

Average content (g/100 g FW) of sugars in 23 samples of black chokeberry fruits. A growing amount of evidence demonstrates that the consumption of fruits, vegetables, and herbs is associated with a lower risk of arteriosclerosis and other oxidative stress-related diseases ¹ Among plant foods, berries are characteristic with high content of bioactive substances, including polyphenols. Research has shown that aronia has more antioxidant power than other fruits including grapes, elderberries, blueberries, cranberries, raspberries, blackberries, prunes, cherries, bananas, oranges, apples and pears.

According to Medical News Today, a variety of studies have shown that Aronia Berries have many possible health benefits. The most exciting aspect about this berry is its high level of polyphenols : micronutrients derived from plant-based foods that are packed with antioxidants. In 2009, research was conducted into how plant antioxidants like aronia can protect cells against the oxidative stress observed in breast cancer patients.

Several studies have shown that black chokeberries contain considerably rich quantities of phenolic flavonoid phyto-chemicals known as anthocyanins. The fruits of this species (*Aronia melanocarpa*) are known to be among the most excellent sources of phenolic substances, especially anthocyanins - glycosides of cyanidin. The fruits of black chokeberry are cooked before consumption.

Black chokeberry offers a number of health benefits and, hence, it has been traditionally used to treat several ailments and health conditions. Black chokeberry (botanical name , *Aronia melanocarpa*) is a short-lived deciduous herb that grows up to a height of anything between 2.5 meters and 3 meters. Another study is using a mouse model to look at the cardiovascular health benefits of aronia berry.

Aronia berries which are full of antioxidants, can improve blood circulation, balance blood pressure, prevent and help in the treatment of diabetes and much more. There is strong evidence that anthocyanin-rich foods confer a wide range of health benefits including: antioxidant, anti-inflammatory, cardiovascular protection, neuroprotection / improved cognitive function, diabetes & obesity control, cancer

inhibition and enhanced exercise recovery. Once you read all the health benefits from this amazing berry, you will want a steady supply of the fruits.

The health benefits from the fruit are amazing and Aronia berries are being used in many interesting new ways. The fruits have been tested as having incredible amounts of anthocyanins, and the highest amounts of antioxidants of any fruit tested, which aids in eliminating inflammation in the body. How to Reap the Benefits: Opt for sugar-free aronia products, such as pure dried berries or pure juice, to reap the maximum immune-boosting benefits.

In fact, aronia berries have the highest antioxidant capacity among berries and other fruits evaluated to date (as of 2012). In this article, we explain in detail why aronia berries are so good for you and how you can reap the nutritional and health benefits of this superfood. Purple fruits by virtue of their color are rich in the category of antioxidants known as anthocyanins.

To date, [aronia fruit](#) and its anthocyanin-rich extract have been shown to have numerous nutraceutical benefits, including protective liver, kidney and gastric properties; anti-inflammatory, antibacterial and antiviral functions; metabolic normalization; and suppression of breast and colon cancer cells.