

Inflammation	Inflammation and Reduce Plasma Concentrations	Blackcurrant and bilberry Anthocyanins	61 Women and 59 Men, healthy, aged 40-74 A total of 120 participants were included and randomly assigned to the Anthocyanin or placebo group, 118 completed the study, 59 in each group.	Supplementation with Anthocyanins to healthy adults for 3 weeks decreased the plasma concentrations of several inflammatory mediators in healthy adult volunteers after anthocyanin supplementation suggests that anthocyanins possess anti-inflammatory effects.	Anette Karlson, et al
	Blackcurrant dampen inflammation and Chronic Diseases	Blackcurrant Anthocyanins	120 Participants	Decreases from baseline in the NF-kB controlled pro-inflammatory chemokines IL-8, and IFN α in the anthocyanin group differed significantly from those in placebos.	Karlsen A, et al