

Comparative Analysis of the Phytochemical Profile of Amaranth Leaf Varieties Using LC-MS Analysis

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Abstract

Amaranth leaves are a highly nutritious vegetable with high protein, vitamin, and mineral content. This study aimed to compare the chemical composition of leaves from different amaranth varieties. Leaves from three amaranth varieties were analysed for their bioactive compounds, mineral content (calcium, phosphorus, iron, and zinc), and vitamin content. Significant variations were observed among the varieties for all the parameters studied. The results indicate that amaranth leaves are a rich source of essential nutrients and that the nutritional value can vary depending on the variety. Further research is needed to identify the most nutrient-rich varieties and to promote their consumption for improved public health.

Keywords: Amaranth, Nutrients, Phytochemical profile.

Introduction-

Amaranthus is a worldwide genus that may be found in temperate, tropical, and subtropical, climates around the world. Grain amaranths are grown in Asia and America in a variety of species. *Amaranthus* species exhibit a wide range of morphological variability (Anjali *et al.*; 2013). It is cultivated as a minor crop in Argentina, Bolivia, Ecuador, Mexico, Nigeria, and Kenya. The greatest species diversity occurs in warm, temperate, subtropical, and tropical regions of the world (Mosyakin and Robertson, 1996). Central and South East Asia are the world's major diversity hubs, with secondary variety hotspots in West and East Asia.

According to Maiyo *et al.*, (2010) *A. hybridus*, *A. spinosus* and *A. caudatus* leaves contain various pharmacologically active compounds. According to Nathan *et al.*, (2015) Protein, vitamin C, and mineral components are abundant in the leaves and grains of *Amaranthus* species. Flavonoids compounds were found in the roots, leaf, inflorescences and seeds of *Amaranthus* species. (Mitra, 2015). According to Simpson (2010), the Amaranthaceae family has a global distribution, with members found

in deserts, estuary or alkaline environments, tropical areas, and temperate zones. Amaranth plants have been framed by Mesoamerican civilizations in central and South America for more than 8000 years, according to the family Amaranthaceae (Safia, 2004). Members of the Amaranthaceae family have a wide and international range, but are most common in the tropics, subtropics, and warm-temperate zones, with alpine and arctic regions clearly lacking. (Eshete *et al.*, 2016). The Amaranth family has been identified as a future food source and a medicinal plant with great promise. The amaranth family is strong in nutritional content and provides the colorant betalain. (Fatinah *et al.*, 2012)

Material Method -

Phytochemical Studies

1. Plant Material: Leaves from several *Amaranthus tricolor*, *Amaranthus caturus*, and *Amaranthus tenuifolius* species were collected from different localities, washed, air dried at room temperature for 4 weeks, and finely pulverized. Each sample's leaves were extracted differently.

2. Bioactive Compound Analysis of *Amaranthus* leaves by HR-LCMS.

A TOF/Q-TOE mass spectrometer was used to perform LC-MS analysis of an alcoholic extract of *Amaranthus* species (G6550A). A Hip Sampler (GA226A), a Binary gradient solvent pump (GA220B), and a Quadruple Time of Flight Mass Spectrometer (MS-QTOF) with twin Agilent set stream electro spray (AJS ESI) ion sources constitute the liquid chromatographic system. With needle wash, a 3.00 L sample was injected. The solvent systems used were 0.1% formic acid in water (Solvent A) and Acetonitrile (90 % acetone and 0.1 percent formic acid in water) (Solvent B). MS detection was accomplished in MS-Q-TOF at a flow rate of 0.300 ml/min. The mass spectra and distinctive mass fragmentation patterns of compounds were used to identify them. Phytochemical components were identified using Pub Chem. and Chem. Spider tools.

Results-

Bioactive compound analysis by LC/MS:

The various bioactive compounds detected in leaf extract of selected *Amaranthus* species by LC-MS/MS analysis mainly exhibits Glycophospholipids, Fatty Acids, Alkaloids, Steroids, Carboxylic Acid, Amino Acids, Terpens, Proteins, Quinolines, Flavonoides, Glycosides, Carbohydrate, Sulfonylurea, Phenols, Lipids, Phenothiazines, and Sulfanilamide

a. *Amaranthus tricolor* L.

