

# Berry Radical with Dairy Milk

## **Berry Good News: dairy milk does not reduce the bioavailability of antioxidants.**

After launching with a conservative recommendation of not using dairy milk with Berry Radical, newly discovered research now confirms that the addition of dairy milk does not reduce the bioavailability of antioxidants. Four studies on the beneficial antioxidants in tea and coffee have confirmed that the addition of milk did not affect the blood antioxidant levels in human volunteers.

Naturally, I recommend only using raw, organic, un-pasteurised, un-homogenised milk like Cleopatra's Bath Milk... available at good health food stores.

### **1. Reddy VC, Vidya Sagar GV, Sreeramulu D, Venu L, Raghunath M.**

"Addition of milk does not alter the antioxidant activity of black tea."

Ann Nutr Metab. 2005 May-Jun;49(3):189-95. Epub 2005 Jul 13.

### **2. Leenen R, Roodenburg AJ, Tijburg LB, Wiseman SA.**

"A single dose of tea with or without milk increases plasma antioxidant activity in humans."

Eur J Clin Nutr. 2000 Jan;54(1):87-92.

### **3. van het Hof KH, Kivits GA, Weststrate JA, Tijburg LB.**

"Bioavailability of catechins from tea: the effect of milk." Unilever Research Vlaardingen, The Netherlands.

Eur J Clin Nutr. 1998 May;52(5):356-9.

### **4. Dupas Coralie J, Marsset-Baglieri Agnès C, Ordonaud Claire S, Ducept Fabrice M. G, Aillard Marie-Noëlle.**

"Coffee antioxidant properties : Effects of milk addition and processing conditions."

Journal of food science ISSN 0022-1147 CODEN JFDSAZ 2006, vol. 71, no3, [Note(s): S253-S258] (40 ref.)



**ORAC Update:**

Recent ORAC test results have increased the ORAC rating of Berry Radical from 4,000 units - listed in our new catalogue - to over **7,000 units per serving - an increase of more than 75%!**