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1 **Anthocyanin profile, antioxidant activity and enzyme inhibiting properties of**
2 **blueberry and cranberry juices: a comparative study**

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15

16 **ABSTRACT**

17 Cranberry (*Vaccinium macrocarpon*) and blueberry (*Vaccinium myrtillus*) juices are
18 commonly consumed as a source of antioxidants. The aim of this manuscript was to
19 compare bioactivities as well as the differences in polyphenol content and anthocyanin
20 profile of both juices. Polyphenol and anthocyanin content was quantified using
21 spectrophotometric and chromatographic methods. Bioassays were carried out in terms
22 of antioxidant properties in cell and cell free systems as well as inhibition of
23 physiological enzymes that are targets involved in the prevention of chronic diseases
24 (monoamine oxidase A, tyrosinase, acetylcholinesterase, α -glucosidase and dipeptidyl
25 peptidase-4). Both juices contained a significant amount of anthocyanins (3.909 mg
26 anthocyanins mg⁻¹ extract for blueberry juice and 0.398 for cranberry juice) and also
27 exhibited antioxidant properties against DPPH, superoxide radical and hydrogen
28 peroxide. The juices showed inhibitory effects on the enzymes, showing substantial
29 potential as antioxidant, neuroprotective and anti-hyperglycaemic agents. The total
30 anthocyanin and polyphenol content was superior in blueberry juice, which is indicative
31 of a higher antioxidant activity. Both juices were also able to inhibit monoamine
32 oxidase A, tyrosinase, α -glucosidase and dipeptidyl peptidase-4 in a dose-dependent
33 manner. However, cranberry juice had a greater capacity than blueberry juice as α -
34 glucosidase inhibitor, revealing a similar activity to acarbose.

35

36 **KEYWORDS:** blueberry; cranberry; Ericaceae; anthocyanin; diabetes; neuroprotection.

37

38 1. Introduction

39 Blueberries (*Vaccinium myrtillus*) and cranberries (*Vaccinium macrocarpon*) are drupe,
40 berry-like fruits belonging to the Ericaceae family. In North America, blueberries are
41 also known as bilberries, but in Europe the preferred denomination is blueberries.
42 *Vaccinium macrocarpon* are sometimes referred to as “American cranberry” because it
43 originally comes from North America. Certain studies have reported bioactive
44 compounds such as vitamins, organic acids, dietary fibres and phenolic compounds
45 (proanthocyanidins) in berry-like fruits.(1–3) Furthermore, cranberry products are
46 medicinally used for the prevention of urinary tract infections caused by *Escherichia*
47 *coli*(4) and is commonly recognized as a preventive natural product against urinary
48 tract infections,(5) owing to its phenolic compounds; these polyphenols are also
49 associated with therapeutic outcomes in diabetic retinopathy or fibrocystic disease.
50 Antimicrobial properties of blueberries have been studied in the context of diarrhoea(6)
51 and, as recent research has revealed anti-inflammatory capacity in HCECs cells,(7) the
52 World Health Organization also approved its use in ophthalmologic disorders.

53 Colourful berry-like fruits are known to contain polyphenols of the anthocyanin type.
54 Several studies have suggested that the intake of coloured fruits may reduce risk of
55 cancer and that a diet rich in blueberries may support arterial structure, by contributing
56 to healthy blood flow via LDL oxidation, normal platelet aggregation and improvement
57 of endothelial function.(1–3) Berries also exert a protective role against oxidative stress
58 and free radical damage.(8) There is strong evidence linking berry consumption to
59 lower incidence of age-related neurodegenerative disease.(9)

60 Although it has not been directly proven, there is a connection between type-2 diabetes,
61 dementia and neurodegenerative disease.(10) Certain papers confirm that berry

62 components can inhibit α -glucosidase and α -amylase because of their polyphenolic
63 composition.(11) However, the activity of blueberry and cranberry extracts on central
64 nervous system enzymes has not been sufficiently investigated.

65 The main objective of the study was to screen the bioactivity of the juices and their
66 capacity to modulate enzymes involved in the neurotransmission and glucose
67 metabolism such as monoamine oxidase A, tyrosinase, acetylcholinesterase, α -
68 glucosidase and dipeptidyl peptidase-4.

69 **2. Materials and methods**

70 **2.1. Reagents and chemicals**

71 Chemicals were supplied by Cymit química, Cayman Chemical, Sigma-Aldrich and
72 Panreac (Spain). Blueberry and cranberry juices were kindly donated by Natur Import.
73 Pure juices were industrially obtained, pasteurised and bottled in amber glass bottles by
74 the manufacturer (Rabenhorst®).

75 **2.2 Juice lyophilization**

76 750 ml of Rabenhorst® cranberry juice and 330 ml of Rabenhorst® blueberry juice
77 were lyophilized using Genesis VirTis 25 EL lyophilizer over 7 days. For each, the
78 liquid sample was frozen for 2 hr at -80 °C while the lyophilizer was freezing at the
79 same temperature. After that, the temperature was modified (-30 °C) and then
80 maintained at -60 °C for 96 hr. The next step was at -40 °C (4 hr) and then 24 hr at -60
81 °C. Temperature was increased to -15 °C over 7 hours and the juice dried for 22 hr at 20
82 °C. for the final 2 hr temperature was maintained at 40 °C. A dried red powder was
83 obtained for cranberry juice and blue for blueberry juice, and stored in a freezer at -20
84 °C until experiments were carried out.

