

JBA Column

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:***

Blackcurrants and Breast Milk?

We continue our Scandinavian blackcurrant research focus in this second article on the science in the region.

In 2015, Professor Heikki Kallio, from the University of Turku, in Finland, gave a truly exciting, passionate address at the International Blackcurrant Conference held in Poland. In general, he summarised the potential of blackcurrants as a healthy food and as a food manufacturing ingredient. But I found one particular piece of research to be quite amazing and want to refer to it again now, in this column: it was about blackcurrants their effect on and breast milk.

To summarise: "Blackcurrant oil enhances innate and adaptive immunity via breast milk cytokines"

Professor Kallio's full presentation is available at <https://www.blackcurrant-iba.com/wp-content/uploads/2015/10/Heikki-KallioS.pdf>: and the information specific to breast milk is on Slides 23 and 24.

I know that other research has suggested that blackcurrant seed oil is quite unique in its ratio of Omega 3 to Omega 6 essential fatty acids. There is growing awareness of the general imbalance of 'Omega 3' and 'Omega 6' in the Western diet: too much Omega 6 and not enough Omega 3.

Blackcurrant Seed oil has potential to be a major consumer health product, created from the pomace residue of the blackcurrant juicing industry.

Manufacturers refer to a 'product cascade', meaning the different by-products that can be developed from the one initial bulk or core product. In the case of blackcurrants, the chief global-bulk product is juice. But the pomace residue from juice manufacturing has significant commercial potential: and blackcurrant seed oil is one that deserves special focus. Professors Kallio's work is an example of why pomace-to-oil extraction could dramatically increase the overall value of the blackcurrant crop; benefit global consumers and therefore the whole industry.

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 themselves without discussing first with their medical professional.**



Bill Floyd Advisor, Japan Blackcurrant Association