

Rank	Compound	Source	Mechanism of Action	Evidence Level	
1	Curcumin	Turmeric	Anti-proliferative, anti-inflammatory, anti-angiogenic	High	
2	Epigallocatechin	Green tea	Anti-oxidant, anti-proliferative, pro-apoptotic	High	
3	Resveratrol	Grapes, red wine	Anti-oxidant, anti-inflammatory, anti-angiogenic	High	
4	Sulforaphane	Cruciferous vege	Anti-proliferative, pro-apoptotic, DNA-damaging	High	
5	Genistein	Soybeans	Anti-proliferative, anti-angiogenic, pro-apoptotic	Moderate	
6	Ellagic acid	Berries, pomegra	Anti-oxidant, anti-inflammatory, anti-angiogenic	Moderate	
7	Lycopene	Tomatoes, water	Anti-oxidant, anti-inflammatory	Moderate	
8	Beta-carotene	Carrots, sweet po	Anti-oxidant, immune-modulating	Moderate	
9	Quercetin	Onions, apples	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
10	Indole-3-carbinol	Cruciferous vege	Anti-oxidant, estrogen-modulating	Moderate	
11	Apigenin	Fruits, vegetable	Anti-oxidant, anti-proliferative, anti-angiogenic	Moderate	
12	Piperine	Black pepper	Enhances bioavailability of other anti-cancer compounds	Moderate	
13	Withaferin A	Ashwagandha	Anti-proliferative, pro-apoptotic	Moderate	
14	Fisetin	Strawberries, ap	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
15	Ginkgo biloba	Ginkgo biloba tre	Anti-oxidant, neuroprotective	Moderate	
16	Green tea extrac	Green tea	Multiple bioactive compounds with anti-cancer potential	Moderate	
17	Allicin	Garlic	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
18	Astaxanthin	Algae, seafood	Anti-oxidant, anti-inflammatory	Moderate	
19	Berberine	Barberry, golden	Anti-inflammatory, anti-diabetic, anti-angiogenic	Moderate	
20	Capsaicin	Chili peppers	Anti-oxidant, anti-inflammatory, pro-apoptotic	Moderate	
21	Kaempferol	Fruits, vegetable	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
22	Lutein	Leafy green vege	Anti-oxidant	Moderate	
23	Mangosteen	Mangosteen fruit	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
24	Naringenin	Citrus fruits	Anti-oxidant, anti-inflammatory	Moderate	
25	Oleuropein	Olive oil, olives	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
26	Pterostilbene	Blueberries, grap	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
27	Quercetin-3-rutin	Rutin, fruits, vege	Anti-oxidant, anti-inflammatory, anti-allergic	Moderate	
28	Silymarin	Milk thistle	Anti-oxidant, anti-inflammatory, hepatoprotective	Moderate	
29	Ursolic acid	Apples, pears, ro	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
30	Vinca alkaloids	Vinca plants	Anti-mitotic	Moderate	
31	Betulinic acid	Birch bark	Anti-proliferative, pro-apoptotic	Moderate	
32	Capsaicin	Chili peppers	Anti-oxidant, anti-inflammatory, pro-apoptotic	Moderate	
33	Catechins	Green tea, cocoa	Anti-oxidant, anti-inflammatory	Moderate	
34	Chlorogenic acid	Coffee, apples	Anti-oxidant, anti-inflammatory	Moderate	
35	Curcuminoids	Turmeric	Anti-oxidant, anti-inflammatory, anti-angiogenic	High	
36	Diindolylmethane	Cruciferous vege	Anti-oxidant, estrogen-modulating	Moderate	
37	Fisetin	Strawberries, ap	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
38	Gallic acid	Tea, berries	Anti-oxidant, anti-inflammatory	Moderate	
39	Gingerol	Ginger	Anti-oxidant, anti-inflammatory	Moderate	
40	Ginkgo biloba ex	Ginkgo biloba tre	Anti-oxidant, neuroprotective	Moderate	