85 **2.3. Polyphenol content and anthocyanin profile**

86 **2.3.1. Folin-Ciocalteu method**

87 This assay was performed to quantify total phenolic content in blueberry and cranberry
88 juices measuring absorbances at 752 nm. 201 μl of Folin-Ciocalteu reagent were mixed
89 with 9 μl of the samples. The samples were incubated at room temperature for 5
90 minutes, protected from light exposure. 90 μl of Na_2CO_3 (10%) was added to the
91 mixture and incubated in the dark at room temperature for 40 min. Gallic acid was used
92 as standard. A standard curve was constructed using different concentrations of gallic
93 acid: 1, 0.5, 0.25, 0.125, 0.0625, 0.03125, 0.015625 and 0.0078125 mg ml^{-1} .
94 Polyphenols were quantified as mg GAE (Gallic Acid Equivalents) per mg lyophilized
95 juice.(12)

96 **2.3.2. Anthocyanin profile**

97 Anthocyanin profile was determined by HPLC using an Agilent 1260 Infinity LC
98 (column Eclipse plus C18 4.6 x 100 mm, 5 μm) equipped with a DAD. A two-phase
99 gradient system of trifluoroacetic acid/water (0.5/99.5, v/v) as mobile phase A, and
100 trifluoroacetic acid/acetonitrile/water (0.5/50/49.5, v/v) as mobile phase B was
101 used.(13) The gradient started at 92% of mobile phase A and 8% of phase B, reaching
102 18% mobile phase B at 1.2 min, 32% at 14 min, 60% of mobile phase B at 28 min and
103 100% at 34 min, at isocratic elution until 38.8 min. The gradient reached the initial
104 conditions at 39.2 min and was maintained at isocratic elution for 0.8 min. Elution was
105 carried out at a flow rate of 1 ml min^{-1} . 10 μl of sample were injected (concentration: 40
106 mg ml^{-1}). Kuromanin, keracyanin and peonidin were used as standards in order to detect
107 and compare peaks in blueberry and cranberry juices. Standards were dissolved in
108 methanol. Detection was made at 520 nm. Compounds were identified according to

109 retention times of standard pure compounds, elution order and comparison with a
110 bibliographic database (phenol-explorer) of main phenolic compounds. Keracyanin
111 (cyanidin 3-O-rutinoside) was used as standard for calibration curve. The quantification
112 was performed using conversion factors with the molecular weight of each anthocyanin.

113 **2.4. HeLa cells viability**

114 The MTT assay was carried out to study the survival of cells exposed to different
115 concentration of the juices.(14) DMEM supplemented with 10% FBS and 1%
116 penicillin-streptomycin-glutamine was used as cell culture medium. Cells were seeded
117 into 96-well microplates at a density of 7×10^3 cells/well and grown for 24 h at 37 °C.
118 Cells were then treated with various concentrations of lyophilized blueberry and
119 cranberry juice (0.001-1 mg ml⁻¹) for 72 h, after which MTT solution was added and
120 incubated for 3 h at 37 °C. Survival was measured at 550 nm in a microplate reader.

121 **2.5. Antiradical and antioxidant activity**

122 **2.5.1. Antioxidant activity of blueberry and cranberry juices in *Artemia salina***

123 *Artemia salina* cysts were hatched in seawater. Lyophilized juices were transferred to 6-
124 well plates at different concentrations in seawater (blueberry concentrations: 250, 500
125 and 1000 µg ml⁻¹; cranberry concentrations: 125, 250 and 500 µg ml⁻¹) with 10 nauplii
126 and 5 ml seawater in each well. Control wells with 10 nauplii in seawater were also
127 considered. Nauplii were incubated for 24 h at room temperature and survival was
128 calculated.

129 *Artemia salina* nauplii were not affected by different concentrations of both juices and
130 the experiment was again performed using hydrogen peroxide to the wells at a
131 concentration of 0.4 g L⁻¹ in order to induce mortality. Two different control wells

132 without each juice were also set up, one with hydrogen peroxide and another with
133 seawater. The protective effects of the juices in the nauplii were evaluated every 24 h
134 during 3 consecutive days in order to (15).

135 **2.5.2. Xanthine/xanthine oxidase system**

136 The xanthine/xanthine oxidase assay was performed in order to measure the capacity to
137 scavenge superoxide radicals.(16) 16 mM Na₂CO₃, 22.8 μM NBT and 90 μM xanthine
138 were dissolved in phosphate buffer pH=7 to reach a volume of 240 μl. Then, 30 μl of
139 each sample and 30 μl of xanthine oxidase (168 U L⁻¹) were added to start the reaction.
140 After an incubation time of 2 min at 37 °C, the plate was measured at 560 nm. Gallic
141 acid was used as reference compound.

