

## **RESEARCHES REGARDING PROXIMATE AND SELECTED ELEMENTS COMPOSITION OF SOME MEDICINAL PLANTS BELONGING TO THE LAMIACEAE FAMILY**

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### **Abstract**

Medicinal plants are grown in Romania for decades for the therapeutic proprieties, for essential oils and the antibiotic action. The aim of this research paper is to determine proximate composition (moisture, proteins, lipids, ash, carbohydrates) and the content of some elements (Mg, Ca, K, Zn and Fe) in medicinal plants species grown mainly in the western part of Romania, belonging to the Lamiaceae family. Herba from six medicinal plant species were collected during 2014 and was determined proximate composition (moisture, ash, lipids, proteins and carbohydrates) using official AOAC methods (AOAC, 1997) and elemental composition using absorbtion spectroscopy. The results revealed that the studied medicinal plants are good source of carbohydrates and nutrients, high K content followed by Ca, Mg, Fe and Zn. In view of above facts, the medicinal plants belonging to Lamiaceae family cultivated in west side of Romania show great promise as a dietary and therapeutic source involved in human health.

**Key words:** Lamiaceae family, proximate, elements composition

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