



nutrients



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Berries, Metabolism, Bioenergetics, and Cognition

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Message from the Guest Editor

During the last two decades, animal and human studies have identified a variety of health benefits associated with supplementation of blueberries and other berry fruits. Basic science experiments and clinical trials have shown that berry intake can enhance cognitive performance in the contexts of aging, cognitive deficit, and in cognitively challenging situations. There is evidence that blueberry and strawberry anthocyanins and Concord grape flavanols induce metabolic and bioenergetic effects that may be linked to cognitive enhancements and other health benefits. This Special Issue of *Nutrients* will focus on new animal and human investigations assessing the effects of anthocyanins and other flavonoid constituents of berries on cognitive performance with emphasis on putative mechanisms, including metabolic, microbiome, and bioenergetic effects, which have direct and indirect implications for brain health. Consider submitting a manuscript for this Special Issue and alerting colleagues.



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Special *Issue*



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