

**2012**

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**2012**



1.	.....	7
2.	.....	8
2.1.	.....	8
2.2.	.....	9
2.3.	.....	10
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1 :	$\mu$	.....	.7
2.2.1 :	$\mu$	.....	.26
2.2.2 :		.....	.27
2.2.3 :		.....	.28
6.1 :	$\mu$	.....	.29
6.2 :		.....	.30
6.3 :	$\mu$ $\mu$ $\mu$	.....	.31
6.4 :		.....	.32







## 2.2

3–8 cm  
 7 mm.  
 ( ).  
 6–9 mm,  
 .  
*Eupithecia fraxinata*,  
*chrysorrhoea*, *Cosmia trapezina*, *Pavonia pavonia*, *Erannis*  
*defoliaria*, *Coleophora elaeagnisella*.  
 (*Hippophae salicifolia*)  
*rhamnoides* (10 mm), (*H.*  
 )  
 1 m  
 1-3 cm ( . 2.2.1, 2.2.2, 2.2.3)





, μ , μ  
 . μ μ  
 . μ μ  
 .

4.

μ μ μ μ μ μ μ  
 μ μ μ C μ 1000% μ μ μ .  
 μ μ μ , μ μ μ μ .  
 μ 190 μ , 106  
 . , - , , μ , 'complex'  
 μ 15 , μ .

μ μ μ C, - ,  
 , μ ( - -tocopherol) 200%  
 , 900%

μ tocopherol 3500% . - -  
 , 3000% μ μ . -

(17-20%) μ -3, (28-30%) μ -6, (36-  
 40%) μ -9 μ -7.

μ , μ  
 .

32% .

## 4.1

,

$\mu \quad \mu \quad \cdot$

$\mu \quad \mu \quad \cdot$

$\mu \quad \mu \quad \cdot$

$\mu \quad \mu \quad \cdot$

## 4.2

$\mu \quad \cdot \quad \mu \quad \mu \quad \cdot$

$\mu \quad \mu \quad \cdot \quad \mu \quad \mu \quad \cdot$

$\mu \quad \mu \quad \mu \quad \cdot \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu$

$\mu \quad \mu \quad \cdot \quad \mu \quad \mu \quad \mu \quad \cdot$

$\mu \quad \mu \quad \mu \quad B, \quad \mu$

$\mu \quad 12, \quad \mu$

$\mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu$

$\mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu$

$\mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu$

, 28 .

- $\mu$  : , .
- $\mu$  D :  $\mu$   $\mu$  , .
- (  $\mu$  : ) .

- $\mu$  :  $\mu$  .
- $\mu$  C : ,  $\mu$  ,  $\mu$  ,  $\mu$  ,  $\mu$  .
- $\mu$  1 :  $\mu$   $\mu$  .
- $\mu$  2 :  $\mu$   $\mu$  .
- $\mu$  6 :  $\mu$   $\mu$  .
- $\mu$   $\mu$  12 :  $\mu$  .

$\mu$   $\mu$  ,  $\mu$   $\mu$  ,  $\mu$   $\mu$  ,  $\mu$   $\mu$  . To ,









UV

4.5.2 ( -9), ( -7), ( -6)

(LDL),

( -9),

4.6

$\mu$   
 $\mu$   $\mu$   
 $\mu$   $\mu$   
 $\mu$   $\mu$   
 $\mu$   $\mu$   
 $\mu$   $\mu$   
 $\mu$   $\mu$   
 $\mu$   $\mu$

4.7 -Sitosterol

-Sitosterol  $\mu$   
 30 -Sitosterol  
 50  
 ,  $\mu$  ,  $\mu$  ,  $\mu$   
 LDL ,  $\mu$  ,  $\mu$  ,  $\mu$  sitosterol ,  
 2-3g  $\mu$  ,  $\mu$  ,  $\mu$  ,  $\mu$   $\mu$   
 $\mu$   $\mu$   $\mu$   $\mu$   $\mu$   $\mu$







5.5

in vivo  $\mu$   $\mu$  in vitro :

- ,
- 
- 
- 
- $\mu$
- $\mu$   $\mu$   $\mu$
- $\mu$
- $\mu$   $\mu$  , ,
- ,  $\mu$  , ,
- Crohn
- $\mu$  ,  $\mu$
- $\mu$   $\mu$  ,  $\mu$
- , ,  $\mu$
- $\mu$   $\mu$   $\mu\mu$  ,
- $\mu$
- $\mu$   $\mu$   $\mu$
- $\mu$  ,
- ,
- $\mu$  ,
- $\mu$   $\mu$   $\mu$  ,  $\mu$   $\mu$  ,
- $\mu$  ,  $\mu$  ,  $\mu$  ,  $\mu$  ,  $\mu$  ,

6.

$\mu \quad \mu \quad \mu \quad \mu \quad (\cdot \quad \cdot \quad \cdot \quad \cdot)$  6.1).

,

$\mu \quad \cdot \quad \mu \quad \mu \quad (\mu \quad \mu) \quad \mu \quad \mu$   
6.2).  $(\mu \quad \mu) \quad (\mu \quad \mu)$

$\mu \quad \mu \quad \mu,$

$(\cdot \quad \cdot \quad \cdot)$  6.3).

:

$\mu$

.

$\mu$

.

,

$(\cdot \quad \cdot)$

6.4).

$\mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu \quad \mu$





Εικόνα 2.2.1 :   μ



 : 20/9/2012 :

<http://el.wikipedia.org/wiki/%CE%99%CF%80%CF%80%CE%BF%CF%86%CE%B1%CE%AD%CF%82>

Εικόνα 2.2.2 : Καρποί και φύλλα ιπποφαούς



Πηγή : Ανακτήθηκε στις 28/9/2012 από : <http://ipprofaes-hellas.blogspot.gr/>

Εικόνα 2.2.3. Καρποί ιπποφαούς



Πηγή : Ανακτήθηκε στις 28/9/2012 από : <http://ipprofaespellas.com/gallery/ipprofaes.php>

Εικόνα 6.1. Αποξηραμένοι καρποί ιπποφαούς



Πηγή : Ανακτήθηκε στις 29/9/2012 από : <http://www.timefortea.gr/votana-iprofaes-p195.aspx>

Εικόνα 6.2 : Έλαιο ιπποφαούς



Πηγή : Ανακτήθηκε στις 29/9/2012 από : <http://www.agelioforos.gr/default.asp?pid=7>

Εικόνα 6.3 : Συμπυκνωμένος χυμός ιπποφαούς



: 29/9/2012 : <http://www.pharmacy4u.gr/weleda-natural-juice-ippoafes-with-vitamin-p-10964.html>

Εικόνα 6.4 : Κάψουλες υποφαούς



: 29/9/2012 :

[http://www.megapharmacy.gr/portal/products?keyword=&category\\_id=&limitstart=&page=shop.browse](http://www.megapharmacy.gr/portal/products?keyword=&category_id=&limitstart=&page=shop.browse)



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([ . .]). Determining vitamin C quantity from Sea buckthorn fruits (*Hippophae rhamnoides* L.) during harvest and cold storage. 29  $\mu$  , 2012, [http://journal-hfb.usab-tm.ro/romana/Lista%20lucrari%202010\\_PDF/JHFB%20-%20vol.1/25Pascanut\\_Sibiu.pdf.2](http://journal-hfb.usab-tm.ro/romana/Lista%20lucrari%202010_PDF/JHFB%20-%20vol.1/25Pascanut_Sibiu.pdf.2)

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