



Journal

J. Biol. Chem.
Environ. Sci., 2018,
Vol. 13(2): 335-342
<http://biochemv.blogspot.com.eg/>

THE NEGATIVE AND POSITIVE EFFECTS OF FOODS CONTAINING PHYTIC ACID ON HEALTH ARTICLE REVIEW

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ABSTRACT

Phytic acid (PA) is the principle storage form of phosphorus in cereals, legumes , oil seeds and nuts . PA has strong ability to chelate multivalent metal ion, especially calcium, iron and zinc and forms insoluble complexes with minerals consequently lead to reduce bioavailability (BV) of minerals, however, PA has many beneficial positive effects on health such as anticancer, reducing colon cancer risk, preventing heart disease and preventing renal calculi. The purpose of this review is to focus spotlight on the negative and positive effects of foods containing PA on health

Key words : health, Phytic acid.