142 **2.5.3. DPPH scavenging activity**

143 150 μl of a DPPH methanolic solution were added to 150 μl of different blueberry and
144 cranberry concentrations dissolved in MeOH.(17) The plate was measured at 517 nm
145 after an incubation time of 30 min under dark conditions. Control wells were also run.
146 Radical Scavenging capacity was calculated by the formula: RSC (%) = [(Abs_{control} -
147 Abs_{sample})/Abs_{control}] x 100. Different substances such as ascorbic, gallic and chlorogenic
148 acids were also measured as antioxidant standards.

149 **2.6. Neuroprotective potential**

150 **2.6.1. Inhibition of the acetylcholinesterase enzyme (AChE)**

151 A modification of the Ellman's method was run using a 96-microplate reader. Each well
152 contained 25 μl of 15 mM ATCI in Millipore water, 125 μl of 3 mM DTNB in buffer C
153 (50 mM Tris-HCl, pH=8, 0.1 M NaCl, 0.02 M MgCl₂·6H₂O), 50 μl buffer B (50 mM
154 Tris-HCl, pH=8, 0.1% bovine serum) and 25 μl juice in buffer A (50 mM Tris-HCl,

155 pH=8). Finally, 25 μl of the enzyme (0.22 U L⁻¹) was added to start the reaction.
156 Absorbance was read 13 times, every 13 s at 405 nm. Galantamine was used as
157 reference substance.

158 **2.6.2. Inhibition of the monoamine oxidase A enzyme (MAO-A)**

159 A described procedure was used to measure the inhibition of MAO-A.(18) Each well
160 contained 50 μl of blueberry (or cranberry) juice in MilliQ water, 50 μl chromogenic
161 solution (0.8 mM vanillic acid, 417 mM 4-aminoantipyrine and 4 U ml⁻¹ horseradish
162 peroxidase in potassium phosphate buffer pH=7.6.), 100 μl of 3 mM tyramine and 50 μl
163 of 8 U ml⁻¹ MAO-A. Control wells contained 50 μl of solvent instead of berry juice.
164 The absorbance was read at 490 nm every 5 min for 30 min. Clorgyline was used as
165 reference substance.

166 **2.6.3. Inhibition of the tyrosinase enzyme (TYR)**

167 A described procedure was conducted in 96-well microplates measuring absorbance at
168 475 nm.(19) 10 μl of blueberry and cranberry juices in MiliQ water, 40 μl of L-DOPA,
169 80 μl phosphate buffer, pH=6.8 and 40 μl of tyrosinase were mixed in each well.
170 Controls contained 50 μl of solvent instead of berry juice. α -Kojic acid was used as
171 reference substance.

172 **2.7. Antidiabetic potential**

173 **2.7.1. α -Glucosidase (α -GLU) inhibition**

174 The capacity of blueberry and cranberry juices to inhibit α -glucosidase was measured at
175 405 nm.(20) Each well contained 50 μl sample and 100 μl enzyme. After 10 min, 50 μl
176 pNPG were added and incubated at 37 °C for 20 min. Control wells contained 50 μl of

177 solvent (Millipore water) instead of berry juice. Acarbose was used as reference
178 compound.

179 **2.7.2. Dipeptidyl peptidase-4 (DPP-4) inhibition**

180 The capacity of blueberry and cranberry juices and their reference compounds to inhibit
181 the DPP-4 enzyme was measured using the fluorogenic substrate Gly-Pro-
182 Aminomethylcoumarin (AMC) with a commercial kit (Cayman, item no. 700210). The
183 authors followed the kit instructions. Blueberry and cranberry juices were tested at four
184 different concentrations (5, 1, 0.1 and 0.01 mg/ml in the reaction mixture), using
185 sitagliptin as a reference inhibitor of the enzyme. The percentages of inhibition of berry
186 juice and other compounds were determined with the following formula: % Inhibition =
187 $[(\text{Initial Activity} - \text{Inhibitor}) / \text{Initial Activity}] \times 100$.

188 **2.8. Statistical analysis**

189 All experiments were performed in triplicates in different days. Results are expressed as
190 mean \pm standard error (\pm SEM). Data analyses were run with GraphPad Prism v.6 by
191 nonlinear regressions using Student t-test or ANOVA followed by Tukey's test or
192 Bonferroni's test for multiple comparisons with a confidence interval of 95% ($p < 0.05$).

193 **3. Results**

194 **3.1. Polyphenol content and anthocyanin profile**

195 Blueberry juice contained $27.44 \pm 4.892 \mu\text{g GAE mg}^{-1}$ of lyophilized blueberry juice.
196 On the other hand, cranberry juice contained $23.76 \pm 1.407 \mu\text{g GAE mg}^{-1}$ of lyophilized
197 cranberry juice (Table 1). Individual and total anthocyanins were also detected and
198 quantified by HPLC at 520 nm using keracyanin (cyanidin-3-O-rutinoside) chloride as
199 external standard, as prescribed in the literature (Table 1, Figure 1).

200 3.2. HeLa cells viability

201 Cranberry juice showed very mild anti-proliferative effects in HeLa cells. Significant
202 differences were detected at concentrations over 0.125 mg ml^{-1} , which indicates that this
203 cell line seems to be partially sensitive to cranberry components. Cell viability was
204 more than 50% at the highest tested concentration (1 mg/ml), which means that the juice
205 is not considered cytotoxic to this type of cervical cancer cells (Figure 2A). Blueberry
206 juice showed even less anti-proliferative effects in HeLa cells than cranberry juice.

