

## Scientific Method of Edible Birdnest Cleaning Process and Its By-products

Tan B.S

Longevity Wellness Industries Sdn Bhd  
Block TG-LG-03 and TG-LG-04,  
UTM-MTDC Technology Centre Phase II,  
University Technology Malaysia,  
81310 Skudai, Johor Darul Takzim.  
Email: [drtanboonsiong@hotmail.com](mailto:drtanboonsiong@hotmail.com)  
Website: [www.qqbirdnest.com](http://www.qqbirdnest.com)

### ABSTRACT

For centuries, the edible birdnest of *Collocalia spp* have been used as a Chinese delicacy that had been claimed to be an effective health food.

Traditional way of doing cleaning process is to use bleaching agent such as hydrogen peroxide as an easier way to prepare raw clean birdnest. Little consideration was put into account of whether it fit for human consumption and complying food grade regulation. Reports of analysis have shown that heavy metals like mercury, lead, arsenic, cadmium, ferric oxide, etc. were detected. High concentration of sodium nitrite (up to more than 2000 ppm) was discovered recently.

However, recent research has developed a new scientific way of cleaning method. An ISO 22000 international system has been put in place. Result from HPLC analysis shown that the raw clean birdnest contains approximately 56 to 63 % of protein, 20 to 25% of carbohydrate, rich in amino acids and minerals.

Pureness birdnest prepared by new scientific cleaning process meet Standard Food Requirement. Hopefully will meet National Guideline governing raw clean birdnest and its by products.