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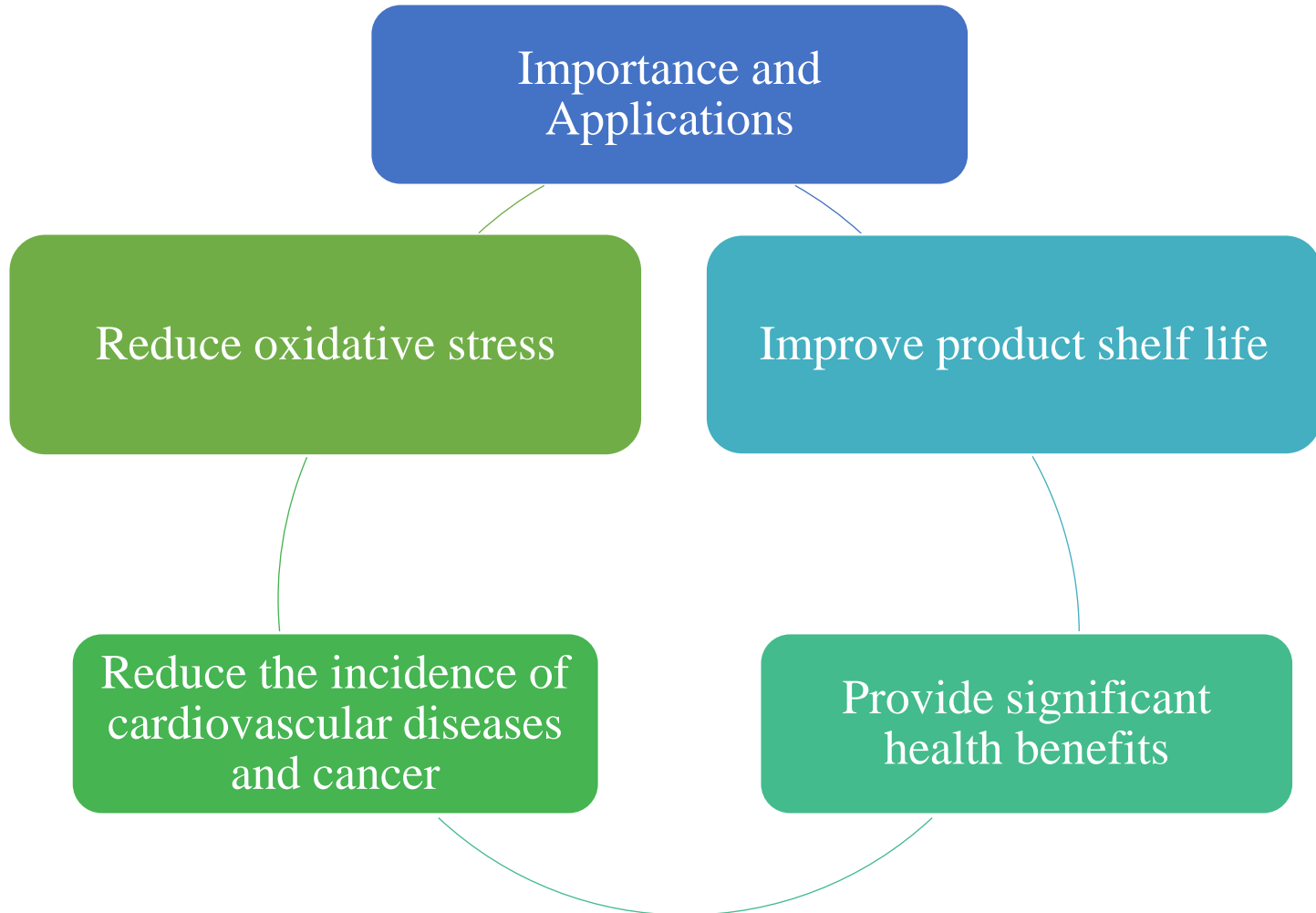
STUDY ON THE EFFECTS OF NATURAL ANTIOXIDANTS ADDED TO FOOD OF ANIMAL ORIGIN: PROPERTIES AND HEALTH BENEFITS