41	Hesperidin	Citrus fruits	Anti-oxidant, anti-inflammatory	Moderate	
42	Isothiocyanates	Cruciferous vege	Anti-oxidant, anti-proliferative, pro-apoptotic	Moderate	
43	Kaempferol	Fruits, vegetable	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
44	Lignans	Flaxseeds, sesar	Anti-oxidant, anti-inflammatory, anti-angiogenic	Moderate	
45	Lycopene	Tomatoes, water	Anti-oxidant, anti-inflammatory	Moderate	
46	Mangiferin	Mangoes, grapes	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
47	Naringin	Citrus fruits	Anti-oxidant, anti-inflammatory	Moderate	
48	Oleocanthal	Extra virgin olive	Anti-oxidant, anti-inflammatory	Moderate	
49	Pectin	Apples, pears, ci	Anti-oxidant, anti-inflammatory	Moderate	
50	Proanthocyanidin	Grapes, berries,	Anti-oxidant, anti-inflammatory	Moderate	
51	Quercetin-3-rutin	Rutin, fruits, vege	Anti-oxidant, anti-inflammatory, anti-allergic	Moderate	
52	Resveratrol	Grapes, red wine	Anti-oxidant, anti-inflammatory, anti-angiogenic	High	
53	Rutin	Citrus fruits, buck	Anti-oxidant, anti-inflammatory, anti-thrombotic	Moderate	

54	Silibinin	Milk thistle	Anti-oxidant, anti-inflammatory, hepatoprotective	Moderate	
55	Sulforaphane	Cruciferous vege	Anti-proliferative, pro-apoptotic, DNA-damaging	High	
56	Tocopherols (Vita	Avocados, almor	Anti-oxidant, anti-inflammatory	Moderate	
57	Troloxerutin	Buckwheat, onion	Anti-oxidant, anti-inflammatory, anti-edema	Moderate	
58	Ursolic acid	Apples, pears, ro	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
59	Vinca alkaloids	Vinca plants	Anti-mitotic	Moderate	
60	Vitamin A	Carrots, sweet po	Anti-oxidant, immune-modulating	Moderate	
61	Vitamin C	Citrus fruits, bell	Anti-oxidant, immune-modulating	Moderate	
62	Vitamin D	Sunlight, oily fish	Anti-proliferative, immune-modulating	Moderate	
63	Withaferin A	Ashwagandha	Anti-proliferative, pro-apoptotic	Moderate	
64	Zeaxanthin	Corn, orange pep	Anti-oxidant	Moderate	
65	Allicin	Garlic	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
66	Anethole	Fennel, anise	Anti-oxidant, anti-inflammatory	Moderate	
67	Anthocyanins	Berries, red wine	Anti-oxidant, anti-inflammatory	Moderate	
68	Apocarotenoids	Tomatoes, apricc	Anti-oxidant, anti-inflammatory	Moderate	
69	Atractylenolide I	Atractylodes lanc	Anti-proliferative, pro-apoptotic	Moderate	
70	Betulinic acid	Birch bark	Anti-proliferative, pro-apoptotic	Moderate	
71	Boldine	Boldo leaves	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
72	Camphor	Cinnamon, camp	Anti-oxidant, anti-inflammatory, analgesic	Moderate	
73	Capsaicinoids	Chili peppers	Anti-oxidant, anti-inflammatory, pro-apoptotic	Moderate	
74	Cinnamic acid	Cinnamon, apple	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
75	Crocin	Saffron	Anti-oxidant, anti-inflammatory, anti-depressant	Moderate	
76	Curcuminoids	Turmeric	Anti-oxidant, anti-inflammatory, anti-angiogenic	High	
77	Ellagic acid	Berries, pomegra	Anti-oxidant, anti-inflammatory, anti-angiogenic	Moderate	
78	Emodin	Rhubarb, Buckth	Anti-oxidant, anti-inflammatory, anti-proliferative	Moderate	
79	Eugenol	Cloves, cinnamo	Anti-oxidant, anti-inflammatory, antimicrobial	Moderate	
80	Ferulic acid	Rice, wheat, oats	Anti-oxidant, anti-inflammatory, anti-aging	Moderate	