



ANTIOXIDANT-RICH FOODS, HERBS & SUPPLEMENTS

Beta-carotene/ Carotenoids (Vitamin A)	Vitamin C	Vitamin E	Zinc	Selenium	Antioxidant-Rich Herbs & Supplements
Apricots Asparagus Beets Black Raspberries Broccoli Cantaloupe Carrots Collard Greens Corn Green Peppers Kale Mangoes Nectarines Peaches Pink Grapefruit Pumpkin Squash Spinach Sweet Potato Tangerines Tomatoes Turnip Greens Watermelon	Berries Broccoli Brussels Sprouts Cantaloupe Cauliflower Chokeberries Elderberries Grapefruit Honeydew Kale Kiwi Mangoes Nectarines Orange Papaya Peppers (Red, Green or Yellow) Snow Peas Sweet Potato Strawberries Tomatoes	Broccoli Carrots Chard Mustard Greens Turnip Greens Mangoes Nuts Papaya Pecans Pumpkin Red Peppers Spinach Sunflower Seeds Turnip Greens Walnuts	Beans Dairy Products Fortified* Cereals Nuts Oysters Poultry Red Meat Seafood Whole Grains	Brazil Nuts Tuna Beef Poultry Fortified* Breads/ Grain Products	Basil (dried) Chaparral (Creosote Bush, Greasewood—very potent!) Chocolate (dutch powder or candies) Cinnamon (ground) Cloves (ground) Cocoa powder (dry powder, unsweetened) Cordyceps** (Ancient Chinese herb, "Caterpillar Fungus") Curry Powder Nutmeg (ground) Oregano (dried) Protandim (by LifeVantage) Parsley (dried) Pepper (Szechuan, dried) Rosehips (Vitamin C) Rosemary (dried) Super Antioxidant (NSP)** Sage (ground) Sorghum (bran, hi-tannin, red or black) Sumac (bran, raw) Sumac (grain, raw) Super ORAC (NSP)** Thai-Go (NSP)** Thyme (dried) Vanilla Beans VitaWave (NSP)**

Sources:

<http://www.webmd.com/food-recipes/antioxidants-your-immune-system-super-foods-optimal-health>
<http://www.oracvalues.com/>

* I personally do NOT recommend fortified foods because they are enriched with inorganic vitamins and minerals—it is best to consume whole foods that naturally contain organic micronutrients.

** (NSP) Nature's Sunshine Products <http://www.naturessunshine.com>

Highest ORAC Rating (312,400 units)

20 Highest ORAC Rated Items (55,653-290,283 units)

Highest ORAC rated foods