

Antinutrient & Toxicity

Antinutrient and Toxicity ID	94
Crop ID	Vegetable Fern
Part	Whole
Reported Factor	Thiaminase
Effect	Thiaminase, an enzyme that robs the body of its vitamin B complex.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	The enzyme is destroyed by heat or thorough drying, so cooking the plant will remove the thiaminase
Notes	In small quantities this enzyme will do no harm to people eating an adequate diet that is rich in vitamin B, though large quantities can cause severe health problems.
Metadata Id	8,544