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In vitro Synergistic Antioxidant Activity of Honey-Mentha Spicata Combination

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Abstract : The beneficial health effects including antioxidant properties of mint (Mentha spicata) and honey bees (Apis mellifera) have been extensively studied. However, there is no data about the effects of their associated use. In this study the total phenolic and flavonoid contents for individual extracts of mint and honey and their combination were determined. The antioxidant activity was investigated by using reducing power, 1,1-diphenyl-2-picrylhydrazyl (DPPH), 2,2´- azinobis-(3-ethylbenzothiazoline-6-sulphonic acid diamonium salt (ABTS), and chelating power methods. The results showed that individual extracts contained important quantity of phenolics and flavonoids and their combination was found to produce best antioxidant activity. A significant linear correlation between the phenolic/flavonoid contents and antioxidant activity, especially with reducing power and free radical scavenging abilities, was observed.

Keywords : honey, mint, synergy, antioxidant activity
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