

Influence of the bioactives compounds of beetroot (*Beta vulgaris* L) on the cardioprotective effect: A narrative review [Influencia de los compuestos bioactivos de betarraga (*Beta vulgaris* L) sobre el efecto cardio-protector: Una revisión narrativa]

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The agricultural crops that belong to the group *Beta vulgaris* L are currently used in agroindustry to produce sugar, coloring agents, other sub products and for fresh consumption. Beetroot (*beta vulgaris* L) is a vegetable with a large amount of carbohydrates, potassium and nitrate salts. The focus of this review was to demonstrate the influence of the bioactive compounds of beetroot (*Beta vulgaris* L) on the cardioprotective effect. We analyzed generic and specific studies of beetroot. They showed that the total content of polyphenols in beetroot varied from 218.00 mg.kg⁻¹ to 887.75 mg.kg⁻¹; the total content of anthocyanins varied from 14.48 ± 0.40 mg.kg⁻¹ to 84.50 ± 4.71 mg.kg⁻¹; the value of antioxidant activity varied in range from 8.37 ± 0.29% to 21.83 ± 0.35%; and the content of nitrate salts was estimated at 1800 mg NO₃⁻/kg of fresh mass. thus, the intake of beetroot is attributed to health effects including cardioprotectors and chemotherapeutic related to polyphenols, anthocyanins, nitrate salts. © 2018, Sociedad Chilena de Nutricion Bromatologia y Toxilologica. All rights reserved.

Anthocyanins

Antioxidant activity

Beetroot

Nitrate

Polyphenols