

THE ANTIOXIDANT DICTIONARY: THE WORLD'S TOP

99 ANTIOXIDANTS

AND THEIR ORAC SCORES



TABLE OF CONTENTS

1

WHAT ARE ANTIOXIDANTS?

2

AMLA - THE #1 ANTIOXIDANT ON THE PLANET

3

THE WORLD'S TOP 99 ANTIOXIDANTS



WHAT ARE ANTIOXIDANTS?

Antioxidants are important agents in the fight against disease and aging. They are molecules found in plant based foods that neutralize free radicals in your tissues and blood.

Free radicals are unstable molecules that create havoc in your body. Free radicals are dangerous to cell membranes, DNA, RNA and cellular proteins because they bombard these structures to steal electrons from them.



Unfortunately, free radicals are located in all cells throughout your body. Free radicals are formed:

- 1 In your skin when you are exposed to the sun
- 2 In red blood cells when they absorb oxygen from your lungs
- 3 In your liver when you drink alcohol
- 4 In your muscle tissue when you exercise
- 5 In your small intestine when you eat refined foods

Think of antioxidants as front-line soldiers with a very important task at hand: donate electrons to damaged cells.

When free radicals eventually find electron stability, they are quenched of their maniac-like behavior, but in the process they have caused cellular damage that can be difficult to repair. This cellular damage is collectively called "oxidative stress." The more oxidative stress present in your body, the higher your risk for the development of chronic disease. That's where antioxidants come into the picture...

AMLA - THE #1 ANTIOXIDANT ON THE PLANET



WHAT IS AMLA?

Amla fruit is the king of whole food antioxidants, boasting more antioxidant power than any other intact whole food. These gooseberries are abundant in India, and are an antioxidant powerhouse that modern medicine is only beginning to understand.

To gain some perspective, whole Indian gooseberries contain

- 75 times** the antioxidant power of goji berries,
- 60 times** the antioxidant power of pomegranate,
- 50 times** the antioxidant power of raw blueberries,
- 13 times** the antioxidant power of black raspberries,
- 2.5 times** the antioxidant power of acai berries, and
- 2 times** the power of ground turmeric.

WHAT IS AMLA USED FOR?

Amla (Indian gooseberries) have been used for centuries in Ayurvedic medicine to treat a wide variety of health conditions. The single most mentioned fruit in all of Ayurveda (an ancient natural medicine practice used in India for the past 5,000 years), amla is a medicinal plant with incredibly effective capabilities to minimize inflammation and reverse chronic disease.



Indian gooseberries have been used for centuries in India to treat respiratory diseases, intestinal inflammation, type 2 diabetes, high cholesterol, hypertension, skin inflammatory disorders, skin trauma, cancer, and liver diseases.

Additionally, amla is the go-to for Indian women to make their hair healthy, long, free from breakage, and keep it from going gray. Even Indian men use amla to keep their hair full and thick.

WHY HAVEN'T I HEARD OF AMLA BEFORE?

When you look at the list of health benefits that amla fruit brings, it looks too good to be true. Why is it that no one has heard of the most powerful antioxidant fruit?



There are a three reasons Amla is almost unheard of on the western hemisphere:

- 1 Amla is only grown in the east: Amla thrives in the tropical climates of India and Southeast Asia. There are no commercial scale producers of amla in the United States.
- 2 The amla crop is often too contaminated to import: Much of the amla crop in India is grown in soil that is contaminated by heavy metals, microbes and fungus.
- 3 Amla tastes terrible: Raw amla fruit tastes like a mixture between vinegar and soap. If you read reviews online of amla powder products, you will see that most people stop using it because of the taste.

BRING AMLA INTO YOUR LIFE WITH AMLA GREEN

We have been proponents of amla for years, but could not find a good way to take it, so we created our own.

We started by scouring the globe to find contaminant free amla berries. We were able to partner with wild harvested amla producers. Wild harvested amla is actually not farmed - it grows naturally in India's nature preserves. A specific few conservation minded companies are allowed to go in annually and harvest the wild berries. They are grown in pristine soil, without pesticides.

We then developed a technique to concentrate these berries by 20x and blend them with a special oolong green tea that is a direct opposite of the offensive flavors of amla.

The resulting product is called Amla Green. It is a line of amla products that taste great and deliver all the health benefits of amla.

Don't take our word for it, please read real customer reviews by heading to

www.amlagreen.com.



