

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	36
Crop ID	Okra
Part	Fruit
Reported Factor	Phytate
Effect	Phytic acid chelates, makes unabsorbable certain important micronutrients such as zinc and iron, and to a lesser extent, also macronutrients such as calcium and magnesium.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	<i>NULL</i>
Notes	Values obtained are lower than the established toxic level.
Metadata Id	8,551