Anthocyanins

- Epidemiological studies have clearly demonstrated that diets rich in plant foods protect humans against degenerative diseases, like cancer and cardiovascular diseases.
- Plant foods contain important components like fiber, vitamins, phytosterols, sulfur compounds, carotenoids and organic acids that contribute to these health effects.
- In addition, plant foods contain a variety of polyphenols, components which have increasingly been shown to be effective protective agents against disease.
- There are many classes of polyphenols, one of which are the anthocyanins.
- Anthocyanin containing foods include: berries (like black currant, elderberries, blueberries, and strawberries), and their juices, and red wine.

More on Anthocyanins

Anthocyanin pigments have been used in folk medicine throughout the world (for example, bilberry anthocyanins have long been used for the treatment of diarrhea, microbial infections and vision disorders). Recently, the measurable pharmacological properties have also been verified.

Anthocyanins are the most recognized, visible members of the bioflavonoid phytochemicals because of their strong red to blue coloring. Anthocyanins can be found in large amounts in diets high in berries and grapes. One 100 g serving of black currant can provide up to 750 mg of anthocyanins, whereas a 100 g serving of berries can provide up to 500 mg.

Health Benefits

- An administration of anthocyanin pigment has been found to increase visual acuity.
- Anthocyanins reduce cancer cell proliferation and inhibit cancer cell formation.
- Anthocyanins protect against oxidative stress, by reducing inflammation, enhancing capillary strength and permeability thereby reducing the risk for cardiovascular disease.