THE WORLD'S TOP 99 ANTIOXIDANTS BY OXYGEN RADICAL ABSORBANCE CAPACITY (ORAC) VALUE

Oxygen radical absorbance capacity is a measure of the antioxidant action of a substance. These data is from the following USDA publication:
**Oxygen Radical Absorbance Capacity (ORAC)
of Selected Foods, Release 2 (2010).**





PROPER NAME	ORAC SCORE	DESCRIPTION
Amla (Indian Gooseberry)	261500	The whole food king of antioxidants. This berry is ordinarily too sour to eat. We recommend Amla Green (www.amlagreen.com) which tastes great and will allow you to unlock the power of this miracle fruit.
Sorghum Bran	240000	Sorghum is a grain and many of which are is sometimes used as a as fodder plant.
Oregano	175295	Oregano is high in antioxidant activity, due to a high content of phenolic acids and flavonoids.
Rosemary	165280	A study where a powdered form of rosemary was given to rats in a measured amount for two weeks showed a reduction in the binding of a certain carcinogen by 76%.



Peppermint Leaves	160820	Raw peppermint with no sugar added is consistently one of the top 10 antioxidant foods.
Thyme	157380	Thyme oil, an antiseptic, is the main active ingredient in various commercially produced mouthwashes such as Listerine.
Chaga Mushrooms	146700	Chaga (<i>Inonotus obliquus</i>) is a fungus which grows almost exclusively on the outside of birch trees in very cold climates.
Baobab Fruit	140000	Baobab is loaded with B vitamins, 6x the vitamin C as an orange, 2x the calcium as milk, plenty of minerals including iron, phosphorous, potassium, and magnesium, and polyphenol rich.
Cinnamon Spice	131420	Cinnamon is a spice obtained from the inner bark of several trees from the genus <i>Cinnamomum</i> and is used in both sweet and savory foods.



Turmeric Spice	127068	Turmeric is currently being investigated for possible benefits in Alzheimer's disease, cancer, arthritis, and other clinical disorders.
Black Cohosh Root	126495	The Native Americans used black cohosh to relieve menstrual cramps and symptoms associated with menopause like hot flashes.
Vanilla Bean Spice	122400	Pre-Columbian Mesoamerican peoples cultivated the vine of the vanilla orchid, called tlilxochitl by the Aztecs.
Sage Spice	119929	Modern evidence shows possible uses for sage as an antisweating agent, antibiotic, antifungal, astringent, antispasmodic, estrogenic, hypoglycemic, and tonic.
Licorice Root	102945	Licorice root may increase cortisol levels which may lead to an array of issues - we do not recommend adding this to your diet.
Acai Berry	102700	Acai was found to have antioxidant activity in vitro against superoxide and peroxy radicals, and mild activity for peroxynitrite and hydroxyl radicals.



Allspice	100400	Allspice health benefits include its very high antioxidant content and anti-inflammatory qualities as it contains eugenol, quercetin and tannins.
Yaupon Holly Leaves	98700	Best known for decorative berries during Christmas, the dried leaves of the holly plant were brewed by Native American tribes into a caffeinated tea.
Rose Hips	96150	Rose hips contain vitamin A and B, essential fatty acids and antioxidant flavonoids.
Parsley Spice	73670	Parsley is high in oxalates, iron, potassium, calcium, and antioxidants.
Gotu Kola Leaves	69978	Gotu kola leaves have been used in Chinese culture as an herbal remedy for colds and respiratory infections and is popular for skin care applications.
Nutmeg Spice	69640	The nutmeg tree is important for two spices derived from the fruit: nutmeg and mace.
Tea Leaves	62714	Unlike coffee beans, where much of the antioxidant content is generated during the roasting process, raw tea leaves are a potent source to begin with.



Basil Spice	61063	Basil oil has potent antioxidant, antiviral, and antimicrobial properties, and potential for use in treating cancer.
Cocoa Powder	55653	Cocoa powder is rich in flavonols which are linked to certain health benefits linked to coronary heart disease and stroke.
Camu Camu	52000	Camu camu berries grow on a shrub in the rainforests of Brazil, Columbia, Peru, and Venezuela. The fruit's high acidity renders it extremely bitter.
Cumin Seed Spice	50372	In ayurvedic medicine, cumin is used to in the treatment of fever, loss of appetite, diarrhea, vomiting, abdominal distension, edema and puerperal disorders.
Wild Bilberries	48320	Bilberries are closely related to the American blueberry, but are difficult to find fresh,
White Pepper Spice	40700	White pepper is derived from the same fruit as black pepper, but consists of the seed of the pepper plant alone, with the darker-coloured skin of the pepper fruit removed.



