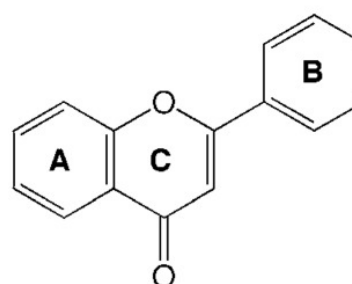


FLAVONOIDS IN CITRUS

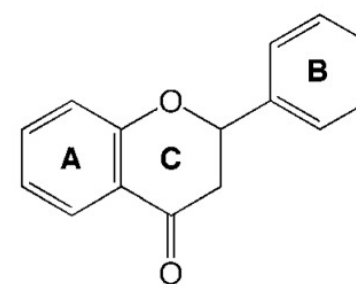
Flavonoids are **aromatic** secondary plant metabolites, which have been recognized as important due to their physiological and pharmacological role and their health benefits. They show a strong **antioxidant and radical scavenging activity**.

Flavonoids reduces risk of -

1. **Chronic diseases**
2. **Cardiovascular disorders**
3. **Cancerous processes**



Flavone skeleton



Flavanone skeleton

Flavonoids are found in fruits, vegetables & cereals like -

1- **Flavanols and flavan-3-ols:**

Kale, lettuce, tomatoes, apples, grapes, berries, garlic, scallions, and onions.

2- **Flavones:**

Parsley, thyme, celery, hot peppers, and green olives.

3- **Isoflavones:**

Soybeans and other legumes.

4- **Anthocyanins:**

Cranberries, black currants, grapes, raspberries & strawberries.

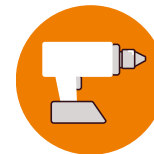


Follow

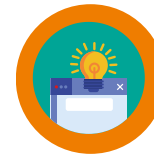
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