

At the University of Novgorod, bio -ogurt was created to prevent mental retardation and other neurodegenerative diseases. The product replenishes the deficiency of selenium and iodine that are important for the health of the brain.

Selenium in the form of amino acids (selenmetionine, selencisteine) is obtained from plants enriched with selenes -containing solutions. According to the scientific publication of the Russian Ministry of Education and Science, "Nauka.rf", iodine is extracted from seaweed, since this substance is rare in nature.

The lack of iodine causes congenital abnormalities, mental retardation, developmental disorders and goiter. Selenium deficiency increases the risk of diseases, as it protects cells from free radicals and affects the work of the thyroid gland and other organs.

According to information, more than 80% of Russians experience selenium deficiency, which is not compensated by other antioxidants. The assimilation of Selenas worsens with an excess of sugar. For young children, specialized products with the right balance of trace elements and vitamins are recommended.

"It is important to control iodine not only in children and pregnant women, but also in adults. In the territory of most of the Russian Federation, insufficient levels of the content of natural iodine in the soil, water, and food products are observed. In nature, iodine is rare, with the exception of seafood. Algae accumulate it. So 5 kilograms of iodine are obtained from one ton of kelp, "said Svetlana Gladkikh, the author of the work of the Department of Geology and Forestry.

She offered an ecologically safe way to do yogurt useful to health. Selenmetionine and selencistin are obtained amino acids, adding selenium to water for plants and fertilizers. These additives make yogurt more nutritious and useful for the body.

To prepare yogurt itself, cow milk, oatmeal, bacterial leaven, natural bee honey, stabilizers and concentrated milk serum are used. Also add zuccats and dried apricots.