

Table 1: Sample results

Time interval (antioxidant activity) [s]	Main substances probably responsible for the antioxidant activity
27	Water
33	Chlorogenic acid, α and β -carotene Carrot <i>Daucus carota</i>
34	Indole-3-carbinol, sulphoraphane, glucosinolates, vitamin C, isothiocyanate Cauliflower <i>Brassica oleracea</i> <i>Botrytis</i>
35	Anthocyanins Vinegar
36	Hydroxytyrosol, tyrosol, oleuropein, caffeic acid Extra-virgin olive oil <i>Olea europea</i>
38	trans-lycopene, phytofluene, phytoene, ζ -carotene, caffeic and chlorogenic acid Pachino tomatoes <i>Solanum lycopersicum</i> (Pachino IGP)
39	Anthocyanins, quercetin and isorhamnetin glycosides and dihydrochalcones, catechins, phloridzin, chlorogenic acid, proanthocyanidins Apple <i>Malus domestica</i>
39	Water-soluble organosulphur compounds (S-allyl-cysteine and S-allylmercaptocysteine); lipid-soluble organosulphur components (diallyl polysulphides, ajoene), flavonoids (quercetin), notably allixin and selenium Garlic <i>Allium sativum</i>
40	Quercetin-4'-O-beta-glucoside; quercetin-3,4'-O-beta-diglucosides Onion <i>Allium cepa</i>
42	Cyanidin-3-O-rhamnoglucoside as the main anthocyanin; polyphenols Fig jam <i>Ficus carica</i>
45	β -cryptoxanthin, zeaxanthin, catechine, β -carotene and ascorbic acid Japanese persimmon <i>Diospyros kaki</i>
45	Vitamins C and E, isoflavones, catechins and epicatechins, serotonin Kiwi fruit <i>Actinidia chinensis</i>
49	Anthocyanins, flavanone glycosides, flavone aglycones, flavone glycosides Orange <i>Citrus sinensis</i>
56	Flavanone glycosides, flavone glycosides; C-glycosylflavones Lemon <i>Citrus limon</i>
63	Vitamin C, lycopene, naringine, flavanone glycosides, flavone aglycones, flavone glycosides Pink grapefruit <i>Citrus paradisi</i>
71	Flavanone glycosides, flavone aglycones, flavone glycosides, vitamin C Citron <i>Citrus medica</i>
79	Chrysin, pinobanksin, kaempferol, quercetin, vitamin C, pinocembrin Honey
140	Quercetin, isoquercetin, rutin in all samples; chlorogenic acid in some samples Strawberry tree <i>Arbutus unedo</i>
147	Gallic acid, epicatechin, catechin Chocolate
538	Resveratrol, quercetin, catechin, epicatechin Red wine
574	Ascorbic acid, anthocyanins, catechins, ellagic tannins, gallic and ellagic acid Pomegranate <i>Punica granatum</i>
1006	Cyanidins and ellagic acid Blackberry jam <i>Rubus ulmifolius</i>
6970	Methylpyridinium, melanoidins, chlorogenic acids Espresso coffee

