

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	170
Crop ID	Celosia
Part	Leaf
Reported Factor	Phytate
Effect	Negatively charged phosphate group in phytic acid is known to inhibit the action of gastrointestinal tyrosinase, trypsin, pepsin, lipase, amylase and essential minerals.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	<i>NULL</i>
Notes	The highest phytate content ( $8.57 \pm 0.06\%$ ) is within the safe limit, since the inhibition of mineral absorption by phytate only occurs at levels greater than 10% in a diet.
Metadata Id	8,607