

## Antioxidant and Antimicrobial Activity of Fruit Juice

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### Abstract

The research looks into the beneficial properties of fruits and their juices in terms of their role in preventing harmful substances from organisms. The key properties that are investigated in this research are antioxidant and microbial properties of fruit juices that are important in healthcare and food sciences. There are fruits juices that could either be fresh or artificial in nature. The study explores the effect of fresh juices on humans to study how it prevents cell damage and promotes antioxidant activity. It also investigates the capacity to kill microorganisms in human beings by the intake of fresh fruit juices. Three fruit juices (apple, grapes and pomegranate) are selected for this purpose, their anti-microbial activity is analyzed against selected microorganisms, the methodology for the data collection has been laboratory where clinical samples of the juices have been taken. These samples were tested, and their antioxidant and antimicrobial properties were investigated. The samples of three fruits were taken including pomegranate, grapes and pomegranate. The results were drawn at the end of the experiment and given properties were explored in their juices. The conclusions given at the end of the research signify the importance of these juices in curing various diseases and promoting resistance within human bodies, more over result proved that apple has high anti-microbial activity as compared to grapes and pomegranates

### Biography:

Hassan Raza has completed his BSc (Hons) Agriculture (Food Science and Technology) at the age of 21 years from The Islamia University of Bahawalpur, Pakistan. He has 2 Publication in reputed journals.



### Speaker Publications:

1. Comparative Analysis of Performance Characteristics of CI Engine with and without HHO Gas (Brown Gas)
2. Effect of graphene oxide doped nano coolant on temperature drop across the tube length and effectiveness of car radiator -A CFD study

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