



Portulaca Oleracea; Power food of the future

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Abstract:

Background and Purpose: Portulaca Oleracea grows in many areas of the world. This plant is called «Power food of the future» because of many factors. The purpose of this study was to review the nutritional value and efficacy of Portulaca Oleracea.

Material and methods: In this review, search was performed of SID, PubMed and Google Scholar for the keywords including Purslane and Portulaca Oleracea during 1987- 2014, and the results were discussed.

Results: Portulaca oleracea due to the existence of different nutritious ingredients like a variety of vitamins, minerals, essential fatty acids, flavonoids and antioxidants such as beta-carotene and glutathione is known as the universal panacea. In addition, because of these compounds it is used in the prevention and treatment of a variety of diseases in both traditional and modern medicine and is consumed as a part of the food industry and diet in many countries.

Conclusion: According to studies, it seems that the Portulaca oleracea can be considered as one of the most important nutrients in the future and used as a part of the diet of all age groups.

Keywords: Portulaca Oleracea, Omega-3 fatty acids, Antioxidant.

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