

Nutraceutical Health Products

Cardiovascular Protective Health Food Supplements with anti-cancer, Anti-Microbial and antioxidative (antiageing) properties



Functional Food or Nutraceuticals can enhance health, physical and mental performances, control infections, and retard aging or degenerative diseases. Edible tropical herbs have great potential as nutraceuticals or functional food. They can be converted from low value underutilised raw materials, into important health supplements or health food ingredients by scientifically proving their efficacies. They can be ingredients for health supplements and functional foods in the form of capsules, tea, pastilles, carbonated drinks, cereal or bakery products. Bioassays conducted showed some relationship between one bioactivity to another, which enable the prediction of useful plants for multiple health uses. There is potential for export of Malaysian developed health food, and new products to enhance the quality of life. It can also reduce medical expenditure and reduce the importation of expensive drugs, which may have undesirable side effects.

Several commercialisable products were developed from edible tropical plants with proven efficacies. The antioxidant activities, tocopherol, polyphenol and flavonoids (vitamin P, myricetin, quercetin, kaempferol, luteolin, apigenin, gallic acid, chlorogenic acid, catechin, tannic acid and epicatechin) contents of more than 150 tropical edible plants were determined. The *in-vitro* antioxidative properties were analysed under many different assays. Products from selected plants were tested for their potential health benefits in animal and human feeding trials. Since these materials are from food source, they are proven to be safe.

Herbal Carbonated Drink

Contain herb (mengkudu or polyphenol) extract with reduced sugar content than normal (low calories), contains honey, fortified with vitamin C, B1, B2 & Zinc, of various flavours: (Ginger-lime, Orange, Sarsi, Strawberry, Fruitade), and are suitable as adult or children's health supplement.



Variety of herbal carbonated drinks

Powdered Herbal Carbonated Drink

A convenient form of herbal carbonated drink (powder), made from similar to the above nutritious ingredients and of various flavours. They are easy to keep and carry, and transform instantly into carbonated drink when added to cold water.



Herbal capsules

Herbal Capsules

Consisting of ginger, garlic and 16 other herbs from the Malaysian rain forests, with high antioxidant and cardiovascular protective

properties, verified in animal and human studies. It can also be a convenient and alternative way of consuming local vegetables – suitable for non-vegetable lovers.

Herbal Vitaminised Gummies

These are nutritious gummies made of herb extract, honey, and contain vitamins and minerals, they have reduced sugar content (low calories) and can be a healthy snack for children, any time, any where, to help children eat nutritional food.

Products Containing Proanthocyanidins

Low sugar Chocolate Cookies/ bakery products and cereal products—Proanthocyanidins (Oligomeric Proanthocyanidin Complexes), have high antioxidant activities, reduce blood pressure, improves blood circulation (beneficial for diabetes, inflammation, cell health, varicose veins, muscles, cramps, numbness, impotence, cardiovascular protective, cancer protective, macular degeneration, cataracts and other ailments), hypoglycaemic, prevents blood clots (anti-thrombotic), increase HDL ("good") cholesterol (hypocholesterolaemic), reduce triglycerides (hypolipidamic), and retard allergic responses.

Low Sodium Soy Sauce and Vegemite

Does not contain 3-MCPD (carcinogen), low sodium content – for hypertension management, fortified with vitamin C, B1, B2 and Zinc, of various flavours: original, Garlic, Black pepper, Ginger

These products were commercialised nationally by Golden Health Sdn Bhd in 2004. The products have wide scope of being commercialised internationally in the near future.

For further information, kindly contact:

Prof. Dr. Suhaila Mohamed
Department of Food Science
Faculty of Food Science and Technology
Universiti Putra Malaysia
43400 UPM, Serdang, Selangor
Malaysia

Tel: +603-8946 8391; 012-284 9242

Fax: +603-8942 3552

E-mail: suhaila@fsb.upm.edu.my