

Essential elements levels in herbs and their infusions

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Abstract. Health benefits have been attributed to tea consumption since the beginning of its history. The objective of this study was to determine the levels of some essential elements from seven herbs and their infusions. Four essential trace elements (Cu, Fe, Mn and Zn) and a macroelement (Mg) were determined using flame atomic absorption spectrometry (FAAS). Camomile (*Matricaria chamomilla*), dandelion (*Taraxum officinale*), nettle (*Urtica dioica*), tea (*Camelia sinensis*) (Black and green), wormwood (*Artemisia absinthium*) and yarrow (*Achilea millefolium*) were used as material plants in this study. The highest values of essential elements were established in *C sinensis* (Black tea). Studied herbs and their infusions contain essential elements within the safe limits towards human beings.

Keywords: essential trace elements, FAAS, herbs, infusion

, 56–64, (2000).