

Antinutrient & Toxicity

Antinutrient and Toxicity ID	116
Crop ID	Marrow
Part	Seed
Reported Factor	Phytate
Effect	The problem with phytate in food is that it can bind some essential mineral nutrients in the digestive tract and can result in mineral deficiencies
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	<i>NULL</i>
Notes	<i>NULL</i>
Metadata Id	8,572