

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	148
Crop ID	Love-Lies-Bleeding
Part	Grain
Reported Factor	Saponin
Effect	They can form complexes with proteins and lipids (for example with cholesterol). They can form complexes with zinc and iron, and thus reduce their absorption.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	<i>NULL</i>
Notes	<i>NULL</i>
Metadata Id	8,590