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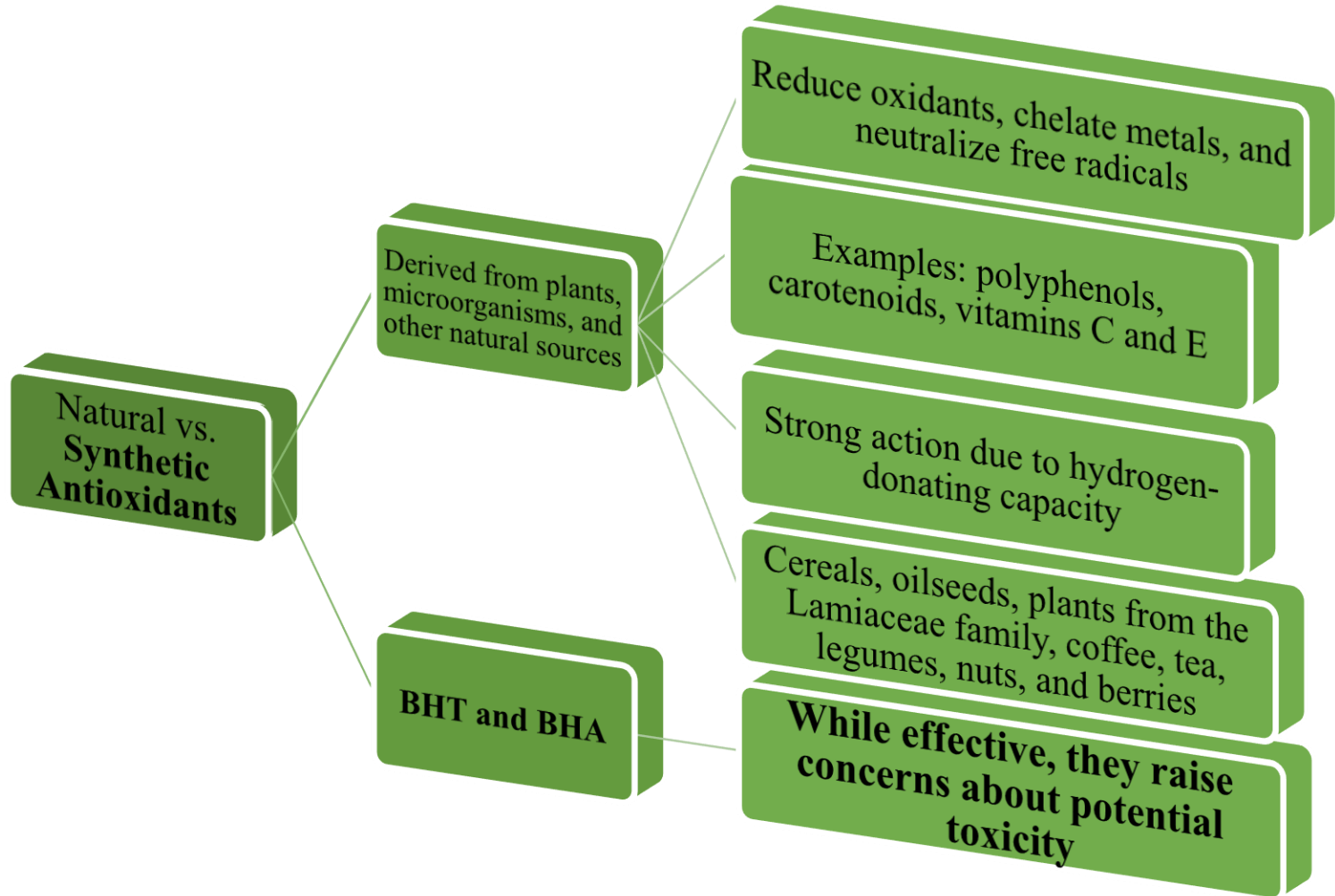


Introduction





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Materials and methods

In the present research, 20 bibliographic sources were consulted, which had as a subject of study the importance of adding natural antioxidants to products of animal origin



Results and discussions

Natural antioxidants are biologically active substances obtained from sources such as plants, microorganisms, fungi, or animal tissues. These compounds play a vital role in mitigating or preventing oxidative damage caused by free radicals and reactive oxygen species (ROS), which are generated through various physiological processes in the body

In food systems, natural antioxidants help extend shelf life by inhibiting lipid peroxidation and other oxidative reactions, thereby maintaining the product's flavor, color, and nutritional quality

Together, endogenous and exogenous antioxidants, work synergistically to maintain cellular health and protect against oxidative stress-related diseases such as cardiovascular disorders, cancer, and neurodegenerative conditions



Conclusions and recommendations

Antioxidants neutralize free radicals, chelate pro-oxidative metals, and interrupt autoxidation chain reactions, protecting lipids, proteins, and DNA from oxidative damage

Adding natural antioxidants to meat products reduces the formation of toxic compounds, improving food safety, enhancing nutritional benefits, and extending shelf life



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Thank you for your attention!

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