

Antioxidant	Short-term blackcurrant extract consumption modulates exercise-induced oxidative stress and lipopolysaccharide-stimulated inflammatory responses	Blackcurrant Anthocyanins	10 healthy individuals (5 males and 5 females aged between 37 and 63 yr old, average 48±2.)	Anthocyanins acted as effective antioxidants in reducing the oxidative stress induced by 30-min row. Short-term blackcurrant extract consumption modulates exercise-induced OS an lipopolysaccharide-stimulated inflammatory responses	K.A Lyall, et al
	Blackcurrant drinks increased plasma antioxidant capacity in elderly population	Blackcurrant drink contains Anthocyanins	52 Elderly ( $\geq 65$ years old), community-dwelling people	51 completed, the result's given blackcurrant drink showed a statistically significant improvement in oxidative status as measured by plasma antioxidant capacity.	Tony K McGhie, et al
	Skin condition and changes in antioxidation capability	Blackcurrant Juice contains blackcurrant polysaccharides (CAPS)	36 Healthy Women, age 49.2±5.4 years, who presented with a low minimum erythema dose value, assigned to one of two blackcurrant group or placebo control group	The present study found intake of Blackcurrant Juice containing CAPSmight improve several subjective and objective measures of skin condition, such as skin transpiration rate and resistance to UV damage. These changes may be caused by changes in antioxidation capability.	Yoshikazu Yonei, et al