

ANTIOXIDANT PROPERTIES OF SPICES HERBS AND OTHER SOURCES%0A

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Antioxidant Properties of Spices, Herbs and Other Sources

The antioxidant capacity of natural products has been measured by a variety of methods and is determined by several factors and thus it should be mentioned which factor is being measured by the

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

Includes detailed descriptions of 52 herbs and spices. Discusses the various assays used to evaluate the antioxidant properties of natural compounds. Describes in detail the range of antioxidants found in plants, microorganisms, fungi, and animal tissue. The scientific world and modern society today is

Antioxidant properties of spices, herbs and other sources

65D.J. Charles, Antioxidant Properties of Spices, Herbs and Other Sources, DOI 10.1007/978-1-4614-4310-0_4, Springer Science+Business Media New York 2013. There are several sources of natural antioxidants such as herbs and spices. 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 richest sources of polyphenols are various spices and dried herbs.

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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.

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

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,

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fruits, vegetables, coffee and cacao on human health has been recently recognized to originate

[Antioxidant Properties of Spices, Herbs and Other Sources](#)

Dill is an erect, annual herb with strong antioxidant activity. This chapter describes the botany, history, producing regions, flavor and aroma, parts used, and active constituents.

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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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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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Many spices contain high levels of nutrients known as antioxidants that help to counteract the effect of damaging free radicals, contribute to optimal physical health and aid in the prevention of many diseases.

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Like so many other healing herbs and spices, sage has anti-inflammatory and antioxidant properties as well as anticancer actions. One of its phytochemicals is thujone, best known as a chemical in the liquor absinthe that is said (falsely) to have hallucinatory effects. Today sage shows potential as a diabetes treatment. It appears to boost the action of insulin and reduce blood sugar. As a

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A potent antioxidant spice, turmeric promotes vascular

health, is used clinically to treat inflammatory conditions, and may ward off certain kinds of cancers.

Antioxidants in a Pinch: Dried Herbs and Spices ...

In fact, in a comparison of the Antioxidant Content of 3,139 Foods, ounce for ounce dried herbs and spices average the greatest antioxidant punch of all! Now even though herbs and spices may have 10 times the antioxidant power of nuts and seeds for example, it's easy to eat a few ounces of nuts in one sitting, but not so easy to eat a few ounces of nut meg .