

## Functional bioactive compounds in ginger, turmeric, and garlic

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### Abstract

Nutrition plays a very important role in the health promotion of individuals and brought about a global paradigm shift from pharmaceuticals to nutraceuticals. This is due to the high cost, non-availability, and side effects associated with the unregulated consumption of pharmaceuticals. Over the ages, nutraceuticals from food products were reported to contain bioactive compounds with great health and physiological benefits. This report reviews bioactive compounds in selected foods namely ginger (*Zingiber officinale*), turmeric (*Curcuma longa*), and garlic (*Allium sativum*) as potential natural therapeutics for ailments of cancer and heart-related diseases. Analytical profiles, functional activities, and characterization of these compounds were discussed with possible recommendations for the prospective treatment of diseases using these nutraceuticals.

**Keywords:** ginger, garlic, nutraceuticals, nutrition, therapeutics, turmeric