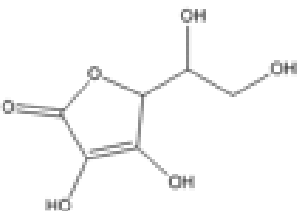


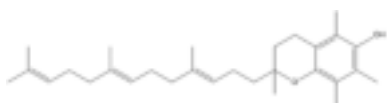
Table 2: Antioxidant molecules and foods they are found in



β -caroteneCarrot



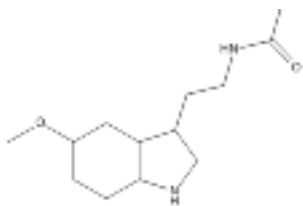
Ascorbic acid (vitamin C)Lemon



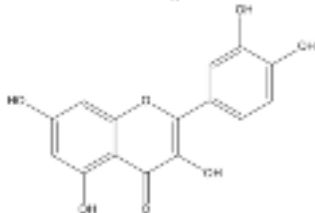
α -tocopherol (vitamin E, the most bioavailable tocopherol)Wheat germ oil



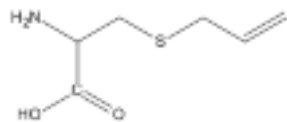
LycopenePachino tomatoes



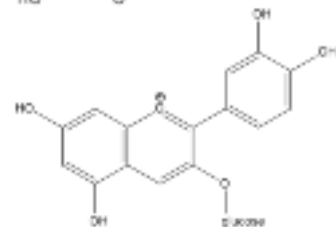
MelatoninExtra virgin olive oil



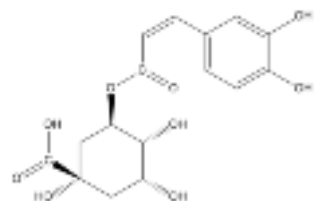
QuercetinOnion



S-allylcysteineGarlic



Anthocyanidin with sugarPomegranate



Chlorogenic acidEspresso coffee



Image courtesy of Ernst Rose / pixelio.de



Image courtesy of Valentin Volkov / iStockphoto



Images courtesy of wrw / pixelio.de



Images courtesy of Cianluca Farusi