Aronia Scientific Articles – Reviews
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Title	Authors	Reference	URL Link
Black Chokeberry Aronia melanocarpa L.-A Qualitative Composition, Phenolic Profile and Antioxidant Potential	Sidor A, Gramza-Michałowska A.	Molecules. 2019 Oct 15;24(20):3710. doi: 10.3390/molecules24203710.	Molecules | Free Full-Text | Black Chokeberry Aronia Melanocarpa L.—A Qualitative Composition, Phenolic Profile and Antioxidant Potential | HTML (mdpi.com)
The effect of Aronia consumption on lipid profile, blood pressure, and biomarkers of inflammation: A systematic review and meta-analysis of randomized controlled trials	Rahmani J, Clark C, Kord Varkaneh H, Lakiang T, Vasanthan LT, Onyeche V, Mousavi SM, Zhang Y.	Phytother Res. 2019 Aug;33(8):1981-1990. doi: 10.1002/ptr.6398. Epub 2019 Jun 24.	The effect of Aronia consumption on lipid profile, blood pressure, and biomarkers of inflammation: A systematic review and meta-analysis of randomized controlled trials - Rahmani - 2019 - Phytotherapy Research - Wiley Online Library
Berry Phenolic Antioxidants - Implications for Human Health?	Olas B.	Front Pharmacol. 2018 Mar 26;9:78. doi: 10.3389/fphar.2018.00078. eCollection 2018.	(PDF) Berry Phenolic Antioxidants – Implications for Human Health? (researchgate.net)
Fruits of Black Chokeberry Aronia melanocarpa in the Prevention of Chronic Diseases	Jurikova T, Mlcek J, Skrovankova S, Sumczynski D, Sochor J, Hlavacova I, Snopek L, Orsavova J.	Molecules. 2017 Jun 7;22(6):944. doi: 10.3390/molecules22060944.	Fruits of Black Chokeberry Aronia melanocarpa in the Prevention of Chronic Diseases (nih.gov)
The multifunctionality of berries toward blood platelets and the role of berry phenolics in cardiovascular disorders	Olas B.	Platelets. 2017 Sep;28(6):540-549. doi: 10.1080/09537104.2	The multifunctionality of berries toward blood platelets and the role of berry phenolics in cardiovascular disorders: Platelets: Vol 28, No 6 (tandfonline.com)

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Cardioprotective effects of Aronia melanocarpa anthocynanins. From laboratory experiments to clinical practice	Parzonko A, Naruszewicz M.	Curr Pharm Des. 2016;22(2):174-9. doi: 10.2174/1381612822666151112152143.	Cardioprotective effects of Aronia melanocarpa anthocynanins. From laboratory experiments to clinical practice | Request PDF (researchgate.net)
Antioxidants as a Potential Preventive and Therapeutic Strategy for Cadmium	Brzóska MM, Borowska S, Tomczyk M.	Curr Drug Targets. 2016;17(12):1350-84. doi: 10.2174/1389450116666150506114336.	Antioxidants as a Potential Preventive and Therapeutic Strategy for Cadmium - PubMed (nih.gov)
Aronia plants: a review of traditional use, biological activities, and perspectives for modern medicine	Kokotkiewicz A, Jaremicz Z, Luczkiewicz M.	J Med Food. 2010 Apr;13(2):255-69. doi: 10.1089/jmf.2009.0062.	Aronia Plants: A Review of Traditional Use, Biological Activities, and Perspectives for Modern Medicine | Journal of Medicinal Food (liebertpub.com)
The clinical effectiveness of chokeberry: a systematic review	Chrubasik C, Li G, Chrubasik S.	Phytother Res. 2010 Aug;24(8):1107-14. doi: 10.1002/ptr.3226.	The clinical effectiveness of chokeberry: a systematic review - PubMed (nih.gov)
Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects	Kulling SE, Rawel HM.	Planta Med. 2008 Oct;74(13):1625-34. doi: 10.1055/s-0028-1088306. Epub 2008 Oct 20.	Chokeberry (Aronia melanocarpa) – A Review on the Characteristic Components and Potential Health Effects | Request PDF (researchgate.net)
Current knowledge of Aronia melanocarpa as a medicinal plant	Valcheva-Kuzmanova SV, Belcheva A.	Folia Med (Plovdiv). 2006;48(2):11-7.	Current knowledge of Aronia melanocarpa as a medicinal plant - PubMed (nih.gov)

Phenolic Composition, Mineral Content, and Beneficial Bioactivities of Leaf Extracts from Black Currant (Ribes nigrum L.), Raspberry (Rubus idaeus), and Aronia (Aronia melanocarpa)	Staszowska-Karkut M, Materska M.	Nutrients. 2020 Feb 12;12(2):463. doi: 10.3390/nu12020463.	Phenolic Composition, Mineral Content, and Beneficial Bioactivities of Leaf Extracts from Black Currant (Ribes nigrum L.), Raspberry (Rubus idaeus), and Aronia (Aronia melanocarpa) (nih.gov)
Daily supplementation with aronia melanocarpa (chokeberry) reduces blood pressure and cholesterol: a meta analysis of controlled clinical trials	Hawkins J, Hires C, Baker C, Keenan L, Bush M.	J Diet Suppl. 2020 Aug 14:1-14. doi: 10.1080/19390211.2020.1800887. Online ahead of print.	Daily supplementation with aronia melanocarpa (chokeberry) reduces blood pressure and cholesterol: a meta analysis of controlled clinical trials: Journal of Dietary Supplements: Vol 0, No 0 (tandfonline.com)
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Triterpene Acid (3-O-p-Coumaroyltormentic Acid) Isolated From Aronia Extracts Inhibits Breast Cancer Stem Cell Formation through Downregulation of c-Myc Protein	Choi HS, Kim SL, Kim JH, Deng HY, Yun BS, Lee DS.	Int J Mol Sci. 2018 Aug 26;19(9):2528. doi: 10.3390/ijms19092528.	Triterpene Acid (3-O-p-Coumaroyltormentic Acid) Isolated From Aronia Extracts Inhibits Breast Cancer Stem Cell Formation through Downregulation of c-Myc Protein (nih.gov)

