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Mineral composition and Ca-Zn bioavailability of *Hypericum perforatum* and *Matricaria chamomilla*

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St. John's wort (*Hypericum perforatum*) and chamomile (*Matricaria chamomilla*) are herb teas used for various medicinal purposes. This present investigation was designed to evaluate the anti-nutritional constituents, mineral element and Ca-Zn bioavailability of *Hypericum perforatum* (SJW), *Matricaria chamomilla* (C) and their mixed composite blend (SJW+C) using standard methods. *Hypericum perforatum* was found to contain higher levels of (K, Ca, P and Cu) compared to *Matricaria chamomilla* (C). On an overall, the result revealed that the composite blend has the highest amount of the evaluated minerals of Ca: 64 mg/g; K: 122.47 mg/g; P: 0.82 mg/g; Fe: 6.15 mg/g; Zn: 0.39 mg/g and Cu: 1.01 mg/g. Bioavailability study revealed that phytate content of the tea samples have no effect on Ca and Zn contents as [phytate]/[Ca] and [Ca]/[phytate]/[Zn] are below critical levels (0.5; 15.00) respectively. The studied tea samples contains nutritionally important minerals which could be explored as functional food in the prevention of free radical mediated diseases and provide an opportunity to improve the health, reduce health care costs and support economic development in rural communities.

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