

## The Article on Preservatives use in Human Life

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### Short Communication

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### ABSTRACT

Food Preservatives are employed to ensure safety and avoid quality loss derived microbial, physical-chemical or enzymatic reactions. There are different type of anti-microbial and antioxidant agents, each one with particular mode of action, Acidulants, Organic acids and Parabens are widely used anti microbials ,though the use of natural alternatives is increasing. This article provides an overview of current applications of Preservatives, limitations and international regulations.

### INTRODUCTION

A Preservative is a natural or Synthetic Chemical that is added to the products such as food, Pharmaceuticals, Paints, Woods etc to prevent decomposition by microbial growth or undesirable chemical changes. Preservatives are substances that are commonly added to prevent decomposition by microbial growth or undesirable chemical changes. Preservatives are substances that are commonly added to various foods and Pharmaceutical products in order to prolong their shelf life. The addition of preservatives to such products that have higher water contents is essential for avoiding alteration and degradation by microorganisms like bacterias, yeast, fungus and molds. Chemical Preservatives cannot totally keep products from spoiling but slow down the spoiling process caused by microorganisms [1].

### DESCRIPTION

As per the literature availabe from various sources when a natural food is processed it may be crushed, heated and have Chemicals added to it that may kill the nutritional value of the food. All the food colouring can be potentially harmful so it is better to avoid food colouring made from synthetic chemicals and it is also important to understand the efficacy of anti microbial Preservatives. The ideal products as Preservatives are It should not be irritant. It should not be toxic. It should be physically and chemically stable [2]. Preservatives should be compatible with other

ingredients used in formulations. It should be good microbial agent. It should be able to increase the shelf life of product [3]. It should be able to work in wide pH range. The classification of preservatives shows ANTI OXIDANTS are vitaminE, Vitamin COxygen, Butylated Hydroxy Toluene and Butylated Hydroxy Anisole and anti microbial agents are benzoates, sorbates, sodium benzoates, propionates etc. The meaning of anti microbial agents is The agents which are active against gram positive, gram negative bacteria, yeast, fungus and molds. These anti microbial agents rupture the cell wall of bacteria. DISCUSSION As the name suggests the preservatives are used to preserve the food items and also maintain shelf life and flavour of food for long time. They are labelled on food labels. The literature also update about uses, benefits, harmful effect of preservatives along with their safety aspects and their usages percentage allowed by regulatory agencies. The literature available also update their uses since years [4].

As use of more and more preservatives may be harmful so human should lead the simple life where we can avoid much use of preservatives in day to day life. Every human being should adopt the healthy ethics where we can use home made food having absence of preservatives or chemical preservatives to maintain the minimum use of preservatives in daily food or cosmetic items consumption [5].

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