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LIA Lifestyle Instruction Aid

a9. Flavonoids

Compiled and formatted by Dr. Victor Jean Ouellette
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The Polyphenols of Nature

Antioxidant Flavonoids Chart by Dr. Michael Colgan

Those Flavonoids with the best researched antioxidant action can be divided into nine categories depending on their chemical characteristics.

Antioxidant Flavonoids
from ANTIOXIDANTS The Real Story
by Dr. Michael Colgan

Flavonoid Class	Class Members	Plant Sources
Flavanols	Catechins	Green tea, grape seeds, pine bark
Proanthocyanidins	Oligomeric catechins	Pine bark, grape seeds, leaves of bilberry, birch, ginkgo biloba
Flavones & Flavonols	Quercetin, kaempferol	Apples, green tea, ginkgo leaves, grape skins, milk thistle fruits
Biflavones	Amentoflavone, bilobetin	Ginkgo leaves
Flavanones	Hesperidin, naringin	Citrus peels
Flavanonoles	Taxifolin	Milk thistle fruits, pine bark
Anthocyanins, anthocyanidins, anthocyanosides	Cyanidin, delphinidin, malvidin, petunidin	Red and black grapes, red wine, bilberries
Flavonolignans Isoflavones	Silymarin Genestein, diadzein	Milk thistle fruits, artichokes Soy beans

Source: Colgan Institute, 1997

For more information refer to the **Flavonoid Revolution** by the Colgan Institute.

For more information on the polyphenols refer to:

Huang MT, et al. Phenolic Compounds in Food and Their Effects on Health.

American Chemical Society, Washington DC, Series 507;1992

Flavonoids are found in fruits, vegetables, wine and tea, especially green tea.
Flavonoids are thought to defend against carcinogens, curb LDL,
(the “bad” cholesterol) and prevent blood clots.

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