

Comparison of ORAC Values (Antioxidant Activity) in Fresh Fruit
Fresh or Raw Fruit **Total ORAC (micromoles TE/g)**

Açaí Fruit (freeze-dried OptiAcai)	1027
Açaí Fruit (fresh)	185
Cranberry	95
Blueberry (low bush)	93
Plums (black)	73
Plums	62
Blueberry (cultivated)	62
Blackberry	53
Raspberry	49
Apple, Red Delicious (with peel)	43
Açaí Fruit, frozen	40*
Apple, Granny Smith	39
Strawberry	36
Cherries (sweet)	34
Apple, Red Delicious (no peel)	29
Apple, Gala	28
Apple, Golden Delicious (with peel)	27
Apple, Fuji	26
Apple, Golden Delicious (no peel)	22
Applesauce	20
Avocado (Haas)	19
Pears (green cultivars)	19
Pear (Red Anjou)	18
Orange (Navel)	18
Peaches	18
Tangerines	16
Grapefruit (red)	16
Apricot	13
Grapes (red)	13
Grapes (green)	11
Mango	10
Kiwifruit	9
Bananas	9
Pineapples	8
Nectarines	8
Peaches, canned in heavy syrup	4
Cantaloupe	3
Honeydew melons	2
Watermelon	1

*Lab analysis of hydrophilic ORAC value only (Brunswick Labs, 2005), Schauss, AG et al. Federation of Societies Experimental Biology Journal, 2006c.

(Source: Wu, X et al. *Journal of Food Composition and Analysis*, 2004; Wu, X et al. *Journal of Agricultural and Food Chemistry*, 2004; Schauss AG et al. *Journal of Agricultural and Food Chemistry*, 2006a; Schauss AG et al. *Journal of Agricultural and Food Chemistry*, 2006b; Schauss, AG et al. *Federation of Societies Experimental Biology Journal*, 2006c.)