



## Phytonutrient Guide

### *Phytonutrients*

Phytonutrients are produced by plants to protect them from infection, disease, and oxidation. They give plants their vibrant colors and have been shown to help protect humans as well. Here are some phytonutrients you should know about:

- Polyphenols are powerful antioxidants that have anti-cancer properties. They're found in extra virgin olive oil, dark chocolate, fruit skins, green and white tea, and red wine.
  - Resveratrol is a potent antioxidant that can help us live longer (more on that in our guide to wine, available at [HabitsofHealth.com](http://HabitsofHealth.com)). It's found in the skins and stems of grapes, and in higher concentration in red wine. You can supplement with around 50–200 mg per day, or just open up a good cabernet and have a daily glass!
  - Genistein, an isoflavone found in soy, can provide both antioxidant and anti-inflammatory protection with a resulting decrease in immune activation.
  - Curcumin is a spice derived from the turmeric root, which is used commonly in curry dishes. It's an anti-inflammatory that can help autoimmune diseases as well. Use the powder in cooking or take 250 mgs per day, divided into three doses every eight hours.
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