

Blackberries and Red Raspberries

From the research papers

“Findings suggest that an active black raspberry fraction may be a promising complementary cancer therapy. It is natural and potent enough for manageable dosing regimens. These extracts contain multiple active ingredients that may be additive or synergistic in their antiangiogenic effects. These observations warrant further investigations in animals and human trials.” Liu, et al, *J Agric Food Chem.* 2005 May 18. [Abstract](#)

“Black raspberries are a rich natural source of chemopreventive phytochemicals. Recent studies have shown that freeze-dried black raspberries inhibit the development of oral, esophageal, and colon cancer in rodents...” Han, et al., *Nutr Cancer.* 2005. [Abstract](#)

“The findings ... suggest that the content of individual health-promoting compounds varies significantly in raspberry, due to both developmental and genetic factors. This information will assist in the future development and identification of raspberry lines with enhanced health-promoting properties.” Beekwilder, et al. *J Agric Food Chem.* 2005 May 4. [Abstract](#)

“Berries and their phenolics [mostly ellagitannins] selectively inhibit the growth of human pathogenic bacteria...these compounds would be of high interest for further evaluation of their properties as natural antimicrobial agents for food and pharmaceutical industry.” Puupponen-Pimia, et al. *J Appl Microbiol*2005;98(4):991-1000. [Abstract](#)

“Scientific research would suggest that the colorants called anthocyanins in strong-coloured berries like red berries, blueberries and blackcurrants may have a role in preventing heart disease.” [More information on this study from Finland](#)

“Juice from strawberry, blueberry, and raspberry fruit significantly inhibited mutagenesis caused by both carcinogens.” Hope Smith, et al. *J Med Food.* 2004 Winter;7(4):450-5. [Abstract](#)