

عنوان مقاله:

A Review on Antioxidant Properties of Spirulina

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خلاصه مقاله:

Spirulina is free-floating filamentous microalgae growing in alkaline water bodies. As early as over ۴۰۰ years ago, Spirulina was eaten as food by the Mayas, Toltec's and Kanembu in Mexico during the Aztec civilization. Spirulina is a well-known source of valuable food supplements, such as proteins, vitamins, amino acids, minerals, fatty acids, etc. It is widely used in human and animal nutrition, as well as in the cosmetic industry. Both in vivo and in vitro trials have shown effective and promising results in the treatment of certain cancers and allergies, anemia, hepatotoxicity, viral infection, vascular diseases, radiation protection, and obesity. The antioxidant activities of Spirulina were demonstrated in a large number of preclinical studies. Antioxidants in preventing many human .diseases. Findings of this study showed Spirulina can be used as a source of antioxidants

کلمات کلیدی:

Spirulina, Microalgae, Antioxidant, Anticancer

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