A Pronunciation Guide for Beneficial Phytochemicals
Found Naturally in Fruits and Vegetables

allicin (al´-la-sin)
anthocyanin (an-tho-sigh´-a-nin)
beta carotene (bay´-ta care´-a-teen)
betacyanin (bay-ta-sigh´-a-nin)
carotenoid (care-a´t-on-noid)
chlorophyll (klor´-a-fill)
cruciferous (crew-sif¨-fer-us)
edamame (ed´-a-mommy)
ellagic (ee-ladge´-ic)
flavanone (flaiwe´-a-known)
flavonoid (flaiwe´-annoyed)
folic (fole´-ic)
genistein (jen´-is-steen)
glutathione (gloot-a-thigh´-own)
indole (in´-doal)
isoflavone (eye-so-flave´-own)
isothiocyanate (eye-so-thigh-o-sigh´-a-nate)
jicama (hick´-ah-ma)
limonoid (lime´-annoyed)
lutein (lue´-teen)
lycopene (lye´-coe-peen)
nutraceutical (new-tra-sue´-tic-cull)
phytoestrogen (fight-o-es´-troe-jen)
polyacetylene (poly-a-set´-a-leen)
polyphenol (poly-fee´-nol)
quercitin (kwhee´-ri-tin)
resveratrol (res-veer´-a-trol)
saponin (sah-poe´-nin)
sulfuraphane (sul-four´-a-fane)
tannin (tan´-nin)
zeaxanthin (zee-a-zan´-thin)

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