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Consumption of chokeberry (*Aronia mitschurinii*) products modestly lowered blood pressure and reduced low-grade inflammation in subjects with mildly elevated blood pressure

Britt-Marie Loo, Iris Erlund, Raika Koli, Pauli Puukka, Jarkko Hellström, Kristiina Wähälä, Pirjo Mattila, Antti Jula

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Britt-Marie Loo<sup>a,b</sup>, Iris Erlund<sup>c</sup>, Raika Koli<sup>c,d</sup>, Pauli Puukka<sup>a</sup>, Jarkko Hellström<sup>e</sup>, Kristiina Wähälä<sup>f</sup>, Pirjo Mattila<sup>e</sup>, Antti Julia<sup>a,g,\*</sup>

National Institute for Health and Welfare, Department of Health, Turku<sup>a</sup> and Helsinki<sup>c</sup>, Finland

<sup>b</sup> Joint Clinical Biochemistry Laboratory of University of Turku and Turku

University Central Hospital, Turku, Finland

<sup>d</sup> Department of Food and Environmental Sciences, University of Helsinki, Helsinki, Finland

<sup>e</sup> Natural Resources Institute Finland, Bio-based Business and Industry, Jokioinen, Finland

<sup>f</sup> Laboratory of Organic Chemistry, Department of Chemistry, University of Helsinki

<sup>g</sup> Department of Medicine, University of Turku, Turku, Finland

\*corresponding author

Antti Julia

National Institute for Health and Welfare

Kiinamyllynkatu 10

20520 Turku

Finland

phone: +358-29-5246701

e.-mail: antti.jula@thl.fi

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