





Compared to other highly pigmented (anthocyanin containing) fruits, blood oranges represent an economical way to get these potent polyphenol compounds into your diet. The following chart shows blood oranges being the cheapest on a per mg basis.



\$47.20 / kg  
54.65mg / 100g  
**\$8.50 / 1g**  
Total Polyphenols



\$25 / kg edible  
169mg / 100g  
**\$1.56 / 1g**  
Total Polyphenols



\$63.20 / kg  
223.41mg / 100g  
**\$2.83 / 1g**  
Total Polyphenols



\$7.90 / kg edible  
74mg / 100g  
**\$1.08 / 1g**  
Total Polyphenols

RISK FACTOR	EFFECT OF BLOOD ORANGE BIOACTIVE COMPOUNDS (e.g. hydroxycinnamic acids, anthocyanins, flavonoids)	DISEASE
Blood pressure	Decreased vascular inflammation, which in turn improves blood flow to the heart & stabilises plaque build up in the arteries (2, 9, 13)	Heart disease
Cholesterol	Help cholesterol levels by raising HDL "healthy" and lowering LDL "bad" cholesterol (2, 9)	Heart disease
Oxidation, in general (excess oxidation drives all chronic diseases)	Decrease oxidation (2)	Heart disease, cancers
Inflammation (higher levels of inflammation seems to play a role in promoting most chronic disease)	Decrease inflammation (2)	Heart disease, cancers, obesity
Cell mutation	Anti-carcinogenic - promotes apoptosis in human cancer cells (e.g. ovarian & lung cancer cells) and prevents tumor growth (2)	Cancer
Abdominal fat (central adiposity)	Enhanced lipase (fat) enzyme activity so that more fat is metabolised (10) Restores normal metabolic pathways found in overweight subjects (11)	Overweight and obesity, fatty liver, type 2 diabetes, metabolic syndrome
Blood levels of glucose	Improved insulin sensitivity (makes insulin work better) (2, 9)	Type 2 diabetes, heart disease, cancers (excess glucose contributes to the risk of these diseases)