



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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Antioxidants are naturally occurring compounds found in fruits, vegetables, whole grains, nuts, seeds and teas. Some antioxidants are available as dietary supplements.

Antioxidants delay naturally occurring chemical reactions we call oxidation, which can turn into free radicals. The body can cope with some free radicals, but an overload has been linked to certain diseases, including heart disease, immune disorders, and cancer. Antioxidants are free radical scavengers that may reduce or prevent the damage caused by oxidation. A diet high in antioxidants may reduce the risk of many diseases. The food choices you make today can make a difference in your health tomorrow.

Top Ten High Antioxidant Foods

- Goji berries: 25,000 ORAC score.
- Dark chocolate: 21,000 ORAC score.
- Pecans: 17,000 ORAC score.
- Wild blueberries: 14,000 ORAC score.
- Elderberries: 14,000 ORAC score.
- Cranberries: 9,500 ORAC score.
- Artichoke: 9,400 ORAC score.
- Kidney beans: 8,400 ORAC score.
- Blackberries: 5,300 ORAC score.
- Cilantro: 5,100 ORAC score.



Berry Antioxidant Intake May Help Blood Pressure Health



Green Tea Reduces Risk of Incident Dementia in Older Adults



Camellia Oil-Enriched Diet Reduces Oxidative Stress and Inflammation in Individuals with High Cholesterol



Lower Pesticides, less Cadmium, and more Antioxidants in Organic Crops

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Essential Oil Piper Nigrum shown to Help Pain
Written by Jessica Patella, ND. Just fifteen minutes of inhalation with Piper nigrum essential oil significantly reduced pain in the 25 participating subjects. [Read more »](#)



Folic Acid Improves Cognitive Function in Older Adults with Mild Cognitive Impairment
Written by Angeline A. De Leon, Staff Writer. Twelve months of daily supplementation with 44 ug of folic acid significantly improved age-related cognitive decline in the 77 participating older Chinese adults. [Read more »](#)



Curcumin-Based Supplement Benefits Bone Density
Written by Greg Arnold, DC, CSCS. Daily supplementation with 1000 mg of a special curcumin formulation significantly improved bone density in the participating osteopenic men. [Read more »](#)

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