Table.1 to 3. LC-MS Profiling of Bioactive Compounds From Ethanolic extract of *Amaranthus tricolor* leaves.

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
1.	Carboxylic Acid	3alpha,7alpha-Dihydroxy-5beta-cholestan-26-oic acid	C ₂₈ H ₄₉ N O ₃	7.058	4.094
		Isocitrate	C ₆ H ₈ O ₇	192.0273	1.037
		Fluorocitric acid	C ₆ H ₇ F O ₇	210.0195	3.521
2.	Amino Acids	Alanginacrine	C ₂₉ H ₃₇ N ₃ O ₃	475.2789	12.103
		Isoproterenol	C ₁₁ H ₁₇ N O ₃	211.1175	3.254
		Oxidized dinoflagellate luciferin	C ₃₃ H ₃₈ N ₄ O ₇	602.2699	17.093
		Endomorphin-2	C ₃₂ H ₃₇ N ₅ O ₅	571.2828	17.427
		Acetyl-L-tyrosine	C ₁₁ H ₁₃ N O ₄	223.0852	3.483
		Myxochelin A	C ₂₀ H ₂₄ N ₂ O ₇	404.1539	6.453
		N3-Dinitrophenyl-L-ornithine methyl ester	C ₁₈ H ₂₀ N ₄ O ₆	388.1389	5.217
		N2-Malutodolarginine	C ₁₈ H ₃₄ N ₄ O ₁₂	498.2173	7.075
3.	Steroides	Jervine	C ₂₇ H ₃₉ N O ₃	425.2873	13.125
		Hydroxyprogesterone caproate	C ₂₇ H ₄₀ O ₄	428.2916	13.469
		7a,12a-Dihydroxy-5b-cholestan-3-one	C ₂₇ H ₄₆ O ₃	418.3416	15.622
		1-Acetyl-3,14,20-trihydroxywitha-5,24-dienolide 3-glucoside	C ₃₆ H ₅₄ O ₁₂	678.3656	10.747

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
		Solanocardinol	C ₂₇ H ₄₅ N O ₃	431.3314	15.352
4.	Fatty Acid	3-Methylbutyl 2-methylpropanoate	C ₉ H ₁₈ O ₂	158.130	9.364
		9,10-Dihydroxy-12,13-epoxyoctadecanoate	C ₁₈ H ₃₄ O ₅	330.242	9.216
5	Glycophospholipids	LysoPE(18:2(9Z,12Z))/0:0	C ₂₃ H ₄₄ N O ₇ P	477.2938	13.206
6.	Alkaloids	Lyngbyatoxin	C ₂₇ H ₃₉ N ₃ O ₂	437.3011	15.09
		2- Propionylpyrrole	C ₇ H ₉ N O	123.069	2.746
		Debromohymenialdisine	C ₁₁ H ₁₁ N ₅ O ₂	245.089	3.518
		Irinotecan	C ₃₃ H ₃₈ N ₄ O ₆	586.2752	17.138
		Pyridoxamine	C ₈ H ₁₂ N ₂ O ₂	168.0899	5.073
		Somniferine	C ₃₆ H ₃₆ N ₂ O ₇	608.2568	17.485
7.	Terpens	2,9-Bis(3-methyl-2E-pentenyl)-2b,9a-dihydroxy-4Z,10(14)-oplopadien-3-one	C ₂₇ H ₃₈ O ₅	442.2678	11.434
		Absintholide	C ₃₀ H ₃₈ O ₈	526.2559	16.476
		Ophiobolin F	C ₂₅ H ₄₂ O	385.328	7.11
		Ganoderic acid F	C ₃₂ H ₄₂ O ₉	570.28	18.045
		Gibberellin A39	C ₂₀ H ₂₆ O ₈	426.1518	8.322
		Ganosporelactone A	C ₃₀ H ₄₀ O ₇	512.2755	17.986
		Dukunolide D	C ₂₆ H ₂₈ O ₈	466.158	5.069
		12-epi-Scalaradial	C ₂₇ H ₄₀ O ₄	428.2971	14.43
		Azafrin	C ₂₇ H ₃₈ O ₄	426.2797	14.325

