

A photograph of lemons, essential oil bottles, and a lemon slice on a white wooden surface. The background shows three whole lemons and a white ceramic bowl. In the foreground, two small brown glass bottles of essential oil and a single lemon slice are visible on a white wooden plank surface.

ESSENTIAL OIL ORAC LEVELS

ORAC LEVELS

Essential Oils Antioxidant Capacity

Clove	10,786,875
Cinnamon bark	103,448
Thyme	159,590
Oregano	153,007
Mountain Savory	113,071
Cistus	38,648
Eucalyptus globulus	24,157
Orange	18,898
Lemongrass	17,765
Helichrysum	17,430
Ravensara	8,927
Lemon	6,125
Spearmint	5,398
Lavender	3,669
Rosemary CT cineole	3,309
Juniper	2,517
Roman Chamomile	2,446
Sandalwood	1,655

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These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease.

Foods - Antioxidant Capacity

GOJI Berry/Wolfberry	25,300
Blueberries	2,400
Kale	1,770
Strawberries	1,540
Spinach	1,260
Raspberries	1,220
Brussels sprouts	980
Plums	949
Beets	840
Broccoli florets	890
Oranges	750
Red grapes	739
Red bell peppers	710
Cherries	670
Yellow corn	400
Eggplant	390
Carrots	210

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Antioxidant ratings:

Vitamin C	100
Vitamin E	100
Carrots	210
Oranges	750
Beets	840
Tahitian NONI	1,506
Raspberries	1,220
Strawberries	1,540
Blueberries	2,400
Pomegranates	3,000
Wolfberries	25,300
Thyme Oil	159,590
Clove Oil	10,786,875

Reference: "The Essential Oils Desk Reference" page 415
