

JBA article re Blackcurrant and aging Dec 18

Hello.

*The purpose of the JBA website is to provide latest news and information about health research relevant to blackcurrants. Where the information comes from other parts of the world the JBA team translates that research for this website. But the blackcurrant is not only the subject of much research; it is also used around the world as an important food and beverage in many cultures. In these Columns I will share with you some information about this pleasurable 'perspective' of the blackcurrant as well as, from time to time, information about the latest research. **Bill Floyd, Advisor, Japan Blackcurrant Association:***

Could the Blackcurrant help with anti-aging?

Aging could perhaps be described simplistically as the degradation of cellular DNA over time. This affects both mental and physical abilities and states. This DNA degradation is facilitated by oxidative stress.

Much global research has looked at how foods could slow (or even reverse?) DNA degradation. But although laboratory research can show antioxidant capability in foods the key question is whether or not such antioxidant activity can happen at a meaningful level at the cellular level in a living human.

Scientists in the UK and Japan have just completed clinical trials on the use of a blackcurrant powder to reduce age-induced body odour.

A visit to an old-folks home is often associated with an awareness of an unpleasant body odour in the home. This body odour is from the emission of a skin gas, 2-nonenal. This gas results from the oxidative stress-induced lipid peroxidation of fatty acids in sebaceous glands. This peroxidation is believed to be the result of age-related decline in antioxidant defence in the body.

The just-completed human clinical trials showed that a New Zealand blackcurrant powder reduced skin emission of 2-nonenal in older adults by 28%. A Poster of the research is attached (presented at the International Sport and Exercise Nutrition Conference December 2018). The research was initiated by Prof Mark Willems of Chichester University and carried out by teams from the Universities of Chichester and Worcester in the UK and Tokai University in Japan.

The research came about as a result of discussions within the Japan Blackcurrant Association (JBA) about blackcurrant and aging. A Japanese retail product for halitosis based on persimmon extract was also said to have a positive effect on body odor. The increasing scientific evidence for blackcurrant's potential to be an effective antioxidant led to the hypothesis that blackcurrants might have such a value for age-related skin-emission body odor.

This hypothesis has been confirmed and suggests future direction for research that could prove the potential of blackcurrant to reduce lipid peroxidation in human cells: positively affecting cell biology and human health.

It is important for me to stress the following when I refer to research:

- **Research can be indicative of possible values to humans but most current research requires significant more trials before values are proven.**
- **While research is being carried out people should simply enjoy blackcurrants as part of a balanced diet of many foods; especially fruits and vegetables.**
- **No-one should use the above information in any way to treat them self without discussing first with their medical professional.**

Bill Floyd Advisor, Japan Blackcurrant Association