Ginger Spice	39041	Gingerols increase the motility of the gastrointestinal tract and have analgesic, sedative, antipyretic and antibacterial properties.
Black Pepper Spice	34053	Peppercorns, and the ground pepper derived from them, may be described simply as pepper, or more precisely as black pepper.
Yellow Mustard Spice	29257	One of the more unique nutrients found in mustard seeds is selenium.
Jabuticaba Fruit	25514	Due to its high concentration of anthocyanins, Jabuticaba fruit has high antioxidant content.
Macambo Beans	24300	Macambo beans are closely related to cacao, though macombo has over 10x more myricetin - a type of flavanoid.
Rice Bran	24287	Rice bran a byproduct of the rice milling process. It consists of the outer layers of rice where most of its nutrients reside.



Chili Powder Spice	23636	Thought it can cause indigestion, chili powder is a rich source of antioxidant content.
Paprika Spice	21932	The natural red pigments from peppers contain carotenoids such as beta-carotene, zeaxanthin, lutein, and beta-cryptoxanthin.
Saffron Spice	20580	Though saffron is one of the most expensive substances on the planet, it is packed full of antioxidants and rare earth elements like selenium, magnesium, zinc, calcium, manganese, copper, and potassium
Lingonberry	20300	Lingonberry is found in the Arctic tundra climate throughout the Northern Hemisphere.
Maqui Berry	19850	Maqui berry, also called the Chilean wineberry is found growing throughout the rainforests of Chile and Argentina.
Red Cayenne Pepper Spice	19671	Red cayenne pepper has a range of polyphenols, flavonoids, carotenoids, and vitamin C.
Black Raspberries	19220	This is the more rare version of the red raspberries that are ubiquitous in stores.



Pecans	17940	Pecans are the highest antioxidant nut.
Bael Fruit	17933	This native plant of India is also known as the bael fruit tree, bengal quince, maredoo, and Japanese bitter orange.
Astragalus Root	17773	Astralagus root, also known as Huang Qi, is believed to reinforce the underlying principle of qi, which means “life force” in Chinese medicine.
Parsley	17670	This gourmet spice is believed to relieve digestive symptoms, like hiccups, and may lower blood pressure.
Tarragon	15542	Tarragon is rich in vitamins, minerals, and antioxidants. In particular, the Turkish variety has been found to be quite potent.
Dandelion Root	15200	Dandelion root contains the beneficial compounds taraxacin, inulin, and levulin.
Juneberries	15000	Juneberries are rich in anthocyanins, a potent antioxidant.



Elderberries	14697	Often, one of the claimed benefits of elderberries is cold and flu relief or prevention.
Walnuts	13541	Walnuts are best known for their omega-3 content, but are also the #2 highest antioxidant nut.
Japanese Persimmons	12307	Persimmons are often eaten dry, like apricots. They taste sweet and are packed with antioxidants.
Moringa	11900	Moringa leaves are used as a green vegetable and the roots, which have a sharp flavor. It contains 90 nutrients and phytonutrients.
Star Anise Spice	11300	Given the potent flavor of star anise, it is used sparingly and is rarely a key contributor to antioxidant consumption.
Purple Corn	10800	The high level of anthocyanins (blue and purple pigments) in purple corn provide antioxidant content that is over 2x more than blueberries.
Golden Raisens	10450	Unlike other fruits, the highest antioxidant raisen is actually not red or purple - it is the gold version.



Black Chia Seeds	9800	You can almost double the ORAC value of chia seeds simply by soaking them overnight.
Dandelion Greens	9666	Though most consider them a weed, dandelion greens are a rich source of antioxidants- higher in potency than garlic powder, brewed coffee, and maca root.
Hazelnuts	9645	Hazelnuts are one of the top antioxidant containing nuts.
Blueberries	9621	The antioxidant content of wild blueberries is nearly 2x that of farmed blueberries.
Pears	9496	Dried pears is an exceptional source of antioxidants, though they are usually found as canned preserves.
Artichokes	9416	Artichokes are one of the most potent vegetable sources of antioxidants.



Reishi Mushrooms	9244	The reishi mushroom has become one of the most talked about in alternative medicine in recent years, due to the amount of anti-cancer research involving it
Cranberries	9090	Cranberries are a great source of phytochemicals and is often a go to treatment for urinary tract infections.
Red Kidney Beans	8606	Kidney beans are an incredible source of nutrition. They are high in protein, fiber and antioxidants.
Black Beans	8494	Black beans are one of the easiest beans to digest and are usually the most potenti antioxidant ingredient in a Latin meal.
Ashwagandha Root	8487	Ashwagandha is a mainstay of Ayurvedic medicine, but it is often contaminated by heavy metals.
Pink Beans	8320	Though pink beans are not the most common bean they have an excellent nutritional profile.



