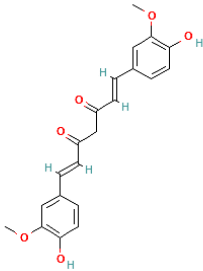
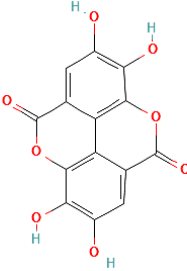
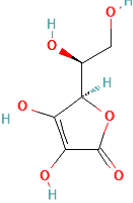
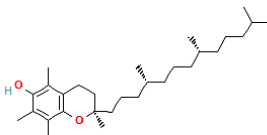
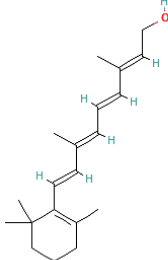
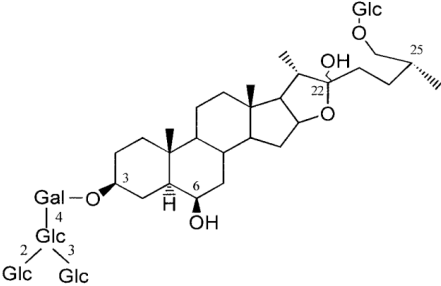
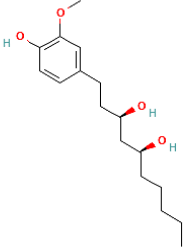
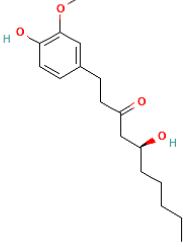
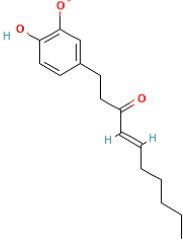
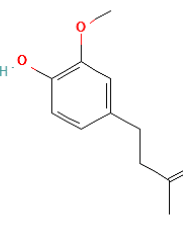
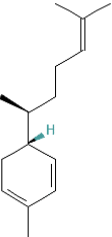
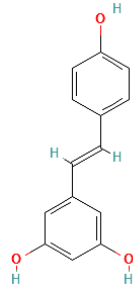
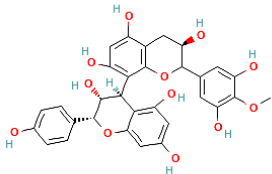
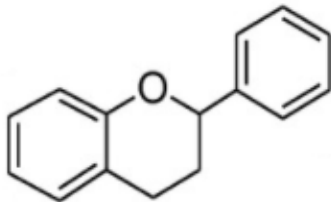
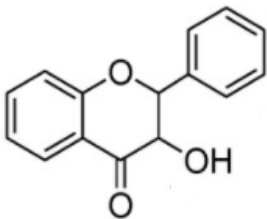


Supplementary Table:			
Bioactive compound	Present in	Chemical structures	References
Curcumin	-	 <p>The chemical structure of Curcumin is shown, featuring two 4-hydroxy-3-methoxyphenyl rings connected by a heptadiene chain. The structure is symmetrical, with a central double bond and two terminal double bonds, each substituted with a 4-hydroxy-3-methoxyphenyl group.</p>	[1]
Ellagic acid	-	 <p>The chemical structure of Ellagic acid is shown, consisting of two naphthalene-1,8-dicarboxylic acid units linked by two ester bonds. The structure is symmetrical, with two naphthalene rings, each substituted with two carboxylic acid groups and two ester groups.</p>	[2]
Vitamin C	Garlic	 <p>The chemical structure of Vitamin C (Ascorbic acid) is shown, featuring a five-membered lactone ring with two hydroxyl groups on the double bond, and a side chain with two hydroxyl groups and a terminal hydroxymethyl group.</p>	[3,4]
Vitamin E	-	 <p>The chemical structure of Vitamin E (Tocopherol) is shown, consisting of a chromanol ring substituted with a hydroxyl group and a long phytyl side chain. The structure is symmetrical, with a chromanol ring and a long phytyl side chain.</p>	[5]
Vitamins A	Garlic	 <p>The chemical structure of Vitamin A (Retinol) is shown, consisting of a cyclohexene ring substituted with two methyl groups and a side chain with four double bonds and a terminal hydroxyl group.</p>	[3,6]

Saponins (e.g. proto- eruboside-B)	Garlic		[3,7]
Gingerdiol	Ginger		[8,9]
Gingerol	Ginger		[8,10]
Shogaols	Ginger		[8,11]
Zingerone	Ginger		[8,12]
Zingibrene	Ginger		[8,13]

Resveratrol	Grape		[14-16]
Pro-anthocyanidins	Grape		[17,18]
Flavonoids	Grape Propolis		[14,15] [19,20]
Flavonols	Green tea		[21,23]

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