

# Black raspberry improves cardiovascular risk in metabolic syndrome

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Credit: Mary Ann Liebert, Inc., publishers

A new study shows that black raspberry extract can significantly lower a key measure of arterial stiffness—an indicator of cardiovascular disease. Black raspberry intake was also associated with increased levels of circulating endothelial progenitor cells (EPCs), which help repair and regenerate damaged arteries, according to the study published in *Journal of Medicinal Food*.

Han Saem Jeong, Sohyeon Kim, and coauthors from Korea University Anam Hospital (Seoul) and Gochang Black Raspberry Research Institute (Korea), describe the results of a [randomized controlled trial](#) in which they compared two groups of patients with [metabolic syndrome](#). One group received 750 mg/day of black raspberry extract, and the other received a placebo for 12 weeks.

In the article "[Black Raspberry Extract Increased Circulating Endothelial Progenitor Cells and Improved Arterial Stiffness in Patients with Metabolic Syndrome: A Randomized Controlled Trial](#)," the researchers present the changes recorded in the radial augmentation index (a measure of arterial stiffness), blood pressure, circulating EPCs, and various markers of inflammation for the two groups of patients.

Provided by Mary Ann Liebert, Inc

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