

# Tannins - description, benefits, effect on the body and the best sources.

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**Abstract.** Tea. This drink has been known to mankind for more than five thousand years. Chinese emperors drank it. The Queen of England drinks it. You and I are also fans of this wonderful drink. Let's look at its composition.

The first place in it is occupied by natural aromatic compositions. Tannin takes second place. The chemical composition of aromatic compositions depends on the place where tea grows and the conditions of its collection and preparation.

As for tannin, which is the subject of this article, its content depends not so much on weather and climatic characteristics, but on the age of the tea leaf itself. The older the leaf, the more tannin it contains.

*Key words:* Tannins, general characteristics, daily requirement, digestibility, beneficial properties, signs of deficiency, signs of excess

## Tannin-rich foods:

- Tea
- Cocoa
- dark grapes
- Blackcurrant [1]
- Dogwood
- Acorns
- Chestnuts
- Eucalyptus
- Bird cherry
- Rhubarb
- Galangal
- Tannic sumac fruits
- Quince
- Garnet [2]
- Persimmon [3]

## General characteristics of tannins

What are tannins? Tannin, or gallotannic acid, is a substance that has an astringent effect. The name comes from the French word “tanner”, which translated into Russian means tanning leather.

Tannins are found in tea and bird cherry, acorns and galangal rhizomes. It is thanks to tannins that wines made from dark grape varieties are extremely popular.

In addition, tannin is widely used as a tanning agent in the manufacture of leather products. It is also used in the pharmaceutical industry in the production of astringent anti-inflammatory medications.

### **Daily requirement for tannin**

Due to the fact that tannin performs a tanning function in our body, there is no data regarding its daily intake. It should be taken into account that the permissible amount of tannin consumed (as part of accompanying compounds) depends on the individual characteristics of the body.

### **The need for tannin increases:**

For diseases of the gastrointestinal tract. You can also lubricate weeping wounds and ulcers with a solution of tannin in glycerin for faster healing. In addition, tannin is used in mild forms of diabetes mellitus and in case of detection of pathogenic bacteria and viruses [4].

### **The need for tannin is reduced:**

- in case of individual intolerance to tannin;
- with increased blood clotting.

### **Beneficial properties of tannin and its effect on the body**

- stimulates rapid scarring of stomach ulcers;
- has a detoxifying component;
- capable of neutralizing pathogenic microorganisms;
- used for indigestion.

### **Beneficial properties of some foods containing tannins**

Acorns are used as a substitute for coffee, flour, and as a cure for some serious diseases. In addition, in livestock farming, acorns are used to feed pigs.

The root of galangal (cinquefoil erecta) has proven itself well against diarrhea. Eucalyptus is used in folk medicine and herbal medicine as a deodorant and cold remedy.

Chestnut has a beneficial effect on the walls of blood vessels.

Tanning sumac has proven itself not only as a tanning component in leather tanning, but also as a spice. It is widely used by the peoples of Central Asia, the Caucasus and Transcaucasia.

### **Interaction with other elements**

Tannins interact well with proteins [5] and other various biopolymers.

### **Signs of excess and deficiency of tannin in the body**

Due to the fact that tannins do not belong to the group of coordinating compounds, no signs of excess or deficiency were identified. The use of tannin is associated, rather, with the body's occasional needs for this substance.

## Tannins for beauty and health

Since tannin has the ability to deactivate a huge number of poisons of biological origin, consuming products containing it leads to a good mood [6] and health. And, therefore, anyone who wants to have good health, energy and beautiful skin [7] should definitely consume tannin-containing products. After all, health and beauty are so important!

And in conclusion, I would like to remind you of all the advantages of tannin-containing products. Tannin has the ability to deactivate poisons of biological origin, as a result of which harmful compounds lose their terratogenic power. Tannin gives a special astringent taste to products containing it. In addition to internal use, tannin can also be used in the treatment of open wounds and ulcers (in combination with glycerin). All tannin-containing products have healing powers.

## Literature

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general characteristic, daily requirement, digestibility, useful properties, signs of shortage, signs of excess.