

**Dr. Eddie Tan Ti Tjih**

*Senior Lecturer, Department of Food Science and Technology, Faculty of Applied Sciences, Universiti Teknologi MARA, Cawangan Negeri Sembilan, Kampus Kuala Pilah, Malaysia*



Dr. Eddie Tan received his Bachelor and Master Degrees from Universiti Teknologi Malaysia Skudai. He pursued his study and obtained a Ph.D. from The University of Queensland Australia in Year-2016. He is the first programme coordinator for Bachelor of Science & Technology in Universiti Teknologi MARA, Kampus Kuala Pilah, Negeri Sembilan; he is also the founder and coordinator of a Special Interest Group (SIG) - Alliance of Research & Innovation for Food (ARIF). In Year-2020, Malaysia Board of Technologist (MBOT) has appointed him as an accreditation panel. His research is focusing on the Nutritional and Safety Aspects of Food Processing. He has secured several research grants from the Ministry of Higher Education, university and industry. His research work has allowed him to publish fourteen Q1 and Q2 research papers with his current H-index of 9. His passion in teaching and research all this while has won him several recognitions and awards.

**Presentation Summary****EDIBLE BIRD'S NEST, A REMARKABLE SALIVARY PRODUCT**

Eddie T. T. Tan<sup>1\*</sup> and T. H. Siew<sup>2</sup>

<sup>1</sup>*Alliance of Research & Innovation for Food (ARIF), Universiti Teknologi MARA, Cawangan Negeri Sembilan, Kampus Kuala Pilah, 72000 Kuala Pilah, Negeri Sembilan, Malaysia*

<sup>2</sup>*Nanyang Dreams International Trading Sdn. Bhd., No. 107A, Jalan Kenari 23, Bandar Puchong Jaya, 47170 Puchong, Selangor Darul Ehsan, Malaysia*

*\*Corresponding author: eddietan@uitm.edu.my*

Edible Bird's Nest (EBN) is a salivary product, and it can only be produced by certain species of swiftlets in the Southeast Asia region. Even though the saliva product is not a popular delicacy among the non-Chinese community, its recent scientific nutraceutical discoveries have attracted much interest. There are many new findings reported on EBN in the recent ten (10) years; therefore, this discourse aims to address the latest peer-reviewed nutraceutical reports on the EBN. First, an advanced search in the Web of Science Core Collection with field tag keywords "Edible bird's nest" was performed. The search resulted in 129 articles for the year 2010 to 2020. Thus, the total number of yearly publications increased drastically from 1 article in the year-2010 to 23 articles in the year-2020. This indicates increasing interest in the research for EBN. Subsequently, the articles that met the EBN nutraceutical investigations criteria were reviewed. The data shows that various EBN nutraceutical properties were reported, such as antiviral effects, cholesterol metabolism enhancement, immunoregulation, learning and memory improvement, antioxidant capacity, anti-aging and wound healing, neurodegenerative disease improvement, and



chondroprotective ability. Even though the reported evidence was mostly non-clinical, the nutraceutical animal-based studies do provide a strong signpost for the EBN to become a potential valuable nutraceutical product. To conclude, the newly discovered nutraceutical findings of EBN suggested that EBN may offer much more than just another protein source.

*Keywords:* Edible bird's nest, nutraceutical, swiftlet

---

### **Dr. Nurain Aziman**

*Senior Lecturer, Department of Food Science and Technology, Faculty of Applied Sciences, Universiti Teknologi MARA, Cawangan Negeri Sembilan, Kampus Kuala Pilah, Malaysia*

Dr. Nurain Aziman obtained her first-class Bachelor of Science (BSc) (Hons) (Science and Food Technology) from Universiti Teknologi MARA Shah Alam, Selangor in 2009. She then pursued her Ph.D. at the same university under the fast-track Ph.D. program and received her Ph.D. in 2017. She is currently serving as a senior lecturer at Universiti Teknologi MARA, Kampus Kuala Pilah, Negeri Sembilan. Prior to this position, she was a postdoctoral fellow at the Malaysia Institute of Transport (MITRANS), Universiti Teknologi MARA Shah Alam, and Institute of Tropical Forestry and Forest Products (INTROP), Universiti Putra Malaysia, Serdang from 2017-2020. Her postdoctoral research with the title "Safe biodegradable packaging" has collaborated with Bangor University (UK), Eco Premium Packaging (M) Sdn. Bhd and PolyComposite Sdn. Bhd industries. Her research interests cover functional food, food antioxidants, and food microbiology. She has published 13 research articles from 2012 with her current H-index of 8.



## **Presentation Summary**

### **Herbs - Natural Food Preservatives**

Nurain Aziman

*Alliance of Research & Innovation for Food (ARIF), Universiti Teknologi MARA, Cawangan Negeri Sembilan, Kampus Kuala Pilah, 72000 Kuala Pilah, Negeri Sembilan, Malaysia*

*\*Corresponding author: ainaziman@uitm.edu.my*

Food preservation is a primary concern of the food industry due to the high demand for better quality. Many food preservation methods have been practiced to prevent deterioration and spoilage of food products, and extend their shelf-life. However, the use of synthetic food preservatives to maintain the quality of food products has become commonplace, therefore consumer concerns about their safety are prompting the food industry to seek out natural alternatives. There are no