207 3.3. Antiradical and antioxidant activity

208 Blueberry and cranberry juices increased *Artemia salina* survival when treated with 0.4
209 g L^{-1} hydrogen peroxide at 24, 48 and 72 h. Different concentrations of blueberry juice
210 ameliorate nauplii survival with significant differences (Figure 2B).

211 In the case of cranberry juice, survival of nauplii was not as clear as for the case of
212 blueberry as significant differences were only obtained at doses of $500 \text{ }\mu\text{g/ml}$ at 48 h
213 (Figure 2B).

214 Fig. 3A shows the capacity of both berry juices and other antioxidants to scavenge
215 superoxide radicals generated by the xanthine/xanthine oxidase system. IC_{50} values in
216 this case were $27 \text{ }\mu\text{g ml}^{-1}$ for cranberry juice, $7 \text{ }\mu\text{g ml}^{-1}$ for blueberry juice and $0.044 \text{ }\mu\text{g}$
217 ml^{-1} for gallic acid (Table 2).

218 Blueberry and cranberry juices were also able to scavenge DPPH radicals as shown in
219 Fig.3B. The antiradical activity of berry juices was compared to that of gallic, ascorbic
220 and chlorogenic acid. IC_{50} values were also calculated by nonlinear regression. IC_{50}
221 values were $177 \text{ }\mu\text{g ml}^{-1}$ for cranberry juice, $99 \text{ }\mu\text{g ml}^{-1}$ for blueberry juice, $10 \text{ }\mu\text{g ml}^{-1}$
222 for chlorogenic acid, $3 \text{ }\mu\text{g ml}^{-1}$ for ascorbic acid and $1 \text{ }\mu\text{g ml}^{-1}$ for gallic acid (Table 2).

223 Together, this data indicate that the potential protective effects of blueberry and
224 cranberry juices may be due to radical scavenging properties, as demonstrated through
225 the DPPH and superoxide radical assays. The presence of anthocyanins in these juices
226 may explain the radical scavenging properties as well as the antioxidant capacity.

227 **3.4. Neuroprotective potential**

228 Neither blueberry juice, nor cranberry juice showed activity in the AChE assay.
229 However, both showed a clear dose-dependent MAO-A inhibitory activity. Berries and
230 clorgyline inhibition of enzymes are shown in Fig. 4A. IC_{50} values (Table 2) were
231 calculated by nonlinear regression ($0.02 \mu\text{g ml}^{-1}$ for clorgyline, $336.28 \mu\text{g ml}^{-1}$ for
232 blueberry juice and $223.96 \mu\text{g ml}^{-1}$ for cranberry juice). TYR inhibition was less
233 pronounced than that of MAO-A. For the latter, blueberry juice produced a significant
234 inhibition (78% at 1mg/ml), while cranberry juice exhibited less pronounced inhibition
235 (58% at 1mg/ml) than blueberry and kojic acid, as presented in Fig. 4B. For both MAO-
236 A and TYR, blueberry juice showed a higher inhibition than cranberry juice.

237 **3.5. Antidiabetic potential**

238 The inhibition of α -GLU was moderate compared to acarbose, which is a reference
239 inhibitor of this enzyme. As represented in Fig. 5A, IC_{50} values were calculated by
240 nonlinear regression ($1319 \mu\text{g ml}^{-1}$ for blueberry juice, $470 \mu\text{g ml}^{-1}$ for cranberry juice
241 and $380 \mu\text{g ml}^{-1}$ for acarbose).

242 The effects on the DPP-4 enzyme are shown in Fig. 5B. IC_{50} values were calculated by
243 nonlinear regression ($0.1 \mu\text{g ml}^{-1}$ for sitagliptin, $82.8 \mu\text{g ml}^{-1}$ for chlorogenic acid, 552.4
244 $\mu\text{g ml}^{-1}$ for blueberry juice and $868.20 \mu\text{g ml}^{-1}$ for cranberry juice).

245 **4. Discussion**

246 Anthocyanins are available in human beings at least in part as a result of their
247 consumption of berries and/or berry juices as a source of polyphenols. These
248 anthocyanins are some of the main polyphenols in cranberry and blueberry juices.
249 Being part of flavonoids, anthocyanins are the greatest natural pigments, producing the
250 blue and red colour in blueberries and cranberries and showing antioxidant
251 potential.(21,22)

252 According to polyphenols, blueberry juice revealed higher concentration of polyphenols
253 than cranberry juice with no statistical differences between samples. Both contained
254 higher proportion of these compounds than others fruit juices like sour cherry.(12,23)
255 HPLC-DAD analysis showed a peak of cyanidin-3-O-glucoside and previous reviews
256 have shown that cyanidin-derived compounds are the main anthocyanins in blueberry
257 juice.(24) Blueberry juice also contained a greater variety of anthocyanins than
258 cranberry juice.