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
8.	Proteins	Biliverdin-IX-α	C ₃₃ H ₃₄ N ₄ O ₆	582.2411	14.628
		1-Methylhistidine	C ₇ H ₁₁ N ₃ O ₂	169.0856	3.75
9.	Quinolines	Cepharanthine	C ₃₇ H ₃₈ N ₂ O ₆	606.2762	18.817
		Fabianine	C ₁₄ H ₂₁ N O	219.1595	5.748
10.	Flavonoids	Catechin	C ₁₅ H ₁₄ O ₆	290.0807	3.833
		Lilaline	C ₂₀ H ₁₇ N O ₇	383.1032	2.478
		Deoxycytosine	C ₄ H ₇ N ₃	97.0648	4.557
11.	Glycosides	Niazimin A	C ₁₈ H ₂₅ N O ₈	383.1546	10.498
		Perilloside E	C ₁₇ H ₂₂ O ₉	370.1324	9.177
12.	Carbohydrates	4-Methoxybenzenepropanol 1-(2-sulfoglucoside)	C ₁₆ H ₂₄ O ₁₀ S	408.1124	4.398
13.	Sulfonylurea	Sulfometuron methyl	C ₁₅ H ₁₆ N ₄ O ₅ S	364.0851	5.517
		Sulfometuron	C ₁₄ H ₁₄ N ₄ O ₅ S	350.0683	4.403
		Dihydrocapsaicin	C ₁₈ H ₂₉ N O ₃	307.2106	7.505
14.	Phenols	Neogrifolin	C ₂₂ H ₃₂ O ₂	328.2336	8.775
		Lancerin	C ₁₉ H ₁₈ O ₁₀	406.0948	7.277
15.	Lipids	Sulfoglycolithocholate	C ₂₆ H ₄₃ N O ₇ S	513.2735	6.949
16.	Phenothiazines	Triflupromazine	C ₁₈ H ₁₉ F ₃ N ₂ S	352.1236	5.585
		Sulfadiazine	C ₁₀ H ₁₀ N ₄ O ₂ S	250.0526	5.425
17.	Sulfanilamide	Citalopram-N-Oxide	C ₂₀ H ₂₁ F N ₂ O ₂	340.1558	5.493

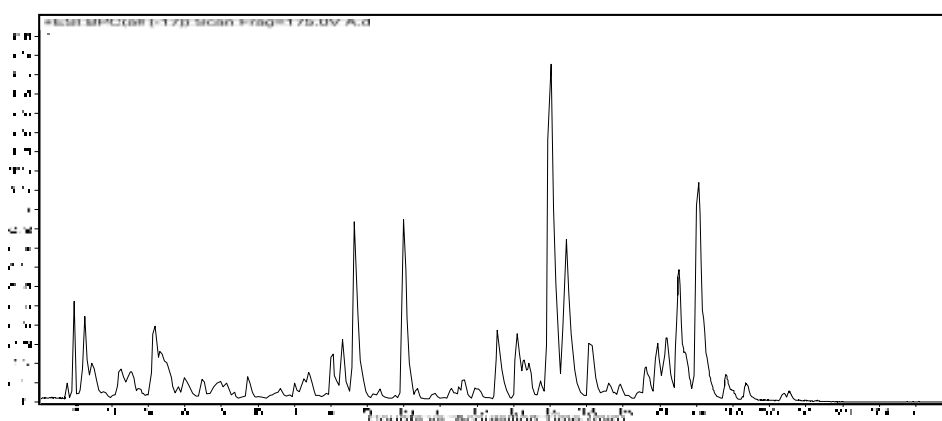


Plate 1: (HR)-LCMS Spectrogram of Leaves of (a) *Amaranthus tricolor* L.

