



Handbook of Analysis of Active Compounds in Functional Foods

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Functional foods offer specific benefits that enhance life and promote longevity, and the active compounds responsible for these favorable effects can be analyzed through a range of techniques. **Handbook of Analysis of Active Compounds in Functional Foods** presents a full overview of the analytical tools available for the analysis of active ingredients in these products.

Nearly 100 experts from all over the world explore an array of methodologies for investigating and evaluating various substances, including:

- Amino acids, peptides, and proteins, along with glutamine, taurine, glutathione, carnitine, and creatine
- Water- and fat-soluble vitamins and probiotics
- Terpenes, including hydrocarbon carotenoids and oxycarotenoids (xanthophylls)
- Phenolic compounds such as flavonoids, flavan-3-ols, proanthocyanidins, stilbenes, resveratrol, anthocyanins, isoflavones, tannins, ellagic acid, and chlorogenic acids
- Fibers and polysaccharides, including chitosan, insoluble dietary fiber, fructans, inulin, pectin, and cyclodextrins
- Phytoestrogens and hormones, with chapters on anise oil and melatonin
- Tetrapyrroles, minerals, and trace elements
- Lipid compounds, with discussions of omega 3 and 6 fatty acids, conjugated linoleic acids, lecithin, sterols, stanols, lipoic acid, and alliin
- Sweeteners, salt replacers, and taste-modifying compounds

Each chapter describes the specific compound and its benefits, surveys the range of analytic techniques available, and provides ample references to facilitate further study. The book follows a convenient format with well-organized chapters, allowing readers to quickly hone in on specific topics of interest. This comprehensive reference provides a complete survey of the most cutting-edge analytical techniques available for researchers, industry professionals, and regulators.

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