

Dietary Flavonoids That Protect Retinal Cells From Injury and Death Macular Degeneration



Luteolin Spinach, wild greens, hot peppers, celery, herbs-thyme, parsley, mint.

Quercetin Onion (esp. yellow), cranberries, cocoa, wild greens, capers, fennel, spinach, chives, celery, cherries, blueberries, apples, kale, red wine.



Eriodictyol Peppermint, citrus juices (lemon, lime, sour orange).

Fisetin Strawberries, tomatoes, onion, oranges, apples, peaches, grapes, kiwi, persimmons.

