

## Phytochemical examples.....

- **Coumarin** – may reduce the risk of cancer, diabetes, cardiovascular and brain diseases.
  - Cinnamon, green tea, honey
- **Curcumin** - scavenges free radicals and protects DNA from oxidative damage.
  - Turmeric, curry powder
- **Allicin** - protect the cardiovascular system.
  - garlic
- **Ursolic acid** - antioxidant and anti-tumor properties.
  - Rosemary, sage, marjoram, oregano, thyme
- **Piperine** – shown to protect against oxidative damage *in vitro*
  - pepper
- **Rosmarinic acid** - helps to prevent cell damage caused by free radicals, thereby reducing the risk for cancer and atherosclerosis.
  - Rosemary, oregano, lemon balm, fennel
- **Apigenin** – free-radical scavenger and antioxidant that diminishes oxidative stress. Supports heart and brain health as well a healthier skin.
  - Parsley, chamomile, oregano, basil
- **Diosmetin** – tumor-suppressing capabilities.
  - Spearmint, oregano, sage, thyme