CLOVES
Among the top three spices in antioxidant concentration. Contains eugenol, carophyllin, gallic acid, eugenin. Inhibits oxidation of LDLs, cholesterol, an early step in atherosclerosis.

CINNAMON
An antioxidant powerhouse; compounds protect against inflammation, heart disease, Alzheimer’s. Polyphenols also increase insulin activity, aiding diabetes control. Cinnamon scent boosts attention.

ALLSPICE
Contains more than a dozen antioxidants, including eugenol, quercetin, ellagic and gallic acids. Ellagic acid has anticancer effects, decreases proliferation of pancreatic cancer cells. Also protects blood fats against oxidation, a step in the development of cardiovascular disease.

SAFFRON
Loaded with carotenoids, which possess anticancer activity and aid immune function. Also protects blood fats against oxidation, a step in the development of cardiovascular disease.

FENNEL
Contains flavonoids and tannins. Stimulates bile acid production in the liver, giving it a major role in fat digestion and absorption. Also contains anethole, shown to reduce inflammation and retard cancer.

OREGANO
Another antioxidant powerhouse loaded with phenols. Rosmarinic acid has demonstrated antimicrobial activity against food-borne pathogens, and can be used topically as an herbal antiseptic.

CUMIN
Seeds have significant antiglycemic effect and help reverse metabolic abnormalities in diabetes. Also stimulate bile acid production and its secretion into bile.

GARLIC
Pungent sulfur compounds promote heart health via beneficial effects on lipid metabolism and reduction of cholesterol levels. May also reduce blood pressure and retard cancer growth.

MUSTARD
Has strong antimicrobial effects. Loaded with glucosinolate phytonutrients and their component isothiocyanates, which inhibit growth of cancer cells, especially in the gastrointestinal tract.

ROSEMARY
Carnosic acid may shield brain from free-radical damage, lowering risk of stroke and neurodegenerative diseases. May also improve memory. Additional antioxidants detoxify carcinogens.

MINT
Stimulates bile acid production in liver and its secretion into bile. Antioxidants in mint include vitamin C and the phytonutrient perillyl alcohol, which has been shown to prevent cancer growth.

TURMERIC
A component of curry, its active ingredient curcumin has neuroprotective and anti-aging effects on the brain, anti-inflammatory effects, and slows spread of breast cancer. May also prevent strokes.

BASIL
Boasts wide range of polyphenols, on a par with berries. Green basil is rich in flavonoids, purple varieties in antiprotecive properties. The phenolic gingerol subsides inflammation; studies show it reduces viability of gastric cancer cells.

GINGER
The antioxidant gingerone appears to have specific brain-protective properties. The phenolic gingerol subsides inflammation; studies show it reduces viability of gastric cancer cells.

RED PEPPER
Active ingredient capsaicin is used topically to relieve pain of peripheral neuropathy. Also stimulates bile acid and may aid weight loss by boosting metabolism. The hotter the pepper, the more antioxidants.

BLACK PEPPER
Contains free-radical scavenger pinene, which counteracts oxidative stress from consuming high-fat diet. Piperine increases absorption of selenium, vitamin B, beta-carotene, and other nutrients.