

Comparison of different foods and natural substances on the ORAC Scale

Essential Oil Antioxidant Capacity		Foods Antioxidant Capacity	
Clove	1,078,700	Vitamin E oil	3,309
Myrrh	379,800	Pomegranates	3,037
Citronella	312,000	Blueberries	2,400
Coriander	298,300	Kale	1,770
Fennel	238,400	XanGo juice	1,644
Clary sage	221,000	Strawberries	1,540
German chamomile	218,600	Tahitian Noni	1,506
Cedarwood	169,000	Spinach	1,260
Rose	160,400	Raspberries	1,220
Nutmeg	158,100	Brussels sprouts	980
Melissa	134,300	Plums	949
Marjoram	130,900	Broccoli florets	890
Ylang ylang	130,000	Beets	840
Palmarosa	127,800	Oranges	750
Rosewood	113,200	Red grapes	739
Manuka	106,200	Red bell peppers	710

Wintergreen	101,800	Cherries	670
Geranium	101,000	Yellow corn	400
Ginger	99,300	Eggplant	390
Bay laurel	98,900	Limu juice	305
Eucalyptus citriodora	83,000	Carrots	210
Cumin	82,400		
Black pepper	79,700	Essential Oils Antioxidant Capacity	
Vetiver	74,300	Grapefruit	22,600
Petitgrain	73,600	Hyssop	20,900
Blue cypress	73,100	Balsam fir	20,500
<i>Citrus hystrix</i> (limette)	69,200	Niaouli	18,600
Douglas fir	69,000	Thyme	15,960
Blue tansy	68,800	Oregano	15,300
Goldenrod	61,900	Cassia	14,800
<i>Melaleuca ericifolia</i>	61,100	Sage	11,300
Blue yarrow	55,900	Mountain savory	10,340
Spikenard	54,800	Cinnamon bark	7,100

Basil	54,000	Tsuga	6,200
Patchouli	49,400	Valerian	3,860
White fir	47,900	Cistus	3,860
Tarragon	37,900	Eucalyptus globulus	2,410
Cajeput	37,600	Orange	1,890
Peppermint	37,300	Lemongrass	1,780
Cardamom	36,500	Helichrysum	1,740
Dill	35,600	Ravensara	890
Celery seed	30,300	Lemon	660
Canadian Fleabane	26,700	Frankincense	630
Mandarin	26,500	Spearmint	540
Lime	26,200	Lavender	360
Galbanum	26,200	Rosemary	330
Myrtle	25,400	Juniper	250
Cypress	24,300	Roman chamomile	240