

Aronia Scientific Articles - Brain/Cognition
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Title	Authors	Reference	URL Link
The Effect of Long-Term Aronia melanocarpa Extract Supplementation on Cognitive Performance, Mood, and Vascular Function: A Randomized Controlled Trial in Healthy, Middle-Aged Individuals	Ahles S, Stevens YR, Joris PJ, Vauzour D, Adam J, de Groot E, Plat J.	Nutrients. 2020 Aug 17;12(8):2475. doi: 10.3390/nu12082475.	Nutrients Free Full-Text The Effect of Long-Term Aronia melanocarpa Extract Supplementation on Cognitive Performance, Mood, and Vascular Function: A Randomized Controlled Trial in Healthy, Middle-Aged Individuals HTML (mdpi.com)
Antibacterial and in vitro antidementia effects of aronia (Aronia melanocarpa) leaf extracts	Kim SS, Shin Y.	Food Sci Biotechnol. 2020 May 22;29(9):1295-1300. doi: 10.1007/s10068-020-00774-y. eCollection 2020 Sep.	Antibacterial and in vitro antidementia effects of aronia (Aronia melanocarpa) leaf extracts - PubMed (nih.gov)
Aronia melanocarpa (Michx.) Elliot fruit juice reveals neuroprotective effect and improves cognitive and locomotor functions of aged rats	Daskalova E, Delchev S, Topolov M, Dimitrova S, Uzunova Y, Valcheva-Kuzmanova S, Kratchanova M, Vladimirova-Kitova L, Denev P.	Food Chem Toxicol. 2019 Oct;132:110674. doi: 10.1016/j.fct.2019.110674. Epub 2019 Jul 12.	Aronia melanocarpa (Michx.) Elliot fruit juice reveals neuroprotective effect and improves cognitive and locomotor functions of aged rats - ScienceDirect
Effect of black chokeberry on skeletal muscle damage and neuronal cell death	Kim J, Lee KP, Beak S, Kang HR, Kim YK, Lim K.	J Exerc Nutrition Biochem. 2019 Dec 31;23(4):26-31. doi: 10.20463/jenb.2019.0028.	Effect of black chokeberry on skeletal muscle damage and neuronal cell death (nih.gov)
Comparative in vitro studies of the biological potential and chemical composition of stems,	Cvetanović A, Zengin G, Zeković Z, Švarc-Gajić J,	Food Chem Toxicol. 2018 Nov;121:458-	Comparative in vitro studies of the biological potential and chemical composition of stems,

leaves and berries Aronia melanocarpa's extracts obtained by subcritical water extraction	Ražić S, Damjanović A, Mašković P, Mitić M.	466. doi: 10.1016/j.fct.2018.09.045. Epub 2018 Sep 21.	leaves and berries Aronia melanocarpa's extracts obtained by subcritical water extraction - ScienceDirect
Anti-neuroinflammatory effects of ethanolic extract of black chokeberry (Aronia melanocarpa L.) in lipopolysaccharide-stimulated BV2 cells and ICR mice	Lee KP, Choi NH, Kim HS, Ahn S, Park IS, Lee DW.	Nutr Res Pract. 2018 Feb;12(1):13-19. doi: 10.4162/nrp.2018.12.1.13. Epub 2018 Jan 15.	Anti-neuroinflammatory effects of ethanolic extract of black chokeberry (Aronia melanocarpa L.) in lipopolysaccharide-stimulated BV2 cells and ICR mice (nih.gov)
Neuroprotective effect of Aronia melanocarpa extract against glutamate-induced oxidative stress in HT22 cells	Lee HY, Weon JB, Ryu G, Yang WS, Kim NY, Kim MK, Ma CJ.	BMC Complement Altern Med. 2017 Apr 11;17(1):207. doi: 10.1186/s12906-017-1716-1.	Neuroprotective effect of Aronia melanocarpa extract against glutamate-induced oxidative stress in HT22 cells BMC Complementary Medicine and Therapies Full Text (biomedcentral.com)
Effects of aronia extract on lifespan and age-related oxidative stress in Drosophila melanogaster	Jo AR, Imm JY.	Food Sci Biotechnol. 2017 Aug 18;26(5):1399-1406. doi: 10.1007/s10068-017-0180-5. eCollection 2017.	Effects of aronia extract on lifespan and age-related oxidative stress in Drosophila melanogaster SpringerLink
Anthocyanins from Black Chokeberry (Aroniamelanocarpa Elliot) Delayed Aging-Related Degenerative Changes of Brain	Wei J, Zhang G, Zhang X, Xu D, Gao J, Fan J, Zhou Z.	J Agric Food Chem. 2017 Jul 26;65(29):5973-5984. doi: 10.1021/acs.jafc.7b02136. Epub 2017 Jul 12.	Anthocyanins from Black Chokeberry (Aroniamelanocarpa Elliot) Delayed Aging-Related Degenerative Changes of Brain Journal of Agricultural and Food Chemistry (acs.org)
Low-Dose Aronia melanocarpa Concentrate Attenuates Paraquat-Induced Neurotoxicity	Case AJ, Agraz D, Ahmad IM, Zimmerman MC.	Oxid Med Cell Longev. 2016;2016:5296271. doi:	Low-Dose Aronia melanocarpa Concentrate Attenuates Paraquat-Induced Neurotoxicity (hindawi.com)