259 These data confirm the antioxidant potential of blueberry and cranberry juices, with the
260 results from blueberry juice being more promising than that for cranberry juice. The
261 juices also acted as antioxidants in the context of protection against H₂O₂-induced
262 toxicity in the *Artemia salina* model. Juices from both berries were able to scavenge
263 DPPH and superoxide radicals. According to the literature, antioxidant activity in
264 *Vaccinium* species is mainly provided by polyphenols such as anthocyanins (25). Many
265 studies have quantified the antioxidant capacity of blueberry and cranberry juices using
266 the ORAC method, with trolox as standard, which makes data difficult to compare with
267 our results.(24) Although both berries exert interesting antiradical properties, it is
268 confirmed that blueberry juice is a better source of antioxidants than cranberry juice,
269 being anthocyanins key compounds for this activity.

270 In addition, the juices revealed inhibitory activities of two main group of enzymes; one
271 group in relation with neurotransmitters metabolism (MAO-A, TYR, AChE) whereas
272 other tested enzymes are current targets for antidiabetic drugs (α -GLU and DPP-4).
273 Blueberry and cranberry juices were able to inhibit MAO-A and TYR. MAO-A is
274 involved in deamination of catecholamines and serotonin and certain polyphenols such
275 as anthocyanins have been described to be involved in this inhibition, which may result
276 in an antidepressant and anxiolytic effect.(26) Tyrosinase is a copper-containing
277 enzyme essential for tyrosine-melanin pigmentation. The role of toxic quinones in
278 dopamine-induced neuronal damage and the catalysing role of TYR in this process has
279 been illustrated in several studies.(27) Our data reveal that these berry juices may have
280 potential as neuroprotective agents via inhibition of MAO-A and/or TYR.(12,23) In
281 fact, a human intervention study by American researchers showed that consumption of
282 anthocyanin-rich wild blueberry juice for 12 weeks improves memory and cognition in
283 older adults with mild to moderate dementia.(28)

284 Finally, enzymes involved in glucose metabolism and type 2 diabetes were also
285 inhibited by the juices; this is the first time that blueberry and cranberry juices are
286 reported to inhibit α -glucosidase and DPP-4 in a dose-dependent manner. Anthocyanin
287 content in fruits is also related with α -glucosidase inhibition in previous studies (11) and
288 other authors have shown that polyphenols can enhance the insulin response and
289 attenuate secretion of glucose-dependent insulinotropic polypeptide and GLP-1. The
290 DPP-4 enzyme also regulates glycaemia and its inhibitors such as sitagliptin represents
291 some of the new treatments for type 2 diabetes. Taking in consideration that type 2
292 diabetes is linked to neurodegenerative diseases due to production of superoxide
293 radicals, blueberry and cranberry juices might be a worthwhile nutritional antioxidant
294 tool to prevent these disorders.

295 In conclusion, this work reveals that blueberry and cranberry juices are potentially
296 useful natural products to employ in the prevention of certain diseases in which
297 oxidative stress may be a major aetiological role player. Both juices are a source of
298 anthocyanins with potential effects as neuroprotective or antihyperglycemic agents but
299 these effects should be verified in human and animal studies.

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305 lyophilisation procedure.

306 **Conflict of interest**

307 The authors declare that the research was conducted in the absence of any commercial
308 or financial relationships that could be construed as a potential conflict of interest.

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413 Table 1. Polyphenol content and anthocyanins for blueberry and cranberry juice.

414

Phenolic compounds	Blueberry juice	Cranberry juice
Polyphenol content (Folin)	27.44 ± 4.892 µg GAE mg ⁻¹	23.76 ± 1.407 µg GAE mg ⁻¹
Anthocyanins (HPLC)	3.909 mg anthocyanins mg ⁻¹ extract	0.398 mg anthocyanins mg ⁻¹ extract
Delphinidin 3-O-galactoside	0.4322 ± 0.0302	
Delphinidin 3-O-glucoside	0.6832 ± 0.0559	
Cyanidin 3-O-galactoside	0.3655 ± 0.0211	
Delphinidin 3-O-arabinoside	0.1693 ± 0.0125	
Cyanidin 3-O-glucoside	0.8089 ± 0.0419	0.1381 ± 0.0293
Petunidin 3-O-glucoside	0.4669 ± 0.0402	
Cyanidin 3-O-arabinoside	0.1141 ± 0.0001	0.0169 ± 0.0194
Petunidin 3-O-arabinoside	0.0106 ± 0.0049	
Peonidin 3-O-glucoside	0.2287 ± 0.1044	0.1792 ± 0.0276
Malvidin 3-O-glucoside	0.4044 ± 0.0418	
Peonidin 3-O-arabinoside		0.0013 ± 0.0125

