

Astaxanthin - ORAC Chart

What is ORAC value?

ORAC or the oxygen radical absorbance capacity measures the free radical destroying potential of a particular food. (Super Foods) US FDA note that it takes 3000-5000 Units of ORAC/Day to eliminate the formation of free radicals in the body.

ORAC*1 Score for Various Foods

• Astaxanthin	2,822,200
• Ground Cloves spice	290,283
• Sorghum Bran	240,000
• Thyme spice	157,380
• Cinnamon Spice	131,420
• Turmeric Spice	127,068
• Acai Berry	102,700
• Dark Chocolate	20,816
• Pecans	17,940
• Ginger	14,840
• Pomegranate	10,500
• Blueberries	9,621
• Red Kidney Beans	8,606
• Jalapeno Peppers	8,250
• Black Beans	8,040
• Milk Chocolate	7,519
• Garlic	5,346
• Broccoli	2,809
• Spinach	1,515
• Olive Oil	1,150
• Banana	879
• Tomato	700

*1-Oxygen Radical Adsorption Capacity (ORAC SCORE)