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[PDF] Download Why Does Asparagus Make Your Pee Smell

Asparagus contains a sulphurous compound called mercaptan (which is also found in rotten eggs, onions and garlic). When your digestive system breaks down mercaptan, by-products are released that cause the strange smell. The process is so quick that your urine can develop the distinctive smell within 15 to 30 minutes of eating asparagus.

Why does asparagus make urine smell? Are there any other

Summary of : why does asparagus make your wee smell and 57 other curi a good book to read to discover some of the chemistry that takes place in food and how it affects how we cook eat taste and digest the food and the effects the food has on us it does make my pee smell

Why Does Asparagus Make Your Wee Smell And 57 Other Curi [PDF]

Asparagus Is a Brain Booster. Like leafy greens, asparagus delivers folate, which works with vitamin B12â€”found in fish, poultry, meat and dairyâ€”to help prevent cognitive impairment. In a study from Tufts University, older adults with healthy levels of folate and B12 performed better on a test of response speed and mental flexibility.

5 Powerful Health Benefits of Asparagus You Probably Didn

why does asparagus make your pee scent? If youâ€™ve ever eaten asparagus, you could have spotted that, quickly after ingestion, it imparts a wierd, a little bit disagreeable smell in your urine. yet even so, you could now not have spotted whatever at allâ€”and thereâ€™s a systematic reason for that too.

Why Does Asparagus Make Your Pee Smell?: Fascinating Food

Why do onions make you cry? Find out the answers in this illustrated compendium of amazing and easy-to-understand chemistry. Featuring 58 different questions, you will discover all sorts of wonderful science that affects us on daily basis.

Why Does Asparagus Make Your Wee Smell? - kobo.com

Green asparagus is a bit grassy in flavor, while white asparagus is mild and slightly bitter. Purple asparagus is a bit nuttier and sweeter because it has about 20 percent more sugar in its stalks. While the stalks are purple on the outside, the interior of the asparagus is the same as a green spear.

Purple vs. White vs. Green Asparagus: What's the Difference?

Our bodies convert asparagusic acid into sulfur-containing chemicals that stinkâ€”but some of us are spared from the pungent odor. Of course, the whole asparagus-urine scent issue is complicated by an entire

separate issue: Some people simply don't smell anything different when urinate after they eat asparagus.

Why Asparagus Makes Your Urine Smell - Smithsonian.com

Chemistry. These compounds originate in the asparagus as asparagusic acid and its derivatives, as these are the only sulfur-containing compounds unique to asparagus. As these are more present in young asparagus, this accords with the observation that the smell is more pronounced after eating young asparagus.

Asparagus - Wikipedia

Yes, eating asparagus does make your pee smell. But once you're past that, there are plenty of reasons to fill your plate with more of this spring superfood. The bright-green veggie is packed ...

10 Reasons Why You Should Eat More Asparagus - Health

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Why Does Asparagus Make Your Wee Smell And 57 Other

Still another view is that the smell of everyone's urine undergoes a change, but only some of us notice it. The current consensus seems to be that some of us produce smelly urine after eating asparagus, and some of us do not, while some can detect the odor (in their own or others' urine) and some cannot.

Urine color and odor changes - Harvard Health

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