



Plants pigments with therapeutic potential from horticultural products

R. FILIMON - USAMV Iasi

Replacement of synthetic colorants with natural ones, obtained from horticultural products is an actual problem, not only because of the global trend of consuming natural products, but also by the fact that the natural pigments bring essential and various benefits to human health. One of the major groups of active plant principles are the vegetal pigments, of which, with the most important therapeutic role are: carotenoids, anthocyanins and flavones. Studies indicate that fruits and vegetables whose pigmentation are in violet-blue-red-orange spectrum are most effective in maintaining optimum human health. Plant pigments play an important role in human health and owing to their capacity of biological antioxidants, conferring to cells and tissues protection against free radicals and oxygen attack. They are also used in the diet to maintain health, protect the body from chronic diseases incidence and to restore its health by stimulating tissues recovery.