



Essential oils in Food Systems: A systemic review

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Abstract : Many consumers are demanding foods without what they perceive as artificial and harmful chemicals, including many used as antimicrobials and preservatives in food. Consequently, interest in more natural, non-synthesized, antimicrobials as potential alternatives to conventional antimicrobials to extend shelf life and combat foodborne pathogens has heightened. Aromatic plants and their components have been examined as potential inhibitors of bacterial growth and most of their properties have been linked to essential oils and other secondary plant metabolites. Historically, essential oils from different sources have been widely promoted for their potential antimicrobial capabilities. The essential or volatile oils are extracted from the flowers, barks, stem, leaves, roots, fruits and other parts of the plant by various methods. It came into existence after the scientists deciphered the antiseptic and skin permeability properties of essential oils.

Key words: Essential oil, Antimicrobial, Chemistry, Biological properties.

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