

# // PHYTO-PROTECTIVES Antioxidant

As plants are essentially sedentary, they have to face all hazards without the ability of movement. They have developed processes in order to survive, producing many molecules of various types.

Some components such as flavones, anthocyanines, saponins, alkaloid..., are found in abundance and are still subject to further research.

Although conclusive proof has yet to be established regarding the purpose of these components, it has been noticed that some groups of omnipresent compounds in the plant world contain properties to protect against predators, parasites, environmental hazards.

These innovative substances cannot be found in the animal kingdom. Over the centuries, humans, part of the animal kingdom, have been discovering and learning the benefits of the natural chemistry of plants, which have contributed to our current pharmacopoeia.

Our recently altered environment has necessitated an increase in the need to research ways of protecting ourselves. Some specific compounds called « phyto-protectives » have been discovered and more specifically studied. Protective... but from what kind of aggression ?

// The main sources of aggression are :

- UV radiations : plants need sunlight but they are also exposed to UV radiations from sunrise to sunset with no obvious protection.
- Pollutants from the ground and the air but also from molecules generated by the plant itself to fix internal issues.

These damages make the plant produce antioxidants. Many of the compounds synthesised by the vegetal cells aim to fight these oxidant phenomena and are phyto-protective.

We should be able to escape from these hazards but modern life does not allow us to do so. We are however capable of finding a solution through plants, only if these phyto-protective elements are carefully extracted, preserving their phyto-protective properties.

