

Antinutrient & Toxicity

Antinutrient and Toxicity ID	219
Crop ID	Mugnoli/Wild Cabbage
Part	Whole
Reported Factor	Phytate
Effect	Pytate (Phytic acid) combines with some essential elements such as iron, calcium, zinc and phosphorus to form insoluble salts called phytates which are not absorbeb by body, thereby reducing the bioavailability of these elements.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	<i>NULL</i>
Notes	<i>NULL</i>
Metadata Id	8,921