

Glossary

- **Phytochemicals:** Phytochemicals are certain organic components of plants which scientists have isolated as being beneficial to human health in a different way from traditional antioxidants.
- **Allicin****Lycopene** is a carotenoid pigment, found in tomatoes and other red fruits, like watermelon, papaya, pink grapefruit and pink guava.
- **Antioxidants** are chemicals that interact with and neutralize free radicals, thus preventing them from causing damage. **Antioxidants** are also known as “free radical scavengers.” The body makes some of the **antioxidants** it uses to neutralize free radicals
- **Cardiovascular disease :****Cardiovascular** disease (CVD) is a term used to describe all diseases of the heart and blood vessels. Coronary heart disease which includes heart attacks.
- **Anthocyanins :**Anthocyanins are water soluble strong colours and have been used to colour food since historical times. Extracts of berries have been used to colour drinks, pastries and other foods.
- **Geraniol:** Geraniol is acyclic monoterpene-alcohol. Pure geraniol is a colourless oily liquid, with a sweet rose-like scent. When oxidized, geraniol becomes geranial or citral. It is present in Bergamot, carrot, coriander, lavender, lemon, lime, nutmeg, orange, rose, blueberry and blackberry.
- **Allicin :**Allicin is an organosulfur compound obtained from garlic, a species in the family Alliaceae.
- **Immune system :** The **immune system** protects the body from possibly harmful substances by recognizing and responding to antigens. Antigens are substances (usually proteins) on the surface of cells, viruses, fungi, or bacteria.
- **Phytoestrogen:** Phytoestrogens are plant-based compounds that are structurally similar to estrogen, the primary female sex hormone. Phytoestrogens may reduce risk of adult bone loss and the sensation of elevated body temperature known as “hot flashes”.

- **Colon cancer** : **Colon cancer** is cancer of the large intestine (colon), the lower part of your digestive system. Rectal cancer is cancer of the last several inches of the colon.
- **Osteoporosis**: **Osteoporosis** causes bones to become weak and brittle — so brittle that a fall or even mild stresses like bending over or coughing can cause a fracture.
- **Flavonoids** are a group of plant metabolites thought to provide health benefits through cell signalling pathways and antioxidant effects. These molecules are found in a variety of fruits and vegetables and include over 6,000 already-identified family members.
- RNA polymerase, also known as DNA-dependent RNA polymerase, is an enzyme that produces primary transcript RNA. In cells, RNAP is necessary for constructing RNA chains using DNA genes as templates, a process called transcription.
- A **tumor**, also known as a neoplasm, is an abnormal mass of tissue which may be solid or fluid-filled. A **tumor** does not mean cancer - **tumors** can be benign (not cancerous), pre-malignant (pre-cancerous), or malignant (cancerous).