

Abstract

Nutritional biochemistry is one of the academic foundations that make up nutritional sciences, a discipline that encompasses the knowledge of nutrients and other food components with emphasis on their range of function and up of the core knowledge, concepts, and methodology related to the chemical properties of nutrients and other

Keywords:

Introduction

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NUTRITIONAL BIOCHEMISTRY AND USES OF SOME COMMON PLANTS

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Grape-seed (Vitis vinifera) extract:

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Garlic (Allium sativum)

Garlic (*Allium sativum*) is a member of the onion family. It is a bulbous plant that grows from a single clove. Garlic is widely used in cooking and has been shown to have various health benefits, including lowering blood pressure and cholesterol levels.

