

FOODS HIGH IN ANTIOXIDANTS

Antioxidants are substances found in food and manufactured within the body that protect the body from the unwanted toxic effects of excess oxidative stress. Elevated HPL, the cause of Pyroluria, is also a marker of oxidative stress.

While supplementation of Antioxidants for pyroluria sufferers is essential, it should not be the only source of antioxidants. The Foods listed below not only contain good amounts of antioxidants, but are rich in other essential disease fighting nutrients. Pyroluria sufferers should try to include a variety of these foods in their daily eating regime.

The list below is not a complete list as all natural foods; fruits, vegetables, nuts, seeds, legumes, pulses, bean, animal protein, herbs and spices all contain a variety of antioxidants.

Acai Berry	Carrot	Lime	Red Wine
Almonds	Cauliflower	Macadamia	Reishi Mushroom
Apple	Cherry	Mango	Rosella
Apricot	Chilli	Mangosteen	Rosemary
Barley Grass	Chlorella	Miso	Saffron
Basil	Chocolate (Dark)	Olive Oil	Sage
Beetroot	Cilantro	Olives	Seafood
Bell Pepper	Cinnamon	Onion	Sesame Seeds
Black Bean	Cocoa	Orange	Spinach
Black Cumin Seeds	Corn	Orange - Blood	Spirulina
Black Rice	Cranberry	Oregano	Strawberry
Blackberry	Dill	Parsley	Sweet Potato
Blueberry	Eggplant	Pecan	Tamarillo
Broccoli	Elderberry	Peppermint	Tea - Black
Buckwheat	Garlic	Pinto Bean	Tea - Green
Cabbage	Ginger	Plum	Tea - White
	Ginkgo Biloba	Pomegranate	Tempeh
	Globe Artichoke	Propolis	Thyme
	Goji Berry	Prune	Tomato
	Grape	Pumpkin	Turmeric
	Grapefruit	Quinoa	Walnuts
	Hazelnut	Raisins	Watermelon
	Kale	Raspberry	Wheatgrass
	Kidney Bean	Red Algae	Whey Protein
	Kiwifruit	Red Bean	Wild Rice
	Leek	Red Currant	
	Lemon		
	Lemon Balm		
	Lemon Grass		



ANTIOXIDANT SUPPORT
Improving Detoxification and Cellular Health