

# GALLIC

## ACID

Compiled by

Campbell M Gold

(2009)

CMG Archives

<http://campbellmgold.com>

--()--

### IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

--()--

### Overview

Gallic acid (aka: 3,4,5-Trihydroxybenzoic acid) is found in almost all plants; and those high in gallic acid content include:

- gallnuts
- grapes
- tea
- hops
- oak bark.

Pure gallic acid is a colourless crystalline organic powder. Gallic acid occurs as a free molecule or as part of a tannin molecule. Because gallic acid does not combine with protein, it has no astringent taste.

It is believed that gallic acid has anti-fungal and anti-viral properties. Moreover, gallic acid acts as an antioxidant and helps to protect cells against oxidative damage.

Gallic acid has shown cytotoxicity against cancer cells, without harming healthy cells.

Further, gallic acid has been used as a remote astringent in cases of internal haemorrhage. Gallic acid is also used to treat albuminuria (elevated levels of albumin in the urine, which could be indicative of kidney problems), and diabetes. Some topical ointments, which are used to treat psoriasis and external haemorrhoids contain gallic acid.

In industry, gallic acid is also used for making dyes and inks.

End

--()--

<http://campbellmgold.com>

09072009/1