The ethanol extract of *Amaranthus tricolor* was discovered to contain 54 chemicals of around 17 classes using high resolution liquid chromatography-mass spectrometry analysis (HR)-LCMS. The structure of unknown chemicals eluted at different periods is examined using a mass spectrometer and summarized in Table 1-3, Glycophospholipids, Fatty Acids, Alkaloids, Steroids, Carboxylic Acid, Amino Acids, Terpens, Proteins, Quinolines, Flavonoides, Glycosides, Carbohydrate, Sulfonylurea, Phenols, Lipids, Phenothiazines, and Sulfanilamide were among the important 17 classes of Phytochemical confirmed by (HR)-LCMS analysis. The spectrum profile of ethanol extract of *Amaranthus tricolor* (HR)-LCMS High-Resolution Liquid Chromatography Mass Spectrometer study (Plate-1) indicates 41 components, of which 19 main compounds were verified based on their retention time, mass, and molecular formula.

b. *Amaranthus caturus* Heyne ex Hooker

Table.4 to 7. LC-MS Profiling of Bioactive Compounds From Ethanolic extract of *Amaranthus caturus* leaves.

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
1.	Carboxylic Acid	cis-Aconitic acid	C ₆ H ₆ O ₆	74.0172	1.179
		Syringic acid	C ₉ H ₁₀ O ₅	198.0535	3.394
		Nonate	C ₉ H ₁₆ O ₄	188.1056	6.571
		9,10-Dihydroxy-12,13-epoxyoctadecanoate	C ₁₈ H ₃₄ O ₅	330.2437	9.185
2.	Amino Acids	Ureidoglycine	C ₃ H ₇ N ₃ O	133.0505	0.931
		Oxidized dinoflagellate luciferin	C ₃₃ H ₃₈ N ₄ O ₇	602.27	14.381
		Gabapentin	C ₉ H ₁₇ N O ₂	171.126	11.552
		LysoPE(0:0/20:1(11Z))	C ₂₅ H ₅₀ N O ₇ P	507.3287	9.746
		DL-Ornithino-L-alanine	C ₈ H ₁₇ N ₃ O ₄	219.123	4.907
		(2S)-2-[[1-(R)-Carboxyethyl]amino]pentanoate	C ₈ H ₁₅ N O ₄	189.0996	2.949
3.	Steroids	1alpha,3beta,22R-Trihydroxyergosta-5,24E-dien-26-oic acid 3-O-b-D-glucoside 26-O-b-D-glucosyl ester	C ₄₀ H ₆₄ O ₁₅	784.4198	9.877
		Jervine	C ₂₇ H ₃₉ N O ₃	425.2873	13.125
		Withaperuvine H	C ₃₀ H ₄₂ O ₉ S	578.2548	16.866

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
4.	Fatty Acid	2-Oxo-10-methylthiidecanoic acid	C11 H20 O3 S	232.1151	7.175
		Corchorifatty acid F	C18 H32 O5	328.2254	7.986
		Colnelenic acid	C18 H28 O3	292.2058	9.911
		0-Oxo-11-octadecen-olide	C18 H30 O3	294.2221	12.923
5.	Alkaloids	2-Hexylbenzothiazole	C13 H17 N S	219.1077	2.498
		2-Propionylpyrrole	C7 H9 N O	123.0687	3.483
		Fabianine	C14 H21 N O	219.1596	5.752
		Icaccine	C22 H33 N O4	375.2363	7.922
		Somniferine	C36 H36 N2 O7	608.2566	17.697
		Irinotecan	C33 H38 N4 O6	586.2751	16.657
		Epivoacorine	C43 H52 N4 O6	720.3786	10.696
6.	Terpens	Ganosporelactone A	C30 H40 O7	512.2752	17.918
		Ganoderic acid F	C32 H42 O9	570.2794	18.009
		Lucidenic acid E2	C29 H40 O8	516.2695	16.71
		Absintholide	C30 H38 O8	526.255	17.79
		Limonate	C26 H34 O10	506.2148	13.083
		Glucosyl (2E,6E,10x)-10,11-dihydroxy-2,6-farnesadienoate	C21 H36 O9	432.238	7.069

