



May 2011 Feature Story:

"BrainHealthFood shows Blackcurrants should be on the MindMenu"

“Blackcurrant anthocyanin-rich extract was found to **possess neuroprotective** activity and reduce effectively ROS production”. (*For the layperson, ROS is ‘reactive oxygen species’, meaning oxidative stress.*)

This is a wonderful research result from a collaborative project between prestigious research institutes in Finland, Germany, Scotland, Poland, Germany, and Spain. Such collaboration highlights the increasing respect for the potential health value of the blackcurrants by leading international researchers.

And what makes this project, BrainHealthFood, of special relevance to both the blackcurrant industry and the global consumer, is how the project has looked at delivering the brain values to the consumer. The project consortium successfully developed several novel research based health products for European and international markets. In the next stage, efforts will be focused for the international marketing of “Brain Health Food” products developed in this project.

Project coordinator is the University of Eastern Finland: for more information on this project visit website <http://www.uku.fi/brainhealthfood>

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