



Oxygen Radical Absorbance Capacity (ORAC)

Measures the ability of a food to quench free radicals in a lab setting.



CHERRIES 5945



BLUEBERRIES 4826



POMEGRANATES 4479



RED WINE 4198



CRANBERRIES

8394

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 217



BLUEBERRIES



CRANBERRIES



POMEGRANATES 250

BEETS 42