

Component	Source	Potential Benefits
Carotenoids		
Alpha-carotene	carrots	• neutralizes free radicals which may cause damage to cells
Beta-carotene	various fruits, vegetables	• neutralizes free radicals
Lutein	green vegetables	• contributes to maintenance of healthy vision
Lycopene	tomatoes and tomato products (ketchup, sauces, etc.)	• may reduce risk of prostate cancer
Zeaxanthin	eggs, citrus, corn	• contributes to maintenance of healthy vision
Collagen Hydrolysate		
Collagen Hydrolysate	gelatine	• may help improve some symptoms associated with osteoarthritis
Dietary Fiber		
Insoluble fiber	wheat bran	• may reduce risk of breast and/or colon cancer
Beta glucan**	oats	• reduces risk of cardiovascular disease (CM)
Soluble fiber**	psyllium	• reduces risk of CVD
Whole Grains**	cereal grains	• reduces risk of CVD
Fatty Acids		
Omega-3 DHA/EPA	tuna, fish and marine oils	• may reduce risk of CM & improve mental, visual functions
Conjugated linoleic acid	cheese, meat products	• may improve body composition, may decrease risk of certain cancers
Flavonoids		
Anthocyanidins	fruits	• neutralizes free radicals, may reduce risk of cancer
Catechins	tea	• neutralizes free radicals, may reduce risk of cancer
Flavanones	citrus	• neutralizes free radicals, may reduce risk of cancer
Flavones	fruits/vegetables	• neutralizes free radicals, may reduce risk of cancer
Glucosinolates. indoles. Isothiocyanates		
Sulphoraphane	cruciferous vegetables (broccoli, kale, horseradish)	• neutralizes free radicals, may reduce risk of cancer
Phenols		
Caffeic acid	fruits, vegetables, citrus	• antioxidant-like activities, may reduce risk of degenerative diseases; heart disease, eye disease
Ferulic acid		
Plant Sterols		
Stanol ester	corn, soy, wheat, wood oils	• lowers blood cholesterol levels by inhibiting cholesterol absorption
Prebiotics/Probiotics		
Fructo-oligosaccharides	Jerusalem artichokes, shallots, onion powder	• may improve gastrointestinal health
Lactobacillus	yogurt, other dairy	• may improve gastrointestinal health
Saponins		
Saponins	soybeans, soy foods, soy protein-containing foods	• may lower LDL Cholesterol; contains anti-cancer enzymes
Soy Protein		
Soy Protein**	soybeans and soy-based foods	• 25 grams per day may reduce risk of heart disease
Phytoestrogens		
Isoflavones	soybeans and soy-based foods	• may reduce menopause symptoms, such as hot flashes
Lignans	flax, lye, vegetables	• may protect against heart disease and some cancers. • lowers LDL cholesterol, total cholesterol and triglyceride
Sulfides/Thiols		
Diallyl sulfide	onions, garlic, olives, leeks,	• lowers LDL cholesterol, maintains healthy immune system
Allyl methyl trisulfide, Dithiolthiones	cruciferous vegetables	• lowers LDL cholesterol, maintains healthy immune system
Tannins		
Proanthocyanidins	cranberries, cranberry products, cocoa, chocolate	• may improve urinary tract health • may reduce risk of CVD