Table 2: Antioxidant molecules and foods they are found in

<table>
<thead>
<tr>
<th>Antioxidant Molecule</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>β-carotene</td>
<td>Carrot</td>
</tr>
<tr>
<td>Ascorbic acid (vitamin C)</td>
<td>Lemon</td>
</tr>
<tr>
<td>α-tocopherol (vitamin E, the most bioavailable tocopherol)</td>
<td>Wheat germ oil</td>
</tr>
<tr>
<td>Lycopene</td>
<td>Pachino tomatoes</td>
</tr>
<tr>
<td>Melatonin</td>
<td>Extra virgin olive oil</td>
</tr>
<tr>
<td>Quercetin</td>
<td>Onion</td>
</tr>
<tr>
<td>S-allylcysteine</td>
<td>Garlic</td>
</tr>
<tr>
<td>Anthocyanidin with sugar</td>
<td>Pomegranate</td>
</tr>
<tr>
<td>Chlorogenic acid</td>
<td>Espresso coffee</td>
</tr>
</tbody>
</table>

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