MINERAL CONTENT OF THE PRE-DRIED FRUIT OF MORINDA CITRIFOLIA.

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Minerals play a vital role in the peculiar development and good health of the human body and the fruits are considered the main sources of minerals needed in human diet. The noni (Morinda citrifolia Linn.) is a small tree, evergreen with yellow and ovoid fruits traditionally used to treat various health disorders. Several phytochemical studies were conducted to clarify the components of the Morinda citrifolia, however, the mineral content of the fruit is not public knowledge. The objective of this study was to determine the mineral content in pre-dried fruit of Morinda citrifolia and relate it with the recommended daily intake (RDI) for adults. We determined the minerals calcium, copper, potassium, manganese, zinc, iron, magnesium, sodium, and phosphorus using the technique of atomic emission spectrometry with inductively coupled plasma source (ICPOES). Data analysis was performed by calculating means and standard deviations. The sample showed mineral content higher than stipulated by the Ministry of Health to consider food sources and have high mineral content. The pre-dried fruit of the noni (Morinda citrifolia Linn.) is a source of calcium (182 mg/100g), iron (3.15 mg/100 g) and zinc (1.70 mg/100 g) and is high in potassium (1690 mg/100 g), magnesium (85.64 mg/100 g) and manganese (1.19 mg/100 g). Knowledge of the nutritional composition of noni may help to explain the biological properties alleged to this fruit where it was shown that this has considerable potential for use in the enrichment product.

Keywords: Minerals, pre-dried fruit, Morinda citrifolia, Nutritional Value, Recommended Dietary Allowances