

## Essential Oils Antioxidant Capacity

### Clove 10,786,875

Cinnamon bark 103,448  
Thyme 159,590  
Oregano 153,007  
Mountain Savory 113,071  
Cistus 38,648  
Eucalyptus globulus 24,157  
Orange 18,898  
Lemongrass 17,765  
Helichrysum 17,430  
Ravensara 8,927  
Lemon 6,125  
Spearmint 5,398  
Lavender 3,669  
Rosemary CT cineole 3,309  
Juniper 2,517  
Roman Chamomile 2,446  
Sandalwood 1,655

### Foods - Antioxidant Capacity

GOJI Berry/Wolfberry 25,300  
Blueberries 2,400  
Kale 1,770  
Strawberries 1,540  
Spinach 1,260  
Raspberries 1,220  
Brussels sprouts 980  
Plums 949  
Beets 840  
Broccoli florets 890  
Oranges 750  
Red grapes 739  
Red bell peppers 710  
Cherries 670  
Yellow corn 400  
Eggplant 390  
Carrots 210

### Antioxidant ratings:

Vitamin C 100  
Vitamin E 100  
Carrots 210  
Oranges 750  
Beets 840  
Tahitian NONI 1,506  
Raspberries 1,220  
Strawberries 1,540  
Blueberries 2,400  
Pomegranates 3,000  
Wolfberries 25,300  
Thyme Oil 159,590  
Clove Oil 10,786,875

Reference: "The Essential Oils Desk Reference" page 415

For More ORAC Value Information:

<http://www.oracvalues.com/sort/orac-value>