415 GAE: Gallic Acid Equivalents; HPLC: High performance Liquid Chromatography;

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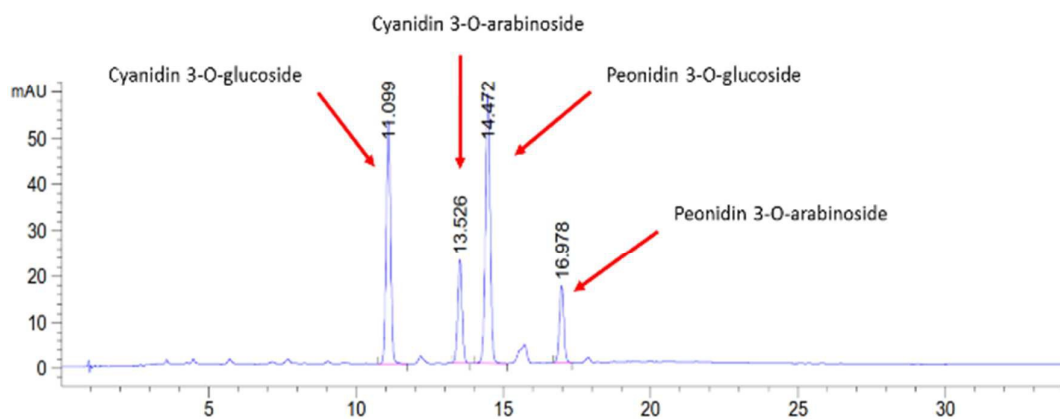
418 Table 2. IC₅₀ values (μg ml⁻¹) for different tested bioassays

Methods	Blueberry juice	Cranberry juice
Antiradical activity (DPPH)	99 ± 5.28 μg ml ⁻¹ ****	177 ± 7.96 μg ml ⁻¹
Antioxidant (O ₂ ⁻)	7.55 ± 0.5 μg ml ⁻¹ **	27 ± 1.6 μg ml ⁻¹
MAO-A	0.3336 ± 0.1219 μg mg ⁻¹	0.1850 ± 0.04471 μg mg ⁻¹
Tyrosinase	0.1064 ± 0.03630 μg mg ⁻¹ *	0.4814 ± 0.09839 μg mg ⁻¹
Glucosidase	1.26 ± 0.109 μg mg ⁻¹	0.48 ± 0.43 μg mg ⁻¹ **
DPP-4	0.453 ± 0.07156 μg mg ⁻¹	0.8821 ± 0.1828 μg mg ⁻¹

419 **p* < 0.05; DPPH: 2,2-diphenyl-1-picrylhydrazyl; DPP-4: dipeptidyl peptidase 4;

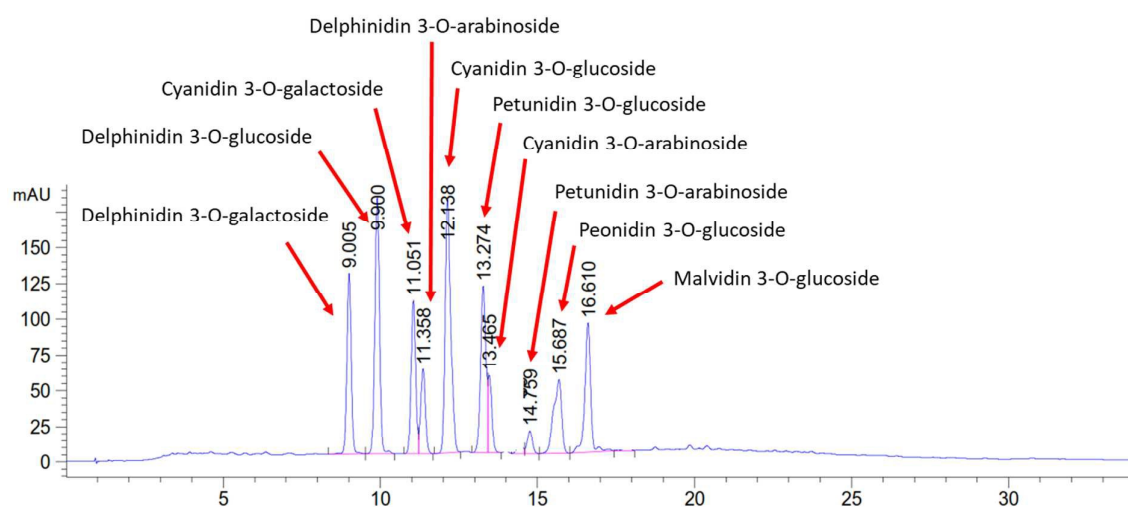
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421 A



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423 B



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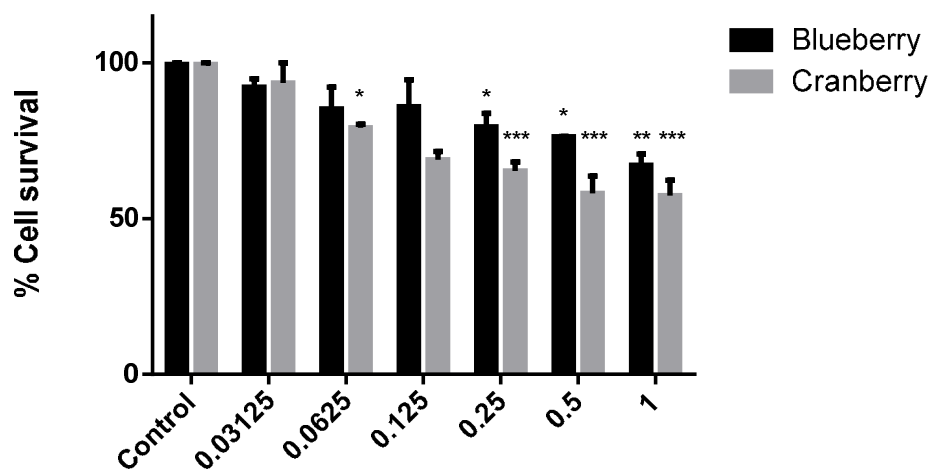
427 Figure 1. HPLC chromatogram at 520 nm of lyophilized cranberry juice (A) and
 428 lyophilized blueberry juice (B). Different anthocyanins were determined by their
 429 retention time.

