

ABSTRACT

Lipid peroxidation is becoming a popular biological marker of oxidative stress. *Hibiscus sabdariffa* has been reported to serve as a herbal remedy for various disease conditions, but studies on its antioxidant activity and the extent to which it acts remain scarce. The antioxidant activity of *H. sabdariffa* aqueous extracts, an indigenous herbal drink, was compared with that of ascorbic acid in *Clarias gariepinus* (African catfish) with ferrous sulfate-induced oxidative stress. Eye tissue and blood samples were collected for the assay of reduced glutathione, malondialdehyde, lipid hydroperoxide and glucose levels. Administration of *H. sabdariffa* aqueous extract (0.27 ml/kg body weight) resulted in a significant antioxidant effect.