ABSTRACT

COMPOSITION FOR MULTIPLE HEALTH BENEFITS AND METHODS THEREOF

The present invention relates to a composition having antioxidant, anti-diabetic, anti-pigmentation, antistress and liver protective effects and method of preparing the same. The composition also exhibits immunostimulatory effects on immune cells proliferation and cytotoxic effects on human cancerous cells. A composition for promoting health comprising extract of fermented mung bean; wherein the extract is a product of fermentation of mung bean with *Rhizopus* sp. Also provided is a composition for promoting health comprising extract of germinated mung bean. The composition is high in GABA, free amino acids, polyphenols which are beneficial in promoting health.

Figure 9