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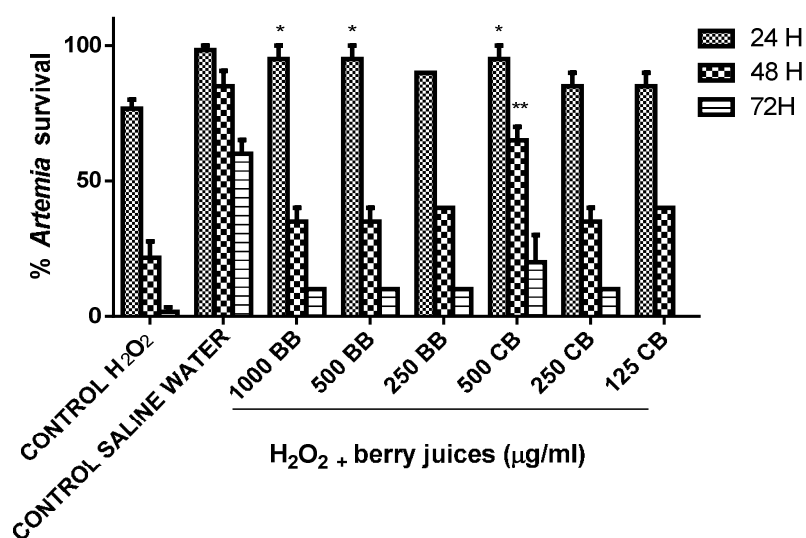
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433 A



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435 B



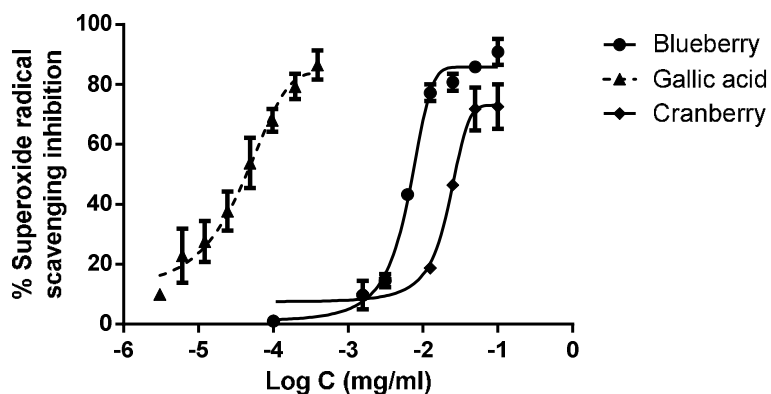
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437 Figure 2. Viability of HeLa cells exposed to different concentration of berry juices for
 438 72 hours in the MTT assay (A). Effects of berry juices in *Artemia salina* nauplii
 439 exposed to hydrogen peroxide (0.4 g L^{-1}) (B). * Significant differences ($p < 0.05$) were
 440 detected between nauplii exposed to hydrogen peroxide (Control H₂O₂) and nauplii
 441 exposed to hydrogen peroxide + 500 $\mu\text{g/ml}$ cranberry juice at 48 h.

442 BB: Blueberry; CB: Cranberry.

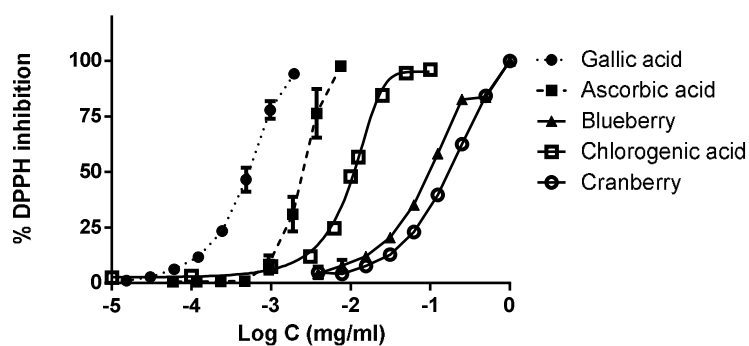
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444 A



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446 B

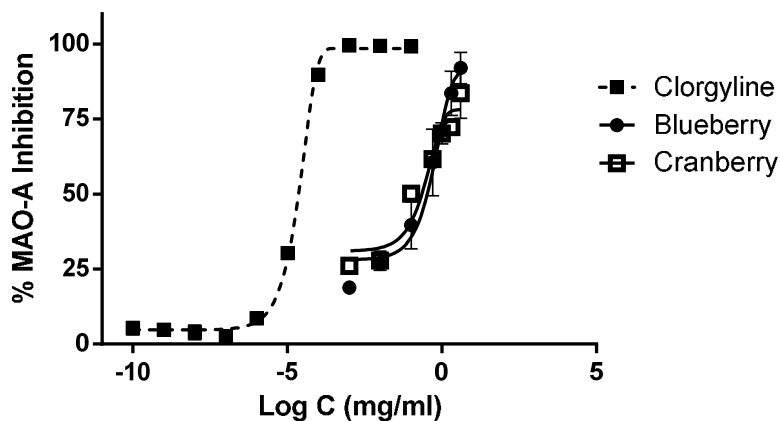


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448 Figure 3. Antiradical activity of blueberry juice, cranberry juice, and standards against
449 superoxide radicals generated by the xanthine/xanthine oxidase system (A) and DPPH
450 radicals (B).

