2017 | Volume Volume - 2 - Issue Issue - 1

In this issue

Research Article

Open Access Research Article PTZAID:JFSNT-2-103

Comparison of Biochemical Changes in Kefirs Produced from Organic and Conventional Milk at Different Inoculation Rates of Kefir Grains

Published On: December 13, 2016 | Pages: 008 - 014

Author(s): Zehra Güler*, Ali Tekin, Young W Park

The purpose of this study was to assess effects of milk variety (organic and conventional) and the inoculation rate (0.2 g 100 g-1 and 0.5 g 100 g-1) as kefir grains on organic acids, volatile organic compounds (VOCs) and free amino acids (FAAs) as well as basic chemical composition of kefir. ...

Abstract View Full Article View DOI: 10.17352/jfsnt.000003

Review Article

Open Access Review Article PTZAID:JFSNT-2-105

Vitamin D - A Probable Performance Boosting Mediator in Athletes

Published On: December 30, 2016 | Pages: 019 - 024

Author(s): Amit Bandyopadhyay*, Ishita Bhattacharjee and Anindita Singha Roy,

Vitamin D positively infl uences athletic performance by improving strength, power, speed, cardio respiratory fi tness, reaction time, coordination, and body composition. Debatable opinion exists regarding the exact role of Vitamin–D (Vit–D) which is supplemented in the form of Vit–D3 to improve sports performance. Proper dose of Vit–D3 supplementation among athlet ...

Abstract View Full Article View DOI: 10.17352/jfsnt.000005

Mini Review

Open Access Mini Review PTZAID:JFSNT-2-104

Pharmacognostic and Conservational Overview of Swertia chirata Buch.- Ham. ex Wall., A Critically Endangered Himalayan Herb

Published On: December 30, 2016 | Pages: 015 - 018

Author(s): Arjun Karmakar*

Background: Swertia chirata Buch.-Ham. ex Wall. is an endangered medicinal herb native to the temperate Himalayan region. The species holds immense ethnobotanical importance in India, Nepal, Bangladesh and Bhutan. ...

Abstract View | Full Article View | DOI: 10.17352/jfsnt.000004