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This book provides a comprehensive and up-to-date overview of the role of natural antioxidants and anticarcinogens in atherosclerosis, cancer and diabetes prevention. It presents important new information on the presence of various flavonoids found in berries, vegetables and fruits and on their antioxidative potencies, as well as the role of antioxidative vitamins and carotenoids in the prevention of cardiovascular diseases, diabetes and cancers. In addition, the measurement of oxidative stress in humans is dealt with. Natural Antioxidants and Anticarcinogens in Nutrition, Health and Disease represents the most recent information and state-of-the-art knowledge on the role of antioxidative vitamins, carotenoids and flavonoids in ageing, atherosclerosis, and diabetes, as well as the role of natural anticarcinogenic compounds, particularly lignans and isoflavonoids, and cancer prevention. It is highly interdisciplinary, and will be of importance to all scientists working in the medical, biomedical, nutritional and food sciences, as well as to academics.

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