **Gut Health**

Biedermann, L., J. Mwinyi, M. Scharl, P. Frei, J. Zeitz, G. A. Kullak-Ublick, S. R. Vavricka, M. Fried, A. Weber, H. U. Humpf, S. Peschke, A. Jetter, G. Krammer and G. Rogler (2012). Bilberry ingestion improves disease activity in mild to moderate ulcerative colitis - An open pilot study. *J Crohns Colitis*.

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Greenway, F., S. Wang, et al. (2013). A novel probiotic containing a prebiotic and an antioxidant augments the glucose control and gastrointestinal tolerability of metformin: a case report. *Benef Microbes*: 1-4.

Hakansson, A., C. Branning, et al. (2012). Blueberry Husks and Probiotics Attenuate Colorectal Inflammation and Oncogenesis, and Liver Injuries in Rats Exposed to Cycling DSS-Treatment. *PLoS One* 7(3): e33510.

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**US Highbush Blueberry Council**  
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Inflammation, Liver Function  
Metabolic Syndrome, Obesity, Skin Health

# Blueberries: Recent Research

## U S H I G H B U S H B L U E B E R R Y C O U N C I L

Research papers are selected by Dr. Ron Prior, Ph.D, with support from the U.S. Highbush Blueberry Council and the Wild Blueberry Association of North America. For topics table, web links, and descriptions visit the online Blueberry Research Library. <http://www.blueberrystech.org>

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### Inflammation Research

Carey, A. N., D. R. Fisher, et al. (2013). Stilbenes and Anthocyanins Reduce Stress Signaling in BV-2 Mouse Microglia. *J Agric Food Chem.*

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# Blueberries: Recent Research

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