



Cardiovascular risk reduction

Hypolipidemic

Antidiabetic properties

Strong antioxidant power

Cancer risk reduction

Antimicrobial properties

Anti-mutagenic agent

Scientific review

Onion

It is now well known that some fruits and vegetables can help in the prevention of cardiovascular, inflammatory and chronic diseases such as diabetes. They can also prevent bacterial and viral infections.

A diet rich in antioxidant and phenol compounds is a natural approach that helps prevent the development of illnesses. The antioxidants have the ability to inhibit the cancer cell growth at an early stage.

Nutra Canada extracts are natural, accessible and affordable. They are a great solution to increase bioactive compounds intake and benefit from their protection.

Onion health benefits

Onions are rich in phenolic compounds. Moreover, they are a major source of quercetin, a flavonol used as a nutritional supplement for its anti-inflammatory and antioxidant properties.

Onion and onion extract shows antioxidants properties and may be beneficial against some cancers. Indeed, onion extract inhibited cell proliferation of colon, kidney and liver cancer and could inhibited mutation processes that triggers cancer. Onions also have hypoglycemic properties and the capacity to decrease platelet aggregation. Other in vitro studies have shown that onion juice or extract have anti-parasitic, anti-fungal and anti-bacterial properties.

In studies with animals, consumption of onion extracts led to the reduction of blood lipids in rats and rabbits. Several studies have also shown an anti-diabetic property: the reduction of blood sugar by eating onion in diabetic rabbits and the decreased hypoglycemia in diabetic rats. In addition, an amino acid from onion, *s*-methyl cysteine sulfoxide contributes to anti-diabetic effects of onion in rats by controlling blood glucose in addition to other effects that are comparable to the insulin. Consumption of onions has also been anti-thrombotic in rats, an inhibitory effect of platelet aggregation in rabbits and decreased cell proliferation of colon cancer in rats. Finally, the dried onion consumption decreased hypertension in rats. Protection against asthma has also been obtained by consuming an extract of onion with guinea pigs.

In studies with human, onion consumption reduces the risk of colon, larynx, ovarian and stomach cancer, reduces the risk of developing cancer of the esophagus, oral cavity, pharynx, and decreases rates of glucose in the blood of diabetics. The protective effects of onion against breast cancer have also been studied in a case study in France. Consumption of onions has also been beneficial in bone density in women aged 50 and older before and after menopause. Onions have also shown many benefits in terms of cardiovascular disease.

« Onion extract: all the benefits of onions, without tears. »

Cardiovascular risk reduction

Strong antioxidant power

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Cancer risk reduction

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Anti-mutagenic

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Bone density

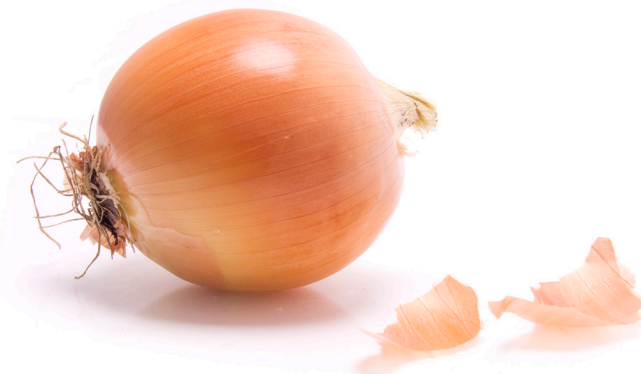
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Asthma

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Onion nutrition facts	
Compound	Concentration
Protein (g/100g)	1.3
Fat (g/100g)	0.2
Carbohydrate (g/100g)	7.1
Fibre (g/100g)	2.1
Vitamin	
Vitamin C (mg/100g)	7.0
Vitamin E (mg/100g)	0.14
Mineral	
Potassium (mg/100g)	170
Calcium (mg/100g)	25
Magnesium (mg/100g)	10
Phosphorus (mg/100g)	33
Sulfur	50
Iron (mg/100g)	0.3

Website: <http://www.alimentationzoom.com/Oignon-63-alimentFiche.html>





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