



ROOIBOS-RELATED RESEARCH PRIORITIES

Herewith the summary of the research priorities in the Rooibos industry as identified by the SARC board members:

Direct topics identified

1. Alternative uses of Rooibos in the nutraceutical and cosmetic field
2. The impact of Rooibos on iron levels in children and adults
3. The impact of climate change on the Rooibos industry
4. Rooibos as a potential natural prophylaxis for high altitude exposure
5. Wellness / lifestyle-related benefits of Rooibos, e.g. promoting relaxation, feeling of vitality, health maintenance (e.g. fighting off colds and flu), healthy digestion, etc.
6. Benefits of Rooibos to children: e.g. promoting calmness, ability to focus, immunity, etc.
7. Test the tannin levels of Rooibos
8. Test to prove that Rooibos is caffeine free
9. Bioavailability and pharmacokinetic properties of the predominant polyphenol compounds present in Rooibos.
10. Reduction in oxidative stress and blood lipid parameters in subjects at risk of cardiovascular disease.