



Table 06: Mineral analysis of fresh and bottled toddy

Mineral Content (mg/100 mL)	Fresh Toddy	Bottled Toddy
Sodium (Na ⁺)	10.85(±0.05) ^a	8.85(±0.05) ^b
Potassium (K ⁺)	24.9(±0.4) ^b	29.90(±0.3) ^a
Phosphorous (P ₂ O ₅)	0.48(±0.06) ^a	0.64(±0.04) ^a
Magnesium (Mg ²⁺)	6.5(±0.5) ^a	5.3(±0.5) ^a
Iron (Fe ²⁺)	10.8(±0.1) ^a	11.9(±0.3) ^a

Each value in the table is represented as mean ± SD (n = 3). Values in the same rows followed by different letters are significantly different ($p < 0.05$)

Source – Mahilrajan & Thurisingam – Palmyrah Research Institute

Table 07: Physicochemical parameters of fresh and bottled toddy

	Parameters	Fresh Toddy	Bottled Toddy
1	Alcohol (w/w)	3.55 (±0.07) ^b	3.80(±0.07) ^a
2	Acidity (g/100ml)	0.60(±0.01) ^a	0.61(±0.07) ^a
3	TSS (Brix)	6.75(±0.01) ^a	5.93(±0.07) ^b
4	pH	3.68(±0.01) ^a	3.43(±0.07) ^b
5	Turbidity (NTU)	2504.50(±0.07) ^b	2694.50(±0.07) ^a
6	Relative Density	0.99(±0.01) ^a	1.01(±0.07) ^a
7	Total Solids (g/l)	48.09(±0.01) ^b	58.22(±0.07) ^a

Each value in the table is represented as mean ± SD (n = 3). Values in the same rows followed by different letters are significantly different ($p < 0.05$).

Source – Mahilrajan & Thurisingam – Palmyrah Research Institute

2. Health Benefits

Toddy is believed to be suitable for health and also as a sedative (Tuley, 1965).

The antioxidant vitamin C, often known as ascorbic acid, is present in palmyrah toddy. The benefits of palmyrah toddy includes relief from the flu and the common cold.

The occurrence of yeasts, acetic acid bacteria and lactic acid bacteria (LAB) is widely reported in palm wine. Species from these groups of microorganisms are recognized as functional microorganisms because they can stimulate probiotic functions. It also contains some health-promoting bioactive compounds.

Iron and Vitamin B complex, which are present in palmyrah sweet sap, are essential for maintaining healthy skin, hair, and nails. They are also very important for various bodily cells

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