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Black Currant Juice

National Cancer Institute

Source

National Cancer Institute. *Black Currant Juice*. NCI Thesaurus. Code C158098.

The juice from the berries of the black currant (*Ribes nigrum* L.) shrub belonging to the family Grossulariaceae, with potential antioxidant and protective activities. Black currant juice contains a variety of nutrients, including vitamin C, iron, potassium, manganese, anthocyanins, including delphinidin-3-O-glucoside, delphinidin-3-O-rutinoside, cyanidin-3-O-glucoside, and cyanidin-3-O-rutinoside. The antioxidants in black currant juice scavenge free radicals, thereby protecting cells from damage.