

## About Black Currants

Black currants have recently been regarded as the new "superfruit" for their many health benefits and medicinal purposes, with growing popularity.

Black currants are renowned for their high content in Vitamin C, GLA (Gamma-Linoleic Acid, a very rare Omega-6 essential fatty acid) and potassium. They have been shown to have twice the potassium of bananas, four times the vitamin C of oranges, and twice the antioxidants of blueberries.

Vitamin C - Vitamin C is an essential nutrient required for a wide range of metabolic reactions in the body. It cannot be made by the body and must be consumed regularly in our diet. This vitamin is essential for many of our body's functions, especially for proper wound healing and maintaining cartilage. Vitamin C also acts as an antioxidant, helping to protect the body from harmful free radicals that are formed from the normal by-products of metabolism, exposure to pollutants, smoking, or other environmental toxins. Diets high in Vitamin C from fruits and vegetables are associated with lower risk of certain cancers such as oral, esophageal, stomach, colon, and lung. Black currants are extremely high in vitamin C, and just 4 oz. of black currant juice provides the daily recommended intake.

GLA - The GLA in black currant oil may reduce inflammation. This omega-6 fatty acid is the most anti-inflammatory of this fatty acid group. Black currant seeds contain gamma-linoleic which is rarely found in any other natural resource, and both alpha and gamma-linoleic are essential fatty acids and cannot be produced by the body on its own.



Potassium - Potassium is essential for proper kidney function, maintaining a healthy heart, muscle contraction, bone health, and proper digestion. Eating a diet rich in potassium may help reduce the risk of heart disease, stroke, arthritis, and digestive disorders. Potassium is also necessary for maintaining the correct balance of water electrolytes inside the human body.



Antioxidants - Antioxidants protect our cells. They reduce the effect of dangerous oxidants by binding together with these harmful molecules and decreasing their destructive power. Antioxidants can also help repair damage already sustained by cells. Black currants are very rich in antioxidants.

## Associated Health Benefits

Research suggests that black currants may provide many health benefits, which include:

- Anti-Inflammatory properties
- Powerful antioxidant
- Prevent cancer
- Prevent heart disease
- Reduce the effects of arthritis
- Protect against Alzheimer's
- Protect vision
- Slow down aging process
- Treat eczema and dermatitis
- Antiseptic properties
- Regulate circulatory system
- Increase immunity
- Treat colds, sore throat and flu
- Stimulate digestion
- Stimulate functioning of the liver, pancreas, spleen and kidneys
- Treat diarrhea and dysentery

Sources: <http://www.black-currant.com>  
<http://www.currantc.com>  
<http://www.livingstrong.com>  
<http://www.nzblackcurrants.com>  
<http://www.healthline.com>  
<http://www.liveandfeelwell.com>