



March 2011 Feature Story:

“The Battle of the Bowels: Blackcurrants versus Bacteria: we win!”

New research is showing that taking a blackcurrant extract has a beneficial effect on gut health, including increasing the numbers of good bacteria and reducing the activity of some metabolites of pathogenic bacteria. These metabolites can cause colon cancer.

Clinical trials with 45 volunteers over a 4 week period were conducted by a team from Massey University’s Institute of Food, Nutrition and Human Health. The team was led by Senior Research Scientist Dr Abdul-Lateef Molan.

Dr Molan says further research is needed to see whether the blackcurrant extract can be used to treat colon carcinogenesis. He also believes that the research could have relevance to breast cancer. The trials showed a decreased activity of beta-glucuronidase and this is known to prevent the body from detoxifying more potent forms of estrogen.

Dr Molan presented his findings to a group of Japanese sponsored to New Zealand by the Four Leaf Japan Company. The group visited blackcurrant plantations in the Waipara region of North Canterbury, where Four Leaf sources the blackcurrants for its extract. After watching harvesting the group then visited Massey University to hear Dr Molan’s research findings.



Dr Abdul Molan explains the results of his research into the effect of Blackcurrants extracts on gut health to a Japanese audience. Clinical trials with 45 patients taking a blackcurrant extract showed improved gut health from the extract. The research was funded by Four Leaf Japan who markets the extract (First Leaf/CAM30) in Japan.

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