

**CRANBERRIES** 8394

PISTACHIOS 7375

CHERRIES 5945

4826

POMEGRANATES 4479

**RED WINE** 4198

## Cellular Antioxidant Activity (CAA)

Measures activity in a cell-how the cells take up or absorb the antioxidants - and is considered reflective of what may happen in the human body. **PISTACHIOS** BLUEBERRIES CRANBERRIES POMEGRANATES BEETS 250 171 52 42 217

<sup>1</sup> Yuan W. Zheng B. Li T. Liu RH. "Quantification of Phytochemicals. Cellular Antioxidant Activities and Antioroliferative Activities of Raw and Roasted American Pistachios (Pistacia vera L)." Nutrients (2022): 14 (15): 302. https://doi.org/10.3390/nu14153002.

<sup>2</sup> Wolfe KL, et al. "Cellular Antioxidant Activity (CAA) Assay for Assessing Antioxidants, Foods, and Dietary Supplements." Journal of Agriculture and Food Chemistry. (2007): 55:8896-8907.

<sup>3</sup> Song W, et al. "Cellular Antioxidant Activity of Common Vegetables." Journal of Agriculture and Food Chemistry. (2010): 58, 6621-6629. DOI: 10.1021/jf9035832.





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Can protect from free radical damage by preventing the oxidation of cells. Free radical damage occurs from normal life processes (eating, breathing, exercising, environmental toxins).

## HOW TO BOOST YOUR ANTIOXIDANT



- <sup>4</sup> Poles J, Karhu E, McGill M, McDaniel HR, Lewis JE. "The Effects of Twenty-Four Nutrients and Phytonutrients on Immune System Function and Inflammation: A Narrative Review." J Clin Transl Res. (2021, May 27): PMID:34239993.
- <sup>5</sup> Velmurugan B, Rathinasamy B, Lohanathan B, Thiyagarajan V, Weng CF. "Neuroprotective Role of Phytochemicals." *Molecules*. (2018): 23, (10) 2485. DOI: 10.3390/molecules23102485.
- <sup>6</sup> Luo J, Si H, Jia Z, Liu D. "Dietary Anti-Aging Polyphenols and Potential Mechanisms." *Antioxidants* (Basel). (2021, Feb 13): DOI: 10.3390/antiox10020283. PMID: 33668470; PMCID: PMC7918214.
- <sup>7</sup> Jayedi A, Rashidy-Pour A, Parohan M, Zargar MS, Shab-Bidar S. "Dietary Antioxidants, Circulating Antioxidant Concentrations, Total Antioxidant Capacity, and Risk of All-Cause Mortality: A Systematic Review and Dose-Response Meta-Analysis of Prospective Observational Studies." Adv Nutr. (2018, Nov 1): 9 (6):701-716. DOI: 10.1093/advances/nmy040. PMID: 30239557; PMCID: PMC6247336.