



**BLUE HONEYSUCKLE BERRY (*LONICERA CAERULEA* L.),
AS RAW MATERIAL, IS PARTICULARLY PREDISPOSED
TO THE PRODUCTION OF FUNCTIONAL FOODS**

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ABSTRACT

The aim of this work was to present the characteristics of the blue honeysuckle berry and its practical application in the food industry. Blue honeysuckle berries are a source of valuable and essential nutrients. They are becoming more and more popular also because of their valuable medicinal properties. Blue honeysuckle berry, due to the presence of compounds with strong antioxidant and anti-inflammatory properties, reduces the harmful effects of free radicals. It is a rich source of vitamin C, contains polyphenols, and is popularly used as an ingredient of dietary supplements and medicinal preparations. Due to its high nutritional value, its cultivation is of utmost importance. Its inherent strength at low temperatures and early maturation render it valuable as a raw material. The growing interest of producers in new products rich in health-promoting properties makes them more attractive to the potential consumer. In addition, consumers are constantly seeking better alternatives, healthier products of plant origin, in a bid to rule out the negative aspects, and this will be an alternative to the widely existing food products.
