

Special Issue

Berries, Metabolism, Bioenergetics, and Cognition

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.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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