



Cruising Review

strawberry

Strawberry: Publications and Research from SwissMixIt

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608-238-6001 [TEL]

greg@cruisingreview.com [Email]



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Strawberries have been reported to be potent antioxidants and reduce cardiovascular risk factors, such as, elevated blood pressure, hyperglycemia, dyslipidemia and inflammation in limited studies.

PDF Version of the webpage (first pages)

Strawberry Botanical Information

Strawberries have been reported to be potent antioxidants and reduce cardiovascular risk factors, such as, elevated blood pressure, hyperglycemia, dyslipidemia and inflammation in limited studies.

Keywords: Strawberries, strawberry, *Fragaria X ananassa* Duch, total cholesterol, metabolic syndrome, adhesion molecules, nutrition, diet, ultraviolet protection, skin aging, antioxidants, fatty acids, flavonoids, vitamins, β -cell regeneration/protection effects, antihyperglycemic activity, normolipidemic activity, oxidative stress, Ellagitannins, Ellagic acid, Proanthocyanidins, Strawberry pomace
Description and Research Abstract: Strawberries have been reported to be potent antioxidants and reduce cardiovascular risk factors, such as, elevated blood pressure, hyperglycemia, dyslipidemia and inflammation in limited studies.

Berries have shown several cardiovascular health benefits and have been associated with antioxidant functions in experimental models. Dietary strawberries may selectively increase plasma antioxidant biomarkers in obese adults with elevated lipids. In addition to these antioxidant enzymes, dietary micronutrients, such as vitamins C and E, and trace elements, such as copper, iron, selenium and zinc, also play an important role in antioxidant and pro-oxidant activities.

Emerging research provides substantial evidence to classify strawberries as a functional food with several preventive and therapeutic health benefits. Strawberries, a rich source of phytochemicals (ellagic acid, anthocyanins, quercetin, and catechin) and vitamins (ascorbic acid and folic acid), have been highly ranked among dietary sources of polyphenols and antioxidant capacity.

The strawberry (*Fragaria x ananassa* Duch.) is one of the most consumed fruits in the world and its worldwide production ranks second after the grape. Besides being an attractive fruit due to its color and flavor, strawberries have large consume both as fresh fruit as processed, being an important source of health by having antioxidants compounds, including anthocyanins, flavonoids, phenolic compounds and nutrients.

Dietary strawberries may selectively increase plasma antioxidant biomarkers in obese adults with elevated lipids.

Dietary strawberry powder reduced risk factors for CVD, stroke and diabetes in obese volunteers, suggesting a potential role for strawberries as a dietary means to decrease obesity-related disease.

Freeze-dried strawberry powder improves lipid profile and lipid peroxidation in women with metabolic syndrome: baseline and post intervention effects.

Strawberry extracts also upregulated liver Peroxisome Proliferator Activated Receptor- γ (PPAR- γ). Histological examination confirmed the nephroprotective and β -cell regeneration/protection effects of strawberry extracts. The present study demonstrates several beneficial effects of strawberry extracts along with its probable mechanism of action.

We have demonstrated for the first time that the topical use of strawberry extract may provide good photoprotection, even if more in-depth studies are strongly encouraged in order to evaluate the cellular and molecular effects of strawberry protection.

Extreme exposure of skin to Ultraviolet A (UVA)-radiation may induce a dysregulated production of reactive oxygen species (ROS) which can interact with cellular biomolecules leading to oxidative stress, inflammation, DNA damage, and alteration of cellular molecular pathways, responsible for skin photoaging, hyperplasia, erythema, and cancer. For these reasons, the use of dietary natural bioactive compounds with remarkable antioxidant activity could be a strategic tool to counteract these UVA-radiation-caused deleterious effects. The results showed that the synergic topical use of strawberry and Coenzyme Q10 provided a significant ($p < 0.05$) photoprotective effect, reducing cell death and ROS, increasing antioxidant defense, lowering inflammatory markers, and improving mitochondrial functionality. The obtained results suggest the use of strawberry-based formulations as an innovative, natural, and useful tool for the prevention of UVA exposure-induced skin diseases in order to decrease or substitute the amount of synthetic sunscreen agents.

The addition of strawberry pomace extracts affected the activity of certain enzymes of intestinal microflora and its most important products.

The strawberry (*Fragaria X ananassa*, Duch.) represents a relevant source of micronutrients, such as minerals, vitamin C, folate and phenolic substances, most of which are natural antioxidants and contribute to the high nutritional quality of the fruit. All these compounds are essential for health and, in particular, strawberry phenolics are best known for their antioxidant and anti-inflammatory action, and possess directly and indirectly antimicrobial, anti-allergy and anti-hypertensive properties, as well as the capacity to inhibit the activities of some physiological enzymes and receptor properties.

Current evidence indicates that the consumption of strawberries, a natural source of a wide range of nutritive and bioactive compounds, is associated with the prevention and improvement of chronic-degenerative diseases.