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Cognitive-Enhancing Effect of Aronia melanocarpa Extract against Memory Impairment Induced by Scopolamine in Mice	Lee HY, Weon JB, Jung YS, Kim NY, Kim MK, Ma CJ.	Evid Based Complement Alternat Med. 2016;2016:6145926 . doi: 10.1155/2016/6145926. Epub 2016 Apr 30.	Cognitive-Enhancing Effect of Aronia melanocarpa Extract against Memory Impairment Induced by Scopolamine in Mice (hindawi.com)
Enhancement of Cognitive Functions by Aronia melanocarpa Elliot Through an Intermittent Ultrasonication Extraction Process	Kim NY, Lee HY.	J Med Food. 2016 Mar;19(3):245-52. doi: 10.1089/jmf.2015.3519. Epub 2015 Dec 18.	Enhancement of Cognitive Functions by Aronia melanocarpa Elliot Through an Intermittent Ultrasonication Extraction Process Journal of Medicinal Food (liebertpub.com)
Lipidomic approach in young adult triathletes: effect of supplementation with a polyphenols-rich juice on neuroprostane and F(2)-dihomo-isoprostane markers	García-Flores LA, Medina S, Oger C, Galano JM, Durand T, Cejuela R, Martínez-Sanz JM, Ferreres F, Gil-Izquierdo Á.	Food Funct. 2016 Oct 12;7(10):4343-4355. doi: 10.1039/c6fo01000h.	Lipidomic approach in young adult triathletes: effect of supplementation with a polyphenols-rich juice on neuroprostane and F2-dihomo-isoprostane markers - Food & Function (RSC Publishing)
Aronia melanocarpa treatment and antioxidant status in selected tissues in Wistar rats	Francik R, Krośniak M, Sanocka I, Bartoń H, Hebda T, Francik S.	Biomed Res Int. 2014;2014:457085. doi: 10.1155/2014/457085. Epub 2014 Jun 5.	Aronia melanocarpa Treatment and Antioxidant Status in Selected Tissues in Wistar Rats (hindawi.com)
Memory effects of Aronia melanocarpa fruit juice in a passive avoidance test in rats	Valcheva-Kuzmanova SV, Eftimov MT, Tashev RE, Belcheva IP, Belcheva SP.	Folia Med (Plovdiv). 2014 Jul-Sep;56(3):199-203. doi:	Memory effects of Aronia melanocarpa fruit juice in a passive avoidance test in rats - PubMed (nih.gov)

