

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	30
Crop ID	Okra
Part	Pod
Reported Factor	Tannins
Effect	Tannins had been reported to affect protein digestibility, adversely influencing the bioavailability of nonhem iron leading to poor iron and calcium absorption, also carbohydrate is affected leading to reduced energy value of a diet containing tannins.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	<i>NULL</i>
Notes	Tannin content of Okra pod are very low compared to its critical toxicity.
Metadata Id	8,551