

## Low sodium salt substitute; good for heart, diabetes and high blood patients

April 18 2011, By Dr. Nayan Kanwal

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A group of researchers from Universiti Putra Malaysia (UPM) successfully produced Cardio-mate or a salt substitute from plants with low sodium content which proves to be friendly for heart, diabetes and high blood pressure patients who are at risk of food salt.

Lead researcher Prof. Dr. Suhaila Mohamed from the Institute of Bioscience, said the product that takes form of pills and powders contain anti-oxidant features and high calcium and it also doubles as flavor enhancer.

"Cardio-mate has the ability to decrease blood sugar, control excessive blood pressure and protecting the eyes, liver, heart, kidney, bone, skin, brain to blood vessels.

"This antimicrobial product also delays food decomposition and contains soluble dietary fiber and high protein as well as health properties to prevent [breast cancer](#), cervical cancer and prostate cancer," he said at a Putra Cipta Press Conference organized by Research Management Centre (RMC) and Corporate Communications (BKK) held here.

She said the product also helps control body weight and delays the deteriorating diseases among aged individuals.

Prof. Suhaila said Cardio-mate is suitable for sauce dipping, snacks, ice cream, beverages, and cosmetics, as powdered cheese substitute, salt, soy sauce and variety of foods.

"Cardio-mate is used by sprinkling it on foods after cooking and it must not be used whilst food being cooked," she added.

Cardio-Mate has passed the toxicity test and proclaimed as an herbal supplement, not a drug product.

The research conducted since 2002 was financed by the Research University Grant Scheme (RUGS), Ministry of Science, Technology and Innovation (MOSTI) and Ministry of Higher Education (KPT).

She is assisted by eight other researchers, namely Dr. Patricia Matanjun; Dr. Farideh Namvar; Dr. Noordin Mohamed Mustapha, Fatemeh Shamsabadi; Assoc. Dr. Rasedee Abdullah; Samaneh Ghasemi Fard; Dr. Juliana Md Roslan Jaffri and Rosalina Tan Roslan Tan.

Patented in 2006, the product has received international recognition such as the gold medal in the International Exhibition of Inventions New Products Ideas (IENA) 2008 in Nuremberg, Germany and the 18th International Invention Innovation Industrial Design and Technology Exhibition (ITEX), 2007.

Provided by Universiti Putra Malaysia

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