BIOACTIVE COMPOUNDS IN SOME SMALL PELAGIC FISH SPECIES

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ABSTRACT

The contents of coenzyme Q10 (Q10), α-tocopherol (ATC), eicosapentaenoic (EPA) and docosahexaenoic (DHA) fatty acid of small pelagic fishes including herring, scad, and horse mackerel were determined. Q10 was found in all of experimental samples, and the contents ranged from 11.2 μg/g (in scad fish meat) to 25.3 μg/g (in herring meat) and α-tocopherol content was found from 12 μg/g (in scad fish meat) to 23 μg/g (in herring meat). Different muscle of horse markerel (heart muscle, dark muscle, whilte muscle) had significant difference in content of Q10, DHA, EPA and ATC. In general, DHA concentrations (1.1-1.9 μg/g) were significantly higher than EPA (0.8-1.63 μg/g) in all of the fish species analyzed. Results indicated that horse mackerel, scad and herring fishes are good sources of DHA, EPA, Q10, and ATC.

Keywords*: Coenzyme Q10; Q10, Vitamine E, DHA, EPA*

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