


SOUTH AFRICAN ASSOCIATION FOR
FOOD SCIENCE & TECHNOLOGY
**CONGRESS
2021**

Welcome to SAAFoST's
24th Biennial International
Virtual Congress

20 - 22 September 2021



Consumable Immune Boosting Ingredients – African Botanicals – For the Entire World

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Abstract

Functional food and beverages that support specific health functions are in increased demand by consumers around the globe.

59% of consumers worldwide proactively seek products that improve their health status and nowadays in a world of emerging infectious diseases, immune health is top of mind for consumers.

In order to maintain health, consumers are increasingly looking for more natural ingredients with immune boosting properties in their food, beverages and health supplements.

Focus areas for consumers are high-quality and clean label products that complete a versatile diet and – in combination with a healthy and active lifestyle – support a well-functioning immune system in a convenient way.

Therefore, innovative and market-driven products are in demand, which provide healthy added value and meet consumers' demand for more naturalness, sustainability and plant-based nutrition.

Besides the rising plant-based diet trend, the consumer is more open to invest in food and beverages with healthy botanical ingredients inside.

One rising ingredients trend is the daily consumption of African botanicals, which provide a natural, convenient way to enhance daily health. Many African botanicals have been historically used by indigenous peoples of the African Cape region, as a traditional medicines. Plants such as Rooibos, Honeybush, Baobab, Moringa, Hibiscus, Aloe Vera, Aloe Ferox, Sutherland, Selenium and many more are now finding their way back into food and beverage products for daily consumption.

To fulfil the need for the convenient consumption of these botanicals it is required that they are transformed using gentle processes into various forms. Such as dissolvable powders for clear beverages, micro powders for yoghurts and smoothies, straight powders for tablets and capsules, liquids for syrups and tinctures, and many more. Many methods can be used to channel these natural health ingredients into easy daily consumed products, bringing the historic health benefits of African botanicals direct to the modern consumer. Using premium sustainably sourced raw materials, various extraction methods, and

application into final B2C (business to customer) products, allows for the natural treasures of Africa to be an integral part of immune supporting products for the entire world.

Biography: Dr. Stefanie Speiser

- 2006 – 2011 Studies of nutrition science at Friedrich-Schiller-University Jena in Germany (Diploma focus: Prebiotics)
- 2011 – 2014 Promotion at FU Berlin, Germany, Institute of Biology-Chemistry-Pharmacy (Dr. Thesis focus: Influence of plant additives on the immune system of piglets with PRRSV vaccination)
- 2015 – 2017 2 years Product Manager feed industry
- 2017 - 2020 3 years Product Manager at Döhler Global (Germany: Darmstadt) Business Unit: Health & Nutrition, Focus on plant-based proteins, botanicals, CBD and dietary fibres/prebiotics, 2020-now: Business development manager & product manager for BU Botanicals for Döhler South Africa (Paarl)