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Gesundheitlicher Nutzen von Phytobiologika

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Phytobiologika sind eine Gruppe unterschiedlicher biologisch aktiver Substanzen, die ausschließlich in Pflanzen vorkommen und vor allem deren Schutz und Erhaltung dienen. Durch ihre starke antioxidative Wirkung sowie ihre Wirkung gegen Bakterien, Viren und andere schädliche Einflüsse üben sie auch für den menschlichen Körper eine wichtige Schutzfunktion aus. Zahlreiche wissenschaftliche Untersuchungen belegen dies.

In den Stoffwechsel menschlicher Zellen gelangen diese biologisch aktiven Substanzen auf dem Weg unserer Ernährung. Diese wertvollen Verbindungen machen somit einen wesentlichen Vorteil einer ausgewogenen Ernährung aus, die reich an frischem Obst und Gemüse ist. Gemeinsam mit Vitaminen, Mineralstoffen, Spurenelementen, bestimmten Aminosäuren und essentiellen Fettsäuren spielen Phytobiologika also eine wichtige Rolle bei unserer täglichen Versorgung mit Mikronährstoffen.

Die Studien auf dieser Webseite liefern wissenschaftliche Beweise für die gesundheitlichen Vorzüge von Phytobiologika.

Studien über den gesundheitlichen Nutzen bestimmter Pflanzenstoffe

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