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[Dietary fibers as radiation protectors].

[Article in Russian]

[Dudkin MS](#), [Shchelkunov LF](#), [Denisiuk NA](#), [Korzun VP](#), [Saglo VI](#).

Abstract

Chernobyl accident caused incorporation of radioactive element in body of people living in this region. A search of the methods and ways for prevention of incorporation and acceleration of elimination of nuclides is very important. Concentrates of dietary fibers (CDF) were suggested for these aims. CDF were isolated from plants and they contain complex of structural carbohydrates and lignin. It was shown that CDF isolated from lemon peel, beetroot residues after wring out, grapes seeds and other plant resources have a radioprotective properties. Authors conclude that CDF can be used in human nutrition for prevention of incorporation of nuclides.

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