Quantification of bioactive compounds present in red fruit tea enriched with dry extract pomegranate’s peel (*Punica granatum*).


In the peel of pomegranate are encountered several bioactive compounds, including phenolics, flavonoids and vitamin C. The enhance of these substances in diet has shown promising results in decreasing the development of chronic degenerative diseases (CDDs). On this basis, the red fruit tea was enriched with 30 and 40% of dry extract of pomegranate’s peel, aiming to provide consumers the healthy benefits of it’s consume. The extract was obtained by freeze drying and grinding pomegranate rind. Analyses were performed for quantification of phenolic compounds, flavonoids, vitamin C and antioxidant capacity by DPPH and ABTS. The results were compared to the standard (0% enrichment). For all analyzes were obtained statistical differences between control and enrichment concentrations (30 and 40%) and, between 30 and 40% concentrations. In relation to control, an increase of 495% and 715% of phenolic compounds, 252% and 396% of flavonoids, 149% and 195% vitamin C and 1336% and 1455% of antioxidants. Based on these data, we concluded that the dry extract of pomegranate rind is an excellent source of bioactive compounds that can be used to enrich commercial teas, with the addition of 40% recommended.