



Australian Tropical Bushfood Orchard

www.rainforestheart.com.au

**Health benefits of native
plant species**

**Including Davidsons Plum, Lemon Aspen, Lilly Pilly
(Riberry), Lemon Myrtle & Bush Tomato**

A recent study assessed twelve native species for their health properties. All exhibited superior antioxidant capacity as compared to the Blueberry standard, renowned worldwide as the 'health-promoting fruit.'

In comparison to commonly consumed fruits that comprise predominantly hydrophilic antioxidants, native foods contained antioxidant activity in both hydrophilic and lipophilic fractions. This suggests more comprehensive protection from oxidative stress, and possibly more pronounced health benefits.

All twelve plant species were found to contain vitamin E and folate. Rich sources of lutein, a compound essential for eye health are also present, as were magnesium, zinc and calcium, all important for the synthesis and self-repair of human DNA. Additionally, sources of valuable selenium were identified.

Davidson's Plum contains high levels of anthocyanins, natural pigments that are strong antioxidants. It also contains lutein, vitamin E and folate, Zn, Mg, Ca and Mo, as well as a high potassium:sodium (K:Na) ratio which is good for people with high blood pressure.

Lemon Aspen is a richer source of Zn, Mg, Ca, Fe and Mn than Blueberry.

Lemon Myrtle has a rich source of Calcium.

Bush Tomato is a source of the essential mineral *Selenium* which is necessary for antioxidant enzymes to function.

The full report is available free as a pdf
from the RIRDC website
www.rirdc.infoservices.com.au/items/09-133