

Antinutrient & Toxicity

Antinutrient and Toxicity ID	29
Crop ID	Okra
Part	Pod
Reported Factor	Phytate
Effect	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	The phytate composition of the sample might not pose any health hazard.
Metadata Id	8,551