Fruits of Black Chokeberry Aronia melanocarpa in the Prevention of Chronic Diseases	Jurikova T, Mlcek J, Skrovankova S, Sumczynski D, Sochor J, Hlavacova I, Snopek L, Orsavova J.	Molecules. 2017 Jun 7;22(6):944. doi: 10.3390/molecules22060944.	Fruits of Black Chokeberry Aronia melanocarpa in the Prevention of Chronic Diseases (nih.gov)
Antidiabetic Effects of Aronia melanocarpa and Its Other Therapeutic Properties	Banjari I, Misir A, Šavikin K, Jokić S, Molnar M, De Zoysa HKS, Waisundara VY.	Front Nutr. 2017 Nov 6;4:53. doi: 10.3389/fnut.2017.00053. eCollection 2017.	Antidiabetic Effects of Aronia melanocarpa and Its Other Therapeutic Properties (nih.gov)
Cardioprotective mechanisms of phytochemicals against doxorubicin-induced cardiotoxicity	Abushouk AI, Ismail A, Salem AMA, Afifi AM, Abdel-Daim MM.	Biomed Pharmacother. 2017 Jun;90:935-946. doi: 10.1016/j.biopha.2017.04.033. Epub 2017 Apr 26.	Cardioprotective mechanisms of phytochemicals against doxorubicin-induced cardiotoxicity - ScienceDirect
The Search for Dietary Supplements to Elevate or Activate Circulating Paraoxonases	Lou-Bonafonte JM, Gabás-Rivera C, Navarro MA, Osada J.	Int J Mol Sci. 2017 Feb 15;18(2):416. doi: 10.3390/ijms18020416.	The Search for Dietary Supplements to Elevate or Activate Circulating Paraoxonases (nih.gov)
The multifunctionality of berries toward blood platelets and the role of berry phenolics in cardiovascular disorders	Olas B.	Platelets. 2017 Sep;28(6):540-549. doi: 10.1080/09537104.2016.1235689. Epub 2016 Oct 25.	The multifunctionality of berries toward blood platelets and the role of berry phenolics in cardiovascular disorders: Platelets: Vol 28, No 6 (tandfonline.com)
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Antioxidants as a Potential Preventive and Therapeutic Strategy for Cadmium	Brzóska MM, Borowska S, Tomczyk M.	Curr Drug Targets. 2016;17(12):1350-84. doi: 10.2174/1389450116666150506114336.	Antioxidants as a Potential Preventive and Therapeutic Strategy for Cadmium - PubMed (nih.gov)
Chokeberries (Aronia melanocarpa) and Their Products as a Possible Means for the Prevention and Treatment of Noncommunicable Diseases and Unfavorable Health Effects Due to Exposure to Xenobiotics	Borowska S, Brzóska MM.	Compr Rev Food Sci Food Saf. 2016 Nov;15(6):982-1017. doi: 10.1111/1541-4337.12221. Epub 2016 Aug 2.	Chokeberries (Aronia melanocarpa) and Their Products as a Possible Means for the Prevention and Treatment of Noncommunicable Diseases and Unfavorable Health Effects Due to Exposure to Xenobiotics - Borowska - 2016 - Comprehensive Reviews in Food Science and Food Safety - Wiley Online Library
[The use of various diet supplements in metabolic syndrome]	Sicińska P, Pytel E, Maćczak A, Koter-Michalak M.	Postepy Hig Med Dosw (Online). 2015 Jan 9;69:25-33. doi: 10.5604/17322693.1135416.	The use of various diet supplements in metabolic syndrome | Postępy Higieny (phmd.pl)
Anthocyanins as antimicrobial agents of natural plant origin	Cisowska A, Wojnicz D, Hendrich AB.	Nat Prod Commun. 2011 Jan;6(1):149-56.	Anthocyanins as antimicrobial agents of natural plant origin - PubMed (nih.gov)
Aronia plants: a review of traditional use, biological activities, and perspectives for modern medicine	Kokotkiewicz A, Jaremicz Z, Luczkiewicz M.	J Med Food. 2010 Apr;13(2):255-69. doi: 10.1089/jmf.2009.0062.	Aronia Plants: A Review of Traditional Use, Biological Activities, and Perspectives for Modern Medicine | Journal of Medicinal Food (liebertpub.com)
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[The use of anthocyanins in the treatment of cardiovascular diseases]	Kowalczyk E, Krzesiński P, Fijałkowski P, Błaszczyk J, Kowalski J.	Pol Merkur Lekarski. 2005 Jul;19(109):108-10.	[The use of anthocyanins in the treatment of cardiovascular diseases] - PubMed (nih.gov)
Aronia melanocarpa Products and By-Products for Health and Nutrition: A Review	Jurendić T, Ščetar M.	Antioxidants (Basel). 2021 Jun 29;10(7):1052. doi: 10.3390/antiox10071052.	Aronia melanocarpa Products and By-Products for Health and Nutrition: A Review (nih.gov)
Sustainable food processing of selected North American native berries to support agroforestry	Ravichandran KS, Krishnaswamy K.	Crit Rev Food Sci Nutr. 2021 Nov 11:1-26. doi: 10.1080/10408398.2021.1999901. Online ahead of print.	Full article: Sustainable food processing of selected North American native berries to support agroforestry (tandfonline.com)