

Scientists Highlight Health Benefits of Pure Maple Syrup

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Scientists have revealed that pure maple syrup is good for health, thereby encouraging people to go in for the extra serving of the same the next time they enjoy their favorite French toast, waffle or pancakes.

Researcher Navindra Seeram from the University of Rhode Island, who specializes in research of medicinal plants, has discovered that there are over 20 compounds in Canadian maple syrup which can be directly linked to human health, with 13 of these compounds being discovered for the first time ever.

Also, 8 of the said compounds have been discovered in the Acer (commonly maple) family for the first time.

Many of these anti-oxidant compounds that have been discovered in maple syrup, reportedly contain anti-cancer, anti-bacterial and anti-diabetic properties as well.

"We are proud that our producers are generously supporting this research, bringing to light a greater understanding of the gastronomic and health benefits of maple products. It is not just for Canada, but for the welfare of consumers around the world", said President of the Federation of Quebec Maple Syrup Producers, Serge Beaulieu, while stressing that Mr. Seeram's laboratory is just one of the sources which is now working towards expansion of a multi-national network of research facilities contributing to the study of Canada's maple products.