

SIRTUIN ACTIVATORS LIST

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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|-----------------------------|-------------------------------------|
| ✓ APIGENIN: | celery - chamomile - parsley |
| ✓ DAIDZEIN: | chickpeas - peanuts - soybeans |
| ✓ EPIGALLOCATECHIN: | green tea - persimmon - pomegranate |
| ✓ FISETIN: | apple - cucumber - strawberries |
| ✓ FORMONONETIN: | green beans - lima beans - soybeans |
| ✓ HYDROXYTYROSOL: | olive leaf - olive oil - olives |
| ✓ ISOLIQUIRITIGENIN: | liquorice - shallots - soybeans |
| ✓ ISORHAMNETIN: | ginkgo biloba - mustard - turnip |
| ✓ KAEMPFEROL: | broccoli - parsley - spinach |
| ✓ LUTEOLIN: | artichoke - celeriac - carrots |
| ✓ MYRICETIN: | grapes - raspberries - walnuts |
| ✓ PICEATANNOL: | cranberries - red grapes - red wine |
| ✓ QUERCETIN: | capers - lovage - onions |
| ✓ RESVERATROL: | blueberries - red grapes - red wine |