

Live Organic Spice-Derived Flavorings in Nutritional Pharmacology

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Introduction: Live organic spice-derived flavorings are a category of palatability defining ingredients vital in nutritional pharmacology. They are used in production of functional foods used in preventive and therapeutic treatments. The aim of the study is to prove that palatability and variety of foods are important and health-wise can be achieved by application of ingredients that are safe, sustainable and have recognizable properties. Flavorings derived from coriander, fennel, cumin seeds, etc. are analysed in context of examples.

Materials and Methods: Market survey, Spice material collection and validation, Innovational eco-tech oil extraction, Laboratory studies, Testing, Data analysis, Economic analysis.

Results: Live spice-derived flavorings serve as important ingredients vital for functional foods due to their bioactive content of vitamins, minerals, antioxidants, etc. as well as stimulation of pleasure gained from food via improvements in palatability.

Conclusions: Live spice-derived flavorings can be used in nutritional pharmacology with diverse positive effects in human health and wellbeing.