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
		Lamioside	C18 H28 O11	420.164	11.513
		2,8-Dehydroastaxanthianthin	C40 H50 O4	594.3725	12.803
		8-Epideoxyloganin tetraacetate	C25 H34 O13	542.1993	13.092
		delta-Maslinic acid	C30 H48 O4	472.3588	13.226
		Liquiritic acid	C30 H46 O4	470.3428	14.307
7.	Quinolines	Cepharanthine	C37 H38 N2 O6	606.2764	18.806
		Calafatimine	C38 H40 N2 O7	636.2751	11.401
		Sparfloxacin	C19 H22 F2 N4 O3	392.1674	10.2
8.	Flavonoides	Lilaline	C20 H17 N O7	383.1028	2.838
9.	Glycosides	Phenylethyl primeveroside	C19 H28 O10	416.1706	5.084
		Canavalioides	C26 H42 O12	546.2676	17.489
10.	Sulfonylurea	Sulfometuron methyl	C15 H16 N4 O5 S	364.0858	5.498
11.	Lipids	9(S)-HpOTrE	C18 H30 O4	310.2167	9.908
12.	Sulfanilamide	Sulfadiazine	C10 H10 N4 O2 S	250.0517	5.354
13.	Diacylglycerols	Glycerol 1,2-diacetate	C7 H12 O5	176.0673	3.803
14.	Umbelliferones	7,8-Dihydroxycoumarin	C9 H6 O4	178.0265	4.348

15.	Lactone	alpha-Carboxy-delta-decalactone	C11 H18 O4	214.121	4.952
16.	Naphthofuran	(3b,6b,8a,12a)-8,12-Epoxy-7(11)-eremophilene-6,8,12-trimethoxy-3-ol	C18 H30 O5	326.210	9.826
17.	Gamma-keto acids	Diplodiatoxin	C18 H28 O4	308.201	10.197
18.	Saponins	Amaranthussaponin IV	C47 H70 O20	954.455	10.271
		Tragopogonsaponin B	C50 H70 O16	926.461	10.625
		Spinacoside C	C46 H70 O19	926.458	11.025
		Elaterinide	C38 H54 O13	718.360	12.318
		Oleanolic acid 3-O-beta-D-glucosiduronic acid	C36 H56 O9	632.397	12.683
		Elaterinide	C38 H54 O13	718.362	14.096
19.	Guanidine	Hordatine A	C28 H38 N8 O4	550.294	13.469
20.	Porphyrin	Harderoporphylin	C35 H36 N4 O6	608.2659	17.14
21.	Sesquillignan	Lappaol D	C31 H36 O10	568.2254	17.479

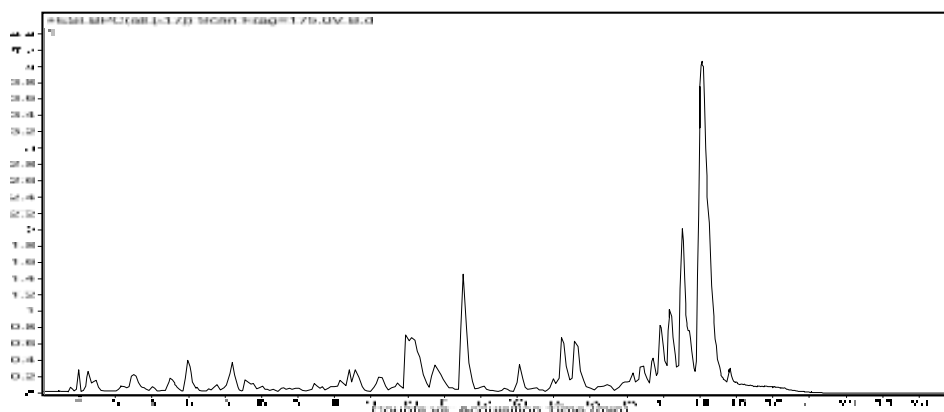


Plate 2: (HR)-LCMS Spectrogram of Leaves of (b) *A. caturus* Heyne ex Hooker

The ethanol extract of *A. caturus* was found to contain 54 components of around 17 classes using high resolution liquid chromatography-mass spectrometry analysis (HR)-LCMS. The structure of unknown chemicals eluted at different periods is examined using a mass spectrometer and summarized in Table no. 4-7.

