

More than just beautiful

Hibiscus flower extract may have the same health benefits as red wine and tea, according to new research by scientists in Taiwan. Hibiscus contains antioxidants that help control cholesterol levels and reduce heart diseases, says Chau-Jong Wang and his team at Chung Shan medical university. The scientists have found that the anti oxidant properties of flavonoids, polyphenolic compounds and anthocyanins contained in the flower can prevent the anti-oxidants of low-density lipoproteins, which are associated with heart diseases.

Source: Down to Earth, October 15th 2004