

Beer and beer-based beverage contain lignans

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Abstract

Lignans are members of a broad group of plant phenols that can positively affect human health. They occur in negligible quantities in processed foodstuffs such as lager beer. The aim of this work was to utilize the high levels of lignans in the knots of spruce trees (*Picea abies*) to increase the lignans content in beer, without negatively impacting the natural taste and aroma. By means of lignans addition in the forms of spruce knot chips or different extracts made from spruce knots during the wort boiling were produced beer and beer-based beverages with lignans content ranging from 34 to 174 mg/L.

Keywords: lignan beer; 7-hydroxymatairesinol HMR; alfa-conidendrin; Spruce knots; Sensory evaluation

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