

Aronia Scientific Articles – Muscles/Exercise
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Title	Authors	Reference	URL Link
Dietary Aronia melanocarpa extract enhances mTORC1 signaling, but has no effect on protein synthesis and protein breakdown-related signaling, in response to resistance exercise in rat skeletal muscle	Makanae Y, Ato S, Kido K, Fujita S.	J Int Soc Sports Nutr. 2019 Dec 11;16(1):60. doi: 10.1186/s12970-019-0328-1.	Dietary Aronia melanocarpa extract enhances mTORC1 signaling, but has no effect on protein synthesis and protein breakdown-related signaling, in response to resistance exercise in rat skeletal muscle Journal of the International Society of Sports Nutrition Full Text (biomedcentral.com)
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)
Aronia-citrus juice (polyphenol-rich juice) intake and elite triathlon training: a lipidomic approach using representative oxylipins in urine	García-Flores LA , Medina S , Gómez C , Wheelock CE , Cejuela R , Martínez-Sanz JM , Oger C , Galano JM , Durand T , Hernández-Sáez Á , Ferreres F , Gil-Izquierdo Á .	Food Funct. 2018 Jan 24;9(1):463-475. doi: 10.1039/c7fo01409k.	Aronia–citrus juice (polyphenol-rich juice) intake and elite triathlon training: a lipidomic approach using representative oxylipins in urine - Food & Function (RSC Publishing)
Relationship between the Ingestion of a Polyphenol-Rich Drink, Hepcidin Hormone, and Long-Term Training	Villaño D, Vilaplana C, Medina S, Algaba-Chueca F, Cejuela-Anta R, Martínez-Sanz JM, Ferreres F, Gil-Izquierdo A.	Molecules. 2016 Oct 8;21(10):1333. doi: 10.3390/molecules21101333.	Relationship between the Ingestion of a Polyphenol-Rich Drink, Hepcidin Hormone, and Long-Term Training. - Abstract - Europe PMC

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)
The effects of polyphenol-rich chokeberry juice on fatty acid profiles and lipid peroxidation of active handball players: results from a randomized, double-blind, placebo-controlled study	Petrovic S, Arsic A, Glibetic M, Cikiriz N, Jakovljevic V, Vucic V.	Can J Physiol Pharmacol. 2016 Oct;94(10):1058-1063. doi: 10.1139/cjpp-2015-0575. Epub 2016 Apr 12.	The effects of polyphenol-rich chokeberry juice on fatty acid profiles and lipid peroxidation of active handball players: results from a randomized, double-blind, placebo-controlled study (cdnsiencepub.com)
Effect of supplementation with chokeberry juice on the inflammatory status and markers of iron metabolism in rowers	Skarpańska-Stejnborn A, Basta P, Sadowska J, Pilaczyńska-Szcześniak L.	J Int Soc Sports Nutr. 2014 Oct 1;11(1):48. doi: 10.1186/s12970-014-0048-5. eCollection 2014.	Effect of supplementation with chokeberry juice on the inflammatory status and markers of iron metabolism in rowers Journal of the International Society of Sports Nutrition Full Text (biomedcentral.com)
Physical activity increases the bioavailability of flavanones after dietary aronia-citrus juice intake in triathletes	Medina S, Domínguez-Perles R, García-Viguera C, Cejuela-Anta R, Martínez-Sanz JM, Ferreres F, Gil-Izquierdo A.	Food Chem. 2012 Dec 15;135(4):2133-7. doi: 10.1016/j.foodchem.2012.07.080. Epub 2012 Jul 25.	Physical activity increases the bioavailability of flavanones after dietary aronia-citrus juice intake in triathletes - ScienceDirect
Effect of supplementation with chokeberry juice on the inflammatory status and markers of iron metabolism in rowers	Skarpańska-Stejnborn A, Basta P, Sadowska J, Pilaczyńska-Szcześniak L.	J Int Soc Sports Nutr. 2014 Oct 1;11(1):48. doi: 10.1186/s12970-014-0048-5. eCollection 2014.	Effect of supplementation with chokeberry juice on the inflammatory status and markers of iron metabolism in rowers Journal of the International Society of Sports Nutrition Full Text (biomedcentral.com)

<p>The influence of chokeberry juice supplementation on the reduction of oxidative stress resulting from an incremental rowing ergometer exercise</p>	<p>Pilaczynska-Szczesniak L, Skarpanska-Steinborn A, Deskur E, Basta P, Horoszkiewicz-Hassan M.</p>	<p>Int J Sport Nutr Exerc Metab. 2005 Feb;15(1):48-58. doi: 10.1123/ijsnem.15.1.48.</p>	<p>The Influence of Chokeberry Juice Supplementation on the Reduction of Oxidative Stress Resulting from an Incremental Rowing Ergometer Exercise in: International Journal of Sport Nutrition and Exercise Metabolism Volume 15 Issue 1 (2005) (humankinetics.com)</p>
<p>Aronia Upregulates Myogenic Differentiation and Augments Muscle Mass and Function Through Muscle Metabolism</p>	<p>Yun CE, So HK, Vuong TA, Na MW, Anh S, Lee HK, Kim KH, Kang JS, Bae GU, Lee SJ.</p>	<p>Front Nutr. 2021 Nov 23;8:753643. doi: 10.3389/fnut.2021.753643. eCollection 2021.</p>	<p>Aronia Upregulates Myogenic Differentiation and Augments Muscle Mass and Function Through Muscle Metabolism (nih.gov)</p>
<p>Effects of antioxidant supplementation on oxidative stress balance in young footballers- a randomized double-blind trial</p>	<p>Stankiewicz B, Cieślicka M, Kujawski S, Piskorska E, Kowalik T, Korycka J, Skarpańska-Stejnborn A.</p>	<p>J Int Soc Sports Nutr. 2021 Jun 7;18(1):44. doi: 10.1186/s12970-021-00447-z.</p>	<p>Effects of antioxidant supplementation on oxidative stress balance in young footballers- a randomized double-blind trial (nih.gov)</p>