

Anthocyanin Study

Main Study Question

Is absorption efficiency of anthocyanins from strawberries and blackberries affected by gastric pH?

Motivation for Research

Consumers are increasing consumption of anthocyanin-rich foods, especially berries, as a strategy to prevent chronic diseases including cancer, heart disease and diminished brain function. In order for anthocyanins to reach internal tissues and provide purported protection, they must be absorbed from the gastrointestinal tract. This research is aimed at identifying the site of anthocyanin absorption in humans and the degree to which pH influences transfer of anthocyanins from the GI tract to the bloodstream. An understanding of these factors will lead to strategies for enhancing efficiency of absorption of anthocyanins.

The study ran from the end of July to mid- October 2010.

