

Apples are most beneficial in their natural form. But any kind of processing negatively affects their beneficial properties. This occurs due to the saturation of the drink with oxygen. In particular, as one of the authors of the latest study, S. Dussling, noted, oxygen causes the destruction of catechins and vitamin C in apple juice. Catechins normalize blood pressure, cholesterol and blood sugar levels, have an antioxidant effect and increase the body's defenses. Juicers operating on the principle of a decanter centrifuge saturate the liquid with oxygen while processing it. German scientists propose to reduce the loss of nutrients through the technology of a spiral filter press that removes oxygen from the apple juice. Experts compared drinks obtained in different ways. As it turned out, the juice pressed using the new technology retained four times more catechins and other phenolic compounds - 1016 mg/l versus 262 mg/l. As experts noted, they were also able to preserve ascorbic acid in the apple juice.