Jalapeno Peppers	8250	A single jalapeno contains 10% of your daily dose of vitamin C. They also contain vitamin K, magnesium, iron and potassium.
Prunes	8059	Prunes are great sources of fiber and antioxidants.
Pinto Beans	8033	Pinto beans are a mainstay in Latin cooking and are excellent sources of fiber and protein.
Black Currants	7957	Both red and black currants are full of antioxidants, though red currants are rare in cuisine.
Crowberry	7890	Crowberries include nearly twice the amount of antioxidant content as blueberries, and is a key source of anthocyanins.
Pistachios	7675	Pistachios are the lowest fat nuts on the antioxidant list.



Agave	7524	Agave is a lower glycemic sweetener which is an ideal substitute for sugar.
Lentils	7282	Lentils are an excellent source of vegan protein and fiber.
Hibiscus	6990	Hibiscus, often brewed in a tea, can be sour to the taste, and is a potent source of antioxidants.
Burdock Root	6747	Burdock root is known as a potent force of detoxification. Also it can be eaten in higher quantities than turmeric and ginger.
Mulberries	6130	In addition to being a potent source of antioxidants, the resveratrol content of the mulberry is quite high.
Plums	6100	Plums, one of the oldest cultivated fruits in human history are related to peaches and cherries, and are potent sources of nutrition.



Maca Powder	6100	Though maca has been hailed as a potent superfood, its actual antioxidant value is similar to the plum.
Spirulina Powder	5970	Spirulina is another oft-referenced superfood that generally fails to live up to the claims made about it.
Blackberries	5905	Blackberries are a great source of anthocyanins, tannins, ellagic acid, ellagitannins, gallic acid, quercetin and cyanidins.
Garlic Cloves	5708	Garlic is often taken for its preventative benefits in cardiovascular health and is a go-to spice in cuisine.
Soybeans	5409	Soybeans are an excellent source of protein and antioxidants. Whole soybeans can be eaten steamed.
Cilantro Leaves	5141	Cilantro has demonstrated many interesting properties, including antibacterial effects, though for 4% of the population it tastes like soap.



Red Raspberries	5065	Red raspberries are excellent sources of antioxidants, though the black variety is even more potent.
Black Quinoa	4800	Black quinoa is an easily digestible seed that is high in protein, and has 50% more antioxidants than white quinoa.
Chestnuts	4670	These nuts are often reserved for the holidays. The antioxidant power is concentrated in the pellicle, or the thin skin around the meat of the nut.
Red Wine	4523	A glass of red wine a day is recommended to improve cardiovascular health because it comes packed with antioxidants and tannins.
Pomegranate	4479	Pomegranate seeds are loaded with fiber and vitamin C, and has an antioxidant activity three times higher than red wine.
Almonds	4454	Almonds are antioxidant rich stone fruits that have been shown to be effective at reducing cholesterol and improving vascular function.



Dill Weed

4392

Dill weed has a number of beneficial effects, and has been shown to reduce menstrual cramps, depression, and high cholesterol.

Black Eyed Peas

4343

Black eyed peas are antioxidant-rich legumes that are also high in iron and plant protein. They help reduce blood pressure and are excellent at promoting excellent microbiome health.

Goji Berry

4310

Goji berries are considered a superfood that is high in antioxidants, and increases energy levels, athletic performance, quality of sleep, mental acuity, calmness, and significantly reduced fatigue and stress.

Strawberries

4302

Strawberries contain anti-aging flavonoid antioxidants called anthocyanin and catechin which have been associated with lowering the risk for chronic diseases including cancer and cardiovascular disease.



Red apples

4275

This sweet and crispy apple is usually midnight red, and contains a high antioxidant content to promote digestion, mental focus, and athletic recovery

Dates

3895

One of the sweetest and most delicious date varieties, deglet dates are high in B-vitamins, fiber, iron, and antioxidants.

Cherries

3747

High in fiber, sweet red cherries are high in anthocyanins, potent anti-inflammatory antioxidant compounds.

Cardamom

2764

Cardamom contains aromatic antioxidant compounds that have been shown to significantly reduce cholesterol and blood pressure.