

Black Chokeberries

Last but not least, finding ways to manage pomace allows for reducing expenditures related to the transport and disposal of processing waste, and thus the minimization environmental risks.... Polyphenols are probably the most important components of black chokeberry fruits and are responsible for most of their beneficial health properties. Content may be subject to copyright.. [Chokeberry fruits](#) are some of the richest sources of polyphenols, which include anthocyanins, flavonols, flavanols, proanthocyanidins, and phenolic acids 33,505152. Aronia melanocarpa , commonly known as the black chokeberry, is a sour berry being researched for its potential health benefits.

A 2013 market potential study project of the Maine Agricultural Center proposed that black chokeberry offers good potential to enhance Maine's economy, and it provided some indicative price information: A mature aronia plant can yield 15–30 pounds of fruit. For example, black chokeberry fruit extract (dry or liquid) and chokeberry flavor both are permitted for use as non-medicinal flavor enhancer ingredients of oral (e.g., juices and tablets) and topical (e.g., skin or lip balms) NHPs, while Aronia melanocarpa fruit juice” is permitted for use as a non-medicinal skin-conditioning agent of topical NHPs.¹⁴ Polyphenols, especially anthocyanins and procyanidins, make up the main group of biologically active constituents in black chokeberry fruits ⁵.

Aronia berries contain higher levels of antioxidants , ployphenois, and anthocyanins than cranberries, blueberries, grapes, and most other fruits. Handeland, M.; Grude, N.; Torp, T.; Slimestad, R. Black chokeberry juice (Aronia melanocarpa) reduces incidences of urinary tract infection among nursing home residents in the long term—a pilot study. Tolić, M.-T.; Jurčević, I.L.; Krbavčić, I.P.; Marković, K.; Vahčić, N. Phenolic content, antioxidant capacity and quality of chokeberry (Aronia melanocarpa) products.

Rop,, Mlcek, J.; Jurikova, T.; Valsikova, M.; Sochor, J.; Reznicek, V.; Kramarova, D. Phenolic content, antioxidant capacity, radical oxygen species scavenging and lipid peroxidation inhibiting activities of extracts of five black chokeberry (Aronia melanocarpa (michx.) elliot) cultivars. Ochmian, I.; Grajkowski, J.; Smolik, M. Comparison of Some Morphological Features, Quality and Chemical Content of Four Cultivars of Chokeberry Fruits (Aronia melanocarpa). Lesser known fruit species such as black chokeberry, Aronia melanocarpa, are coming into the focus of researchers and also the public, particularly due to their great antioxidative activity.

Black chokeberry extract and other products may reduce the oxidative stress in breast cancer patients before and after surgery and during various phases of oncology treatment 140 In a model system in vitro 94 , the commercial extract from berries of *A. melanocarpa*, due to the antioxidant action, significantly reduced the oxidative/nitrative stress in platelets from patients with invasive breast cancer after the surgery, as an increase of biomarkers of oxidative stress, such as a decrease of glutathione in platelets from patients with breast cancer, was observed. Beneficial effects of long-term consumption of chokeberry juice and other *Aronia* products on metabolic parameters including fasting plasma glucose and lipid profiles have also been reported 20 , 114 , 115 , 116

The berries of black chokeberries effectively improve the glucose metabolism, so they seem to be a good choice in the treatment of diabetes.