

In this issue

Research Article

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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

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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 influences athletic performance by improving strength, power, speed, cardio respiratory fitness, 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 athletes ...

[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

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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. ...

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[DOI: 10.17352/ifsnt.000004](#)