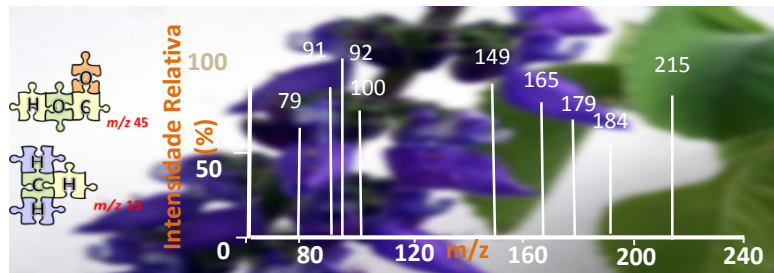


# Infusions can have beneficial health effects and may be useful for lowering cholesterol in the bloodstream and digestive process facilitation



**Studies on the molecular mechanism of cholesterol reduction by *Fraxinus angustifolia*, *Peumus boldus*, *Cynara cardunculus* and *Pterospartum tridentatum* infusions**, P.L. Falé, C. Ferreira, A.M. Rodrigues, F.N. Frazão, M.L. Serralheiro, *J Med Plants Res*, 2014, 8, 9.

**Acetylcholinesterase inhibition, antioxidant activity and toxicity of *Peumus boldus* water extracts on HeLa and Caco-2 cell lines**, P.L. Fale, F. Amaral, P.J. Amorim Madeira, M. Sousa Silva, M.H. Florencio F.N. Frazão, M.L.M. Serralheiro, *Food Chem. Toxicol.*, 2012, 50, 2656.

Cardiovascular diseases are among the highest cause of death in EU including Portugal. The high cholesterol level in the blood can be mentioned as being among the main causes of these diseases. The first and most simple action to reduce cholesterol level is to decrease its ingestion in the diet. When this action is not enough, drugs start to be prescribed. Herbal teas, or infusions, used for a wide range of purposes can also be used to diminish cholesterol in the blood. Although these compounds cannot be sold with claims for health benefits, it is well known that they are sold and consumed in order to improve people's health. Functional foods, among which are herbal teas, of natural origin, have been the subject of our studies. In our laboratory we have long been studying "teas" from plant origin, to determine their composition by mass spectrometry techniques and also in what concerns their initial and final biochemical activity after the gastro-intestinal digestion. The results of these studies, besides highlighting the components of those mixtures, which is important for their quality control, also show that the infusions can have beneficial effects to health and can be used, for example, for lowering cholesterol in the bloodstream and to facilitate the digestive process.