

Phytonutrient Properties*

<i>Phytonutrient Source</i>	<i>Reported Property(s)</i>	<i>Phytochemical(s)</i>
<i>Vegetables and Fruits</i>		
Cruciferous vegetables (broccoli, cabbage, brussel sprouts, cauliflower, collard, kale, bok choy)	cancer protective, may support phase I and phase II detoxification enzymes, may reduce sex hormone bioavailability	isothiocyanates. indoles, lutein. sulphorophane,
Leafy greens (spinach, kale. parsley. collard)	antioxidant, supports healthy vision	carotenoids (lutein, zeaxanthin)
Tomatoes	antioxidant	carotenoids (lycopene)
Carrots	antioxidant	carotenoids (beta and alpha carotene)
Beets	antioxidant, cancer protective	carotenoids (phytomelanins)
Grapes	antioxidant, cancer protective, supports healthy capillary integrity, modulates prostaglandin metabolism	proanthocyanidins
<i>Legumes and Seeds:</i>		
Soybeans	may reduce sex hormone bioavailability, supports immune function	Isoflavonoids (genistein, daidzein). lignans
Grape seeds	antioxidant, cancer protective, supports healthy capillary integrity, modulates prostaglandin metabolism	proanthocyanidins
Sunflower seeds	antioxidant, cancer protective	flavonoids, lutein, phytomelanins. lignans
<i>Herbs:</i>		
Garlic	antioxidant, cancer protective, cardiovascular support	allyl sulfides
Horseradish	cancer protective	phenethyl isothiocyanates
green tea	antioxidant, cancer protective, may block decay.causing bacteria from attaching to teeth	polyphenols (catechins)
Milk thistle	antioxidant, supports liver detoxification	flavonoids (silymarin)
Bilberry	antioxidant, supports cardiovascular function, may have significant application in field of ophthalmology	anthocyanidins
Astragalus	supports immune function, cancer protective	polysaccharides, isoflavones
Aloe	supports immune function.	polysaccharides
Schisandra	adaptogen, helps to improve the body's ability to adapt to physical, and mental stressors, supports liver function, supports healthy vision	lignans (schisandrins)

*from a form by Dr. Mark Percival

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