

Antinutrient & Toxicity

Antinutrient and Toxicity ID	184
Crop ID	Moringa
Part	Leaf
Reported Factor	Phytates
Effect	Phytates in foods are known to bind with essential minerals (such as calcium, iron, magnesium and zinc) in the digestive tract, resulting in mineral deficiencies
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Proper food processing would reduce anti-nutrients.
Notes	<i>NULL</i>
Metadata Id	8,840