

## CHEMICAL COMPOSITION OF THE ROSE HIP AND PREPARATION OF USEFUL FOOD COMPOUNDS

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### ABSTRACT

*This article provides information on the chemical composition, physiological and antioxidant activity, medicinal properties of dried and fresh fruits of rose hip plant. It is advisable to use rose hip instead of such synthetic drugs. Rose hip fruit is also very good for anemia due to its iron content, so two teaspoons of the fruit in a glass of boiling water and drunk three times a day after meals is useful in anemia, kidney, bladder and liver diseases. These potent food supplements have been officially registered by the Ministry of Health of the Republic of Uzbekistan and have been recommended for production and implementation.*

**KEYWORDS:** *Nutrients, Chemical Composition, Biologically Active Substances, Natural Antioxidants, Medicinal Food Additives.*

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