Sport Injury	Fibromyalgia	Blackcurrant Anthocyanins	10 Subjects	There's very significant Effect (at 1% level) on reduction in sleep disturbance, as assessed by subject's diary record. There's a significant improvement in the general health questionnaire and in the severity of fatigue (at 1% level) as assessed by the investigator. The best treatment was 80 mf/day Anthocyanins were beneficial for people suffering from this chronic condition.	www.catalystnz.co.nz
	Muscle fatigue, damage and revocery	Blackcurrant Anthocyanins	22 subjects had 30 minutes exercise on a towing machine.	New Zealand Blackcurrants modulated the biomarkers indicating exervise-induced oxidative stress New Zealand Blackcurrants modulated the biomarkers indicating exervise-induced muscle damage. Blackcurrant sped up and enhanced the acute inflammatory response. This potentially boosts ability to respond to pathogens. Advantages of New Zealand Blackcurrants: To lessen muscle fatigue Protect against infection Quick response To reduce muscle damage To help muscle recovery	NZBG

	Effects of Blackcurrant Anthocyanin intake on peripheral muscle circulation during typing work in humans	Blackcurrant Anthocyanins consisting D3R, D3G, C3R, C3G	9 healthy male subjects (age 29.9) and 11 healthy subjects (8 males and 3 females, age 39.0), for rest circulation study 1, and typing work study 2	Anthocyanins in Blackcurrant are transferred to the bloodstream leading to an increase in resting peripheral blood flow without any increase in oxidative metabolism. Blackcurrant Anthocyanin intake may be effective for preventing mild hypoxia and disturbance of oxidative metabolism in muscles.	Matsumoto H et al