



AIDILLA MUBARAK

Dr.

EDUCATION



BSc. & MSc. (UKM)



PhD. (UWA)

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EXPERTISE

Field

Biological Sciences

Expertise

Nutritional Values of
Phytochemical

Specialization

Phytochemical and Antioxidant
Natural Product
Clinical Nutrition and
Pharmacology

RESEARCH CONTRIBUTION & ACHIEVEMENT

My research interest is focused on the nutritional values of phytochemicals, particularly on polyphenols. It is well known that consumption of plant-source food is good for human wellbeing. This recommendation has been employed since many years. However the exact system behind the beneficial effects of this dietary recommendation is still largely explored. I am particularly interested in looking at the attribution from the plant secondary metabolite, polyphenols, which is largely known as the antioxidant source from dietary sources. This vital compound is not only useful as antioxidants, but also for many other bioactivities. My research revolves around the benefits of this compounds which includes flavonoids and phenolic acids in human health especially related to cardiovascular health. This involves the effects of coffee polyphenols on endothelial function and metabolic disorders. My interest also extends on other benefits of the polyphenols which includes applications in fruits and seafood products for delaying deterioration. The application involves several studies on useful treatments such as the development of edible coating using different natural sources. Additionally, I also explore the composition of phytochemicals and aspects of bioactivities in plants especially from local source that can be vital for suggestion of optimal utilization. Studies on coffee and coffee waste bioactive composition as well as the utilization are also part of my interest. I work closely with collaborators from Malaysia as well as researchers internationally to expand the knowledge on the aforementioned areas. Potential collaborators are invited to join any related future projects.

PROFESSIONAL MEMBERSHIP

🕒 Malaysian Natural Product Society

NETWORKING & RESEARCH COLLABORATION

🕒 The University of Western Australia, Australia

PUBLICATION

🕒 Scopus ID : 54796803900
🕒 Researchgate : Aidilla Mubarak
🕒 Google Scholar : Aidilla Mubarak

