

## ANTIOXIDANT PROPERTIES OF SPICES HERBS AND OTHER SOURCES%0A

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Antioxidant Properties of Spices, Herbs and Other Sources ...

Herbs and spices are not only known for taste and flavor, but today research has opened up a new realm in which the antioxidant properties of these aromatic plants provide preservation for foods and health benefits for consumers who look forward to concrete scientific research to guide them further and explore herbal medicine.

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Antioxidant properties of spices, herbs and other sources

714 Sources of Natural Antioxidants and Their Activities  
Table 4.11 Phenolic, avonoid, avanol, and ORAC values in selected herbs Herb Total phenols (mg/100 g) Flavonoids (mg/100 g) Flavanols (mg/100 g) ORAC (mmol TE/100 g)  
Chive 74.9 35.3 1.10 2,094.2 Dill 215.2 93.2 0.73 4,392.1 Sage 798.0 749.5 1.61 32,004.1 Savory 201.2 67.5 1.13 9,645.2 Thyme 1,537.0 1,165.3 0.22 27,425 Hyssop 214.5

Antioxidant Properties of Spices, Herbs and Other Sources ...

Herbs and spices are not only known for taste and flavor, but today research has opened up a new realm in which the antioxidant properties of these aromatic plants provide preservation for foods and health benefits for consumers who look forward to concrete scientific research to guide them further and explore herbal medicine. The aim of this

book is to create awareness in society about the reliability of medicinal properties of certain herbs and spices through scientific and scholarly research.

#### **Antioxidant Properties of Spices, Herbs and Other Sources ...**

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Herbs and spices are great sources of antioxidants and recent research has focused on their antioxidant properties. However, there are other natural products such as cereals, nuts, oilseeds, legumes, vegetables, animal products and microbial products which can serve as rich sources of natural antioxidants. The beneficial influence of many foodstuffs and beverages, including herbs, spices, teas, many foodstuffs and beverages including teas, fruits, vegetables, herbs, spices, coffee, and cacao on human health has been recently recognized to originate from their antioxidant activity.

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