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Antioxidants capacity of milk, probiotics and postbiotics

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Abstract

This paper explores the antioxidant capacity of milk, probiotics, and postbiotics. Antioxidants are compounds that can protect cells from damage caused by free radicals, which are unstable molecules that can cause oxidative stress. Milk is a rich source of antioxidants, including vitamins A and E, and some evidence suggests that milk consumption may be associated with a reduced risk of chronic diseases. Probiotics are live microorganisms that can confer health benefits when ingested, and some strains have been shown to have antioxidant properties. Postbiotics are non-viable microorganisms or their metabolites, and recent research has suggested that they may have antioxidant effects. This paper reviews the current evidence on the antioxidant capacity of milk, probiotics, and postbiotics, and discusses the potential implications for human health. Overall, the findings suggest that these three sources may have antioxidant effects, which could contribute to their health-promoting properties. However, further research is needed to fully understand the mechanisms underlying these effects and to determine their clinical relevance.

Keywords: Milk, Probiotic, Postbiotic, Casein, Whey protein, Antioxidant