

*JBA Article re blackcurrant and office alertness*

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 latest research about blackcurrant and sport and mental motivation be relevant to the “Japanese desk warrior”?**

A recent study published in the International Society of Sports Nutrition looked at the effect of the juice of New Zealand-grown blackcurrants on emotions and mood and physical exercise.

The study showed that consumption of the blackcurrant juice prior to exercising could increase motivation to an individual's 'affective response' to exercise – which includes emotions and mood- and largely influences their motivation to continue exercising and adhere to an exercise regime.

The work is part of a series of research undertaken by NZ Plant & Food Research (N郑&FR). N郑&FR has specialised in the use of food nutrition and sport performance; especially the use of blackcurrants.

I know that in earlier research N郑&FR established that blackcurrants can have an effect on mental acuity and quick response times to mental stress exercises.

For me, this latest study suggests that perhaps “Japanese desk warriors” (office workers/data inputters/data analysts/financial sector staff and the like) could also benefit from taking blackcurrant supplements. If they did perhaps brain fatigue from repetitive mental work could be less negative and even more enjoyable with a blackcurrant supplement or juice.

A blackcurrant juice “shooter” with or before a green tea could be the perfect morning/afternoon tea for many Japanese workers: **perhaps a very good research concept for a Japanese University student looking for a PhD project.**

*Journal Reference: Journal of the International Society of Sports Nutrition 16:33  
Doi.org/10.1186/s12970-019-0300-0 (<https://plantandfood.us5.list-manage.com/track/click?u=1b46d14e528ad30bae8b3663c&id=cc25b44b67&e=5b367992d8>)*

**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.**
- **Specific research outcomes highlighted in this column can only be assumed to relate to the specific blackcurrant product used for the research. This is because variations in levels of naturally occurring phytochemicals in blackcurrants occur based on country-of-origin, blackcurrant variety, and processing techniques.**
- **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