

Aronia Scientific Articles – Synergies
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Title	Authors	Reference	URL Link
[The antiradical activity of plant extracts and healthful preventive combinations of these exrtacts with the phospholipid complex]	Baranova VS, Rusina IF, Guseva DA, Prozorovskaia NN, Ipatova OM, Kasaikina OT.	Biomed Khim. 2012 Nov-Dec;58(6):712-26. doi: 10.18097/pbmc20125806712.	[The antiradical activity of plant extracts and healthful preventive combinations of these exrtacts with the phospholipid complex] - PubMed (nih.gov)
Metabolic Fate and Cardiometabolic Effects of Phenolic Compounds from Red-Fleshed Apple in Hypercholesterolemic Rats: A Comparative Study with Common White-Fleshed Apple. The AppleCOR Study	Yuste S, Ludwig IA, Romero MP, Piñol-Felis C, Catalán Ú, Pedret A, Valls RM, Fernández-Castillejo S, Motilva MJ, Macià A, Rubió L.	Mol Nutr Food Res. 2021 May;65(10):e2001225. doi: 10.1002/mnfr.202001225. Epub 2021 May 3.	Metabolic Fate and Cardiometabolic Effects of Phenolic Compounds from Red-Fleshed Apple in Hypercholesterolemic Rats: A Comparative Study with Common White-Fleshed Apple. The AppleCOR Study - Yuste - 2021 - Molecular Nutrition & Food Research - Wiley Online Library
Efficacy and Safety of Aronia, Red Ginseng, Shiitake Mushroom, and Nattokinase Mixture on Insulin Resistance in Prediabetic Adults: A Randomized, Double-Blinded, Placebo-Controlled Trial	Park S, Kim CJ, Ha KC, Baek HI, Yang HJ, Kim MJ, Park SJ.	Foods. 2021 Jul 5;10(7):1558. doi: 10.3390/foods10071558.	Efficacy and Safety of Aronia, Red Ginseng, Shiitake Mushroom, and Nattokinase Mixture on Insulin Resistance in Prediabetic Adults: A Randomized, Double-Blinded, Placebo-Controlled Trial (nih.gov)
The enrichment of honey with Aronia melanocarpa fruits enhances its in vitro and in vivo antioxidant potential and intensifies its antibacterial and antiviral properties	Miłek M, Grabek-Lejko D, Stępień K, Sidor E, Mołoń M, Dżugan M.	Food Funct. 2021 Oct 4;12(19):8920-8931. doi: 10.1039/d1fo02248b.	The enrichment of honey with Aronia melanocarpa fruits enhances its in vitro and in vivo antioxidant potential and intensifies its antibacterial and antiviral properties - Food & Function (RSC Publishing)

<p>Metformin and cyanidin 3-O-galactoside from Aronia melanocarpa synergistically alleviate cognitive impairment in SAMP8 mice</p>	<p>Wen H, Tian H, Liu C, Zhang X, Peng Y, Yang X, Chen F, Li J.</p>	<p>Food Funct. 2021 Nov 1;12(21):10994-11008. doi: 10.1039/d1fo02122b.</p>	<p>Metformin and cyanidin 3-O-galactoside from Aronia melanocarpa synergistically alleviate cognitive impairment in SAMP8 mice - Food & Function (RSC Publishing)</p>
<p>Anti-Obesity Effects of Morus alba L. and Aronia melanocarpa in a High-Fat Diet-Induced Obese C57BL/6J Mouse Model</p>	<p>Kim NY, Thomas SS, Hwang DI, Lee JH, Kim KA, Cha YS.</p>	<p>Foods. 2021 Aug 18;10(8):1914. doi: 10.3390/foods10081914.</p>	<p>Anti-Obesity Effects of Morus alba L. and Aronia melanocarpa in a High-Fat Diet-Induced Obese C57BL/6J Mouse Model (nih.gov)</p>