

Other reports suggest that orange juice can inhibit intestinal cytochrome P450 (CYP) isozyme 3A4 and P-glycoprotein.

It was recently shown that vitamin C protects endothelial cells and LDL from either intra- or extracellular oxidant stress and also may reduce the risk of atherosclerosis (Nancy Preising Aptekmann, *et al.*, 2010).

Following are facts about a few of the important nutrients that make orange juice one of the most naturally healthy beverages around:

Vitamin C is the most important antioxidant and it supports the immune system. As an antioxidant, orange juice can neutralize free radicals. (Silvia Isabel Rech Franke, Temenouga Nikolova Guecheva, João Antonio Pêgas Henriques, Daniel Prá. Orange Juice and Cancer Chemoprevention. *Nutrition and Cancer*, 2013)

Thiamin which is associated with the conversion of food into energy and the.

Potassium, which is related to muscle function and helps to protect from strokes.

Folate (Folic Acid) is essential for red blood cells.

Calcium (in fortified orange juice) is essential for strong bones.

Vitamin B6 helps the body process energy from the food we eat and is needed for the production of new cells.

1.5.Chromatography

It is the term used to describe the technique of separation compounds by distributed between two phases, one of which is static and so called "stationary phase" and the other is pass through carrying it "mobile phase" (Ettre, *et al.*, 2001).