Carboxylic Acid, Amino Acids, Steroids, Fatty Acids, Alkaloids, Terpens, Quinolines, Flavonoides, Glycosides, Sulfonylurea, Lipids, Phenothiazines, Sulfanilamide, Diacylglycerols, Umbelliferones, Lactone, Naphthofuran, Gamma-keto acids, Saponins and Guanidine were among the important 17 classes of Phytochemical confirmed by (HR)-LCMS analysis. The spectrum profile of an ethanol extract of *Amaranthus tricolor* (HR)-LCMS research (Plate-2) reveals 54 compounds, of which 12 main compounds were verified based on their retention time, mass, and molecular formula.

1. *Amaranthus tenuifolius* Wild.

Table. 8 to 10. LC-MS Profiling of Bioactive Compounds From Ethanolic extract of *Amaranthus tenuifolius* leaves.

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
1.	Carboxylic Acid	2,4-Dichloro-3-oxoadipate	C ₆ H ₆ Cl ₂ O ₅	227.9615	0.85
		Malic acid	C ₄ H ₆ O ₅	134.0222	1.053
		Benexate	C ₂₃ H ₂₇ N ₃ O ₄	409.1923	5.902
2.	Amino Acids	Alangimarckine	C ₂₉ H ₃₇ N ₃ O ₃	475.2789	12.103
		Carvedilol	C ₂₄ H ₂₆ N ₂ O ₄	406.1876	6.727
		Octopine	C ₉ H ₁₈ N ₄ O ₄	246.1325	7.168
		Argiotoxin 659	C ₃₁ H ₅₃ N ₁₁ O ₅	659.4197	9.61
3.	Steroids	23-Acetoxyoladulcidine	C ₂₉ H ₄₇ N O ₄	473.3443	15.637
		Halcinonide	C ₂₄ H ₃₂ Cl F O ₅	454.1908	5.902
4.	Thia Fatty Acid	(±)-2-Hydroxy-4-(methylthio)butanoic acid	C ₅ H ₁₀ O ₃ S	150.0354	1.018
5.	Alkaloids	Jubanine A	C ₄₀ H ₄₉ N ₅ O ₆	695.3805	10.857
		Septentriodine	C ₃₇ H ₅₂ N ₂ O ₁₁	700.3608	9.644
		Retronecine	C ₈ H ₁₃ N O ₂	155.0925	1.18
		Irinotecan	C ₃₃ H ₃₈ N ₄ O ₆	586.2752	17.138
		Convolamine	C ₁₇ H ₂₃ N O ₄	305.1607	6.934
6.	Terpens	Ganosporelactone A	C ₃₀ H ₄₀ O ₇	512.2752	17.918

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
		Ganoderic acid F	C ₃₂ H ₄₂ O ₉	570.2794	18.009
		Euphornin	C ₃₃ H ₄₄ O ₉	584.2958	18.752
7.	Flavonoides	Lilaline	C ₂₀ H ₁₇ N O ₇	383.1028	2.738
		Gallocatechin-4beta-ol	C ₁₅ H ₁₄ O ₈	322.071	5.767
		Allivicin	C ₂₇ H ₃₀ O ₁₆	610.1604	5.619
		Sophoranone	C ₃₀ H ₃₆ O ₄	460.2613	8.359
8.	Glycosides	Caffeic acid 3-O-glucuronide	C ₁₅ H ₁₆ O ₁₀	56.0764	2.315
		Alangiside	C ₂₉ H ₄₇ N O ₇	505.1888	6.144
9.	Lactone	Mycinamicin VII	C ₂₉ H ₄₇ N O ₇	521.3416	16.417
10.	Sulfones	2,3,5,7,9-Pentathiadecane 2,2-dioxide	C ₅ H ₁₂ O ₂ S ₅	263.9404	0.84
11.	Carbohydrates	D-Glucarate	C ₆ H ₁₀ O ₈	210.038	1.517
		O-Feruloylgalactarate	C ₁₆ H ₁₈ O ₁₁	386.0875	3.239
		beta-D-Glucopyranosyl-11-hydroxyjasmonic acid	C ₁₈ H ₂₈ O ₉	24.1808	4.664
12.	Pteridines	Lumazine	C ₆ H ₄ N ₄ O ₂	164.0333	1.919
13.	Vitamin	Folic acid	C ₁₉ H ₁₉ N ₇ O ₆	441.1317	2.728