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Polyphenols from Berries of Aronia melanocarpa Reduce the Plasma Lipid Peroxidation Induced by Ziprasidone	Dietrich-Muszalska A, Kopka J, Kontek B.	Schizophr Res Treatment. 2014;2014:602390. doi: 10.1155/2014/602390. Epub 2014 Jun 25.	Polyphenols from Berries of Aronia melanocarpa Reduce the Plasma Lipid Peroxidation Induced by Ziprasidone - PubMed (nih.gov)
Chemotherapy modulates the biological activity of breast cancer patients plasma: the protective properties of black chokeberry extract	Kędzierska M, Malinowska J, Kontek B, Kołodziejczyk-Czepas J, Czernek U, Potemski P, Piekarski J, Jeziorski A, Olas B.	Food Chem Toxicol. 2013 Mar;53:126-32. doi: 10.1016/j.fct.2012.11.042. Epub 2012 Dec 5.	Chemotherapy modulates the biological activity of breast cancer patients plasma: The protective properties of black chokeberry extract - ScienceDirect
Induction of apoptosis and reduction of MMP gene expression in the U373 cell line by polyphenolics in Aronia melanocarpa and by curcumin	Abdullah Thani NA, Sallis B, Nuttall R, Schubert FR, Ahsan M, Davies D, Purewal S, Cooper A, Rooprai HK.	Oncol Rep. 2012 Oct;28(4):1435-42. doi: 10.3892/or.2012.1941. Epub 2012 Jul 27.	Induction of apoptosis and reduction of MMP gene expression in the U373 cell line by polyphenolics in Aronia melanocarpa and by curcumin (spandidos-publications.com)
[Peculiarity of the antioxidant action of the extract from Aronia melanocarpa leaves antioxidant on the brain]	Cuvorova IN, Davydov VV, Prozorovskii VN, Shvets VN.	Biomed Khim. 2005;51(1):66-71.	[Peculiarity of the antioxidant action of the extract from Aronia melanocarpa leaves antioxidant on the brain] - PubMed (nih.gov)
Flavonoids protect neuronal cells from oxidative stress by three distinct mechanisms	Ishige, Kumiko; Schubert, David; Sugara, Yutaka	Free Radical Biology and Medicine, Volume 30, Issue 4, 15 February 2001, Pages 433-446	Flavonoids protect neuronal cells from oxidative stress by three distinct mechanisms - ScienceDirect
Isolation of Neuroprotective Anthocyanins from Black Chokeberry (Aronia melanocarpa) against Amyloid- β -Induced Cognitive Impairment	Wen H, Cui H, Tian H, Zhang X, Ma L, Ramassamy C, Li J.	Foods. 2020 Dec 29;10(1):63. doi: 10.3390/foods10010063.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7823521/

Inhibition of Invasion by Polyphenols from Citrus Fruit and Berries in Human Malignant Glioma Cells In Vitro	Rooprai HK, Christidou M, Murray SA, Davies D, Selway R, Gullan RW, Pilkington GJ.	Anticancer Res. 2021 Feb;41(2):619-633. doi: 10.21873/anticancerres.14813.	Inhibition of Invasion by Polyphenols from Citrus Fruit and Berries in Human Malignant Glioma Cells In Vitro Anticancer Research (iiarjournals.org)
Metformin and cyanidin 3-O-galactoside from Aronia melanocarpa synergistically alleviate cognitive impairment in SAMP8 mice	Wen H, Tian H, Liu C, Zhang X, Peng Y, Yang X, Chen F, Li J.	Food Funct. 2021 Nov 1;12(21):10994-11008. doi: 10.1039/d1fo02122b.	Metformin and cyanidin 3-O-galactoside from Aronia melanocarpa synergistically alleviate cognitive impairment in SAMP8 mice - Food & Function (RSC Publishing)
Aronia melanocarpa polysaccharide ameliorates inflammation and aging in mice by modulating the AMPK/SIRT1/NF-κB signaling pathway and gut microbiota	Zhao Y, Liu X, Zheng Y, Liu W, Ding C.	Sci Rep. 2021 Oct 18;11(1):20558. doi: 10.1038/s41598-021-00071-6.	Aronia melanocarpa polysaccharide ameliorates inflammation and aging in mice by modulating the AMPK/SIRT1/NF-κB signaling pathway and gut microbiota (nih.gov)