
isoprenoids These are not antioxidants but anti-cancer agents that retard tumor growth by inhibiting cell proliferation. Examples of isoprenoids are alpha-limonene (found in citrus oils), geraniol, carvone, and menthol. Rich sources in the diet are herbs, spices, barley, rice bran, olives, wine, eggs, dairy products, and certain essential oils

used in flavoring. Isoprenoids in animal experiments also lead to the increased production of a group of enzymes that detoxify many environmental poisons. Isoprenoids also increase the liver output of two enzymes concerned in antioxidant defenses. Thus, isoprenoids have indirect antioxidant properties. Not all beneficial agents in fruit and vegetables are antioxidants. If you decide to rely on antioxidant supplements rather than increasing the fruits and vegetables in your diet, you will be depriving yourself of the added protection offered by isoprenoids (and probably other as yet unknown chemicals) against cancer and many environmental poisons. It is to be hoped that some isoprenoids may be added to antioxidant supplements.