Sr.No.	Class	Identified Compound	Molecular Formula	Mass	RT (Min.)
14.	Pyrrolizines	Crotanecine	C ₈ H ₁₃ N O ₃	171.0902	3.381
15.	Antioxidant	Esculetin	C ₉ H ₆ O ₄	178.028	4.249
16.	Tricarboxylic Acid	2-Caffeoylisocitrate	C ₁₅ H ₁₄ O ₁₀	54.0624	4.735
		cis-Aconitic acid	C ₆ H ₆ O ₆	174.0172	4.773
17.	Arene	Dibenzo [h,rst]pentaphene	C ₂₈ H ₁₆	352.1241	5.512
18.	Triazole fungicide	Fluotrimazole	C ₂₂ H ₁₆ F ₃ N ₃	379.132	5.587
19.	Phenols	N-trans-Feruloyloctopamine	C ₁₈ H ₁₉ N O ₅	329.1274	5.866
		Vanillin acetate	C ₁₀ H ₁₀ O ₄	194.0591	6.765
		Gossypol	C ₃₀ H ₃₀ O ₈	518.1935	5.007
20.	Imidazoles	Imidapril	C ₂₀ H ₂₇ N ₃ O ₆	405.195	4.533
21.	Coumaric Acids	Grossamide	C ₃₆ H ₃₆ N ₂ O ₈	622.231	7.963
22.	Antibiotic	Lymecycline	C ₂₉ H ₃₈ N ₄ O ₁₀	602.2583	8.872

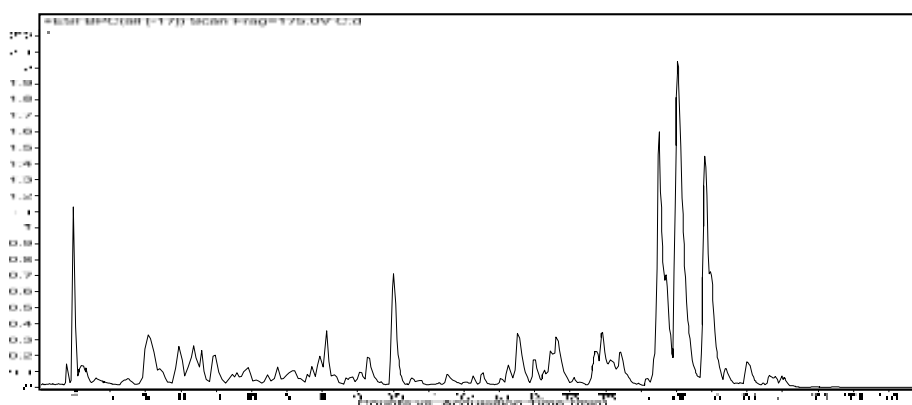


Plate 3: (HR)-LCMS Spectrogram of Leaves of (c) *A.tenuifolius* Wild.

The ethanol extract of *A.tenuifolius* was discovered to contain 43 Phytochemical of around 21 classes using (HR)-LCMS. The structure of unknown chemicals eluted at different periods is examined using a mass spectrometer and summarized in Table no.8 to 10.

Carboxylic Acid, Amino Acids, Steroids, Thia Fatty Acid, Alkaloids, Terpens, Flavonoides, Glycosides, Lactone, Sulfones, Carbohydrates, Vitamin, Pyrrolizines, Antioxidant, Tricarboxylic Acid, Arene, Triazole fungicide, Phenols, Imidazoles, Coumaric Acids, and Antibiotics were among the important 21 classes of phytochemicals. The spectrum profile of an ethanol extract of *Amaranthus tenuifolius* (HR)-LCMS research (Plate-3) reveals 54 compounds, of which 16 main compounds were verified based on their retention time, mass, and molecular formula.

Conclusion

This study aimed to investigate the Phytochemical profile of different amaranth leaf varieties using LC-MS analysis. The results revealed the presence of various bioactive compounds, including flavonoids, Phenolic acids, and other Phytochemicals, across all varieties. However, significant variations were observed in the abundance and composition of these compounds among the different varieties. These findings highlight the potential of amaranth leaves as a rich source of natural antioxidants and other beneficial compounds. Further studies are needed to elucidate the specific health benefits associated with the unique phytochemical profile of each variety.

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