



ADME of anthocyanins - Current understanding and own investigations

University of Applied Sciences Upper Austria Dipl.-Ing. Dr. Thomas Eidenberger

The knowledge of the absorption, distribution, metabolism and excretion (ADME) of anthocyanins is a crucial point for their well recognized biological efficacy. It is state-of-the-art to correlate the blood concentrations of active compounds to their biological efficacy. Apart pharmacodynamic studies, investigations of the ADME are therefore a mandatory part to establish a sound concept for the efficacy of anthocyanins.

The oral presentation intends to provide an overview of the current understanding of the ADME of anthocyanins based on published literature. In addition, study results of a clinical study investigating the blood concentrations of bilberry anthocyanins in humans will be presented together with the results of in-vitro studies using the CaCo-2 cell system to explore the absorption of anthocyanins in more details.