

Accepted Manuscript

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PII: S0026-265X(16)30599-9
DOI: doi: [10.1016/j.microc.2017.05.004](https://doi.org/10.1016/j.microc.2017.05.004)
Reference: MICROC 2825

To appear in: *Microchemical Journal*

Received date: 14 November 2016

Revised date: 2 May 2017

Accepted date: 4 May 2017

Please cite this article as: Aline Pereira de Oliveira, Cassiana Seimi Nomura, Juliana Naozuka , Evaluation of selenium enrichment of adzuki bean (*Vigna angularis*) sprouts: Translocation, bioaccessibility and Se-protein speciation, *Microchemical Journal* (2017), doi: [10.1016/j.microc.2017.05.004](https://doi.org/10.1016/j.microc.2017.05.004)

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**Evaluation of selenium enrichment of adzuki bean
(*Vigna angularis*) sprouts: translocation,
bioaccessibility and Se-protein speciation**

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Abstract

Bean sprouts are a natural food. It is possible to enrich bean sprouts with essential elements. Considering the nutritional benefits of sprout consumption and the importance of Se in human nutrition, the aims of the present study were: (1) to produce Se-enriched adzuki bean sprouts; (2) to evaluate selenium accumulation, uptake and

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