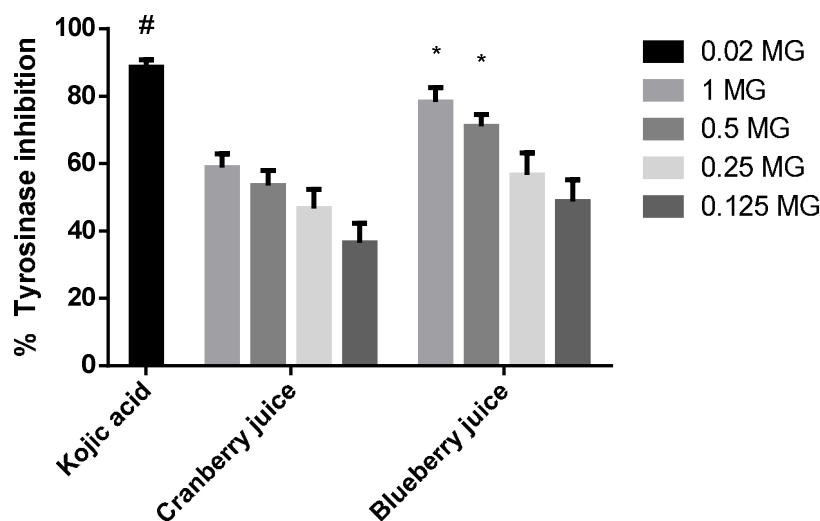
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452 A



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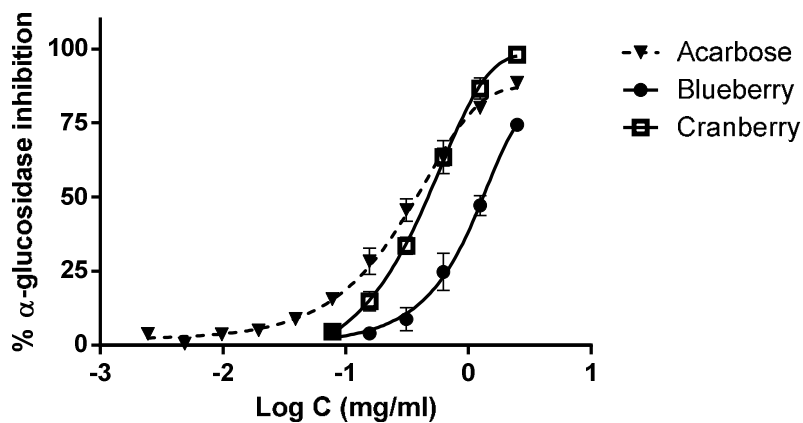
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457 Figure 4. Neuroprotective potential of the juices. MAO-A inhibition performed by
 458 blueberry juice, cranberry juice and clorgyline (A). Tyrosinase inhibition performed by
 459 different concentrations of cranberry juice, blueberry juice and kojic acid (0.2 mg/ml) as
 460 standard (B). * $p < 0.05$ versus cranberry juice; # $p < 0.05$ versus berry juices.

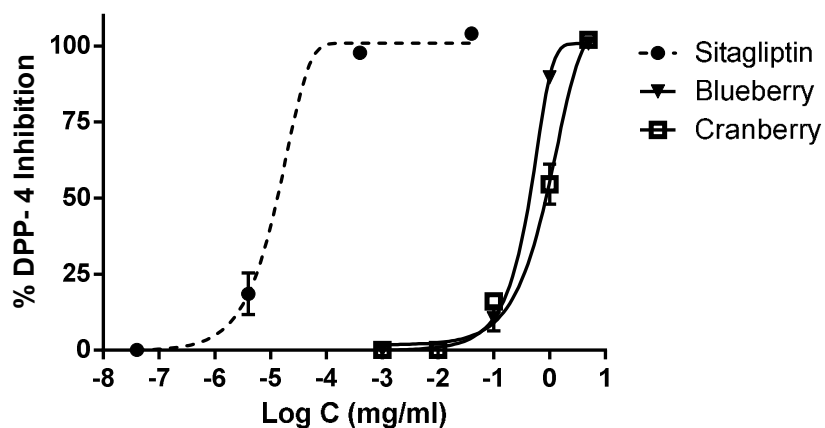
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462 A



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464 B



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466 Figure 5. Antidiabetic potential of the juices. α -Glucosidase inhibition (A) and
467 dipeptidyl peptidase-4 inhibition (B) performed by blueberry juice, cranberry juice and
468 acarbose or sitagliptin as standards.

GRAPHICAL ABSTRACT

