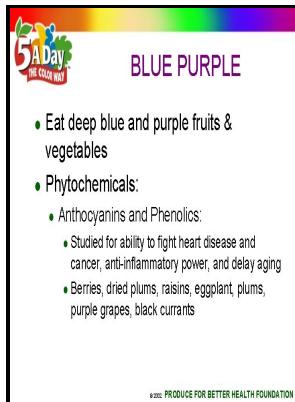


Phytochemicals in health and disease

Marcel Dekker - Get PDF Phytochemicals in health and disease



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Oxidative stress and disease -- 12. Phytochemicals in health and disease

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They are known to fight heart disease and provide a number of vitamins and minerals that support overall human health.

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Most of the remainder of the book chapters 4—15 addresses specific phytochemicals and botanicals ie, genistein, Gingko biloba, sulforaphane, organosulfur-garlic compounds, polymethylated flavonoids, tea and tea polyphenols, resveratrol, lycopene, and oltipraz or target biochemical processes ie, gene regulation, heterocyclic amine—induced DNA adduct formation, antiinflammation, and Phase 1 or Phase 2 xenobiotic—metabolizing enzymes or both.

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Foods such as pizza, red pasta sauce and marinara are good sources of lycopene. They differ from primary plant compounds in that they are not essential to the plant.

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