



Dictionary of Flavonoids with CD-ROM

John Buckingham, V. Ranjit N. Munasinghe

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Widely distributed throughout plant families, flavonoids give many flowers and fruits their vibrant colors. They also play a role in protecting the plants from microbe and insect attacks. More importantly, the consumption of foods containing flavonoids has been linked to numerous health benefits. Recent research indicates that flavonoids can be nutritionally helpful by triggering enzymes that reduce the risk of certain cancers, heart disease, and age-related degenerative diseases. Foods that contain high amounts of flavonoids include blueberries, red beans, cranberries, and blackberries. Many other foods, including red and yellow fruits and vegetables and some nuts, as well as red wine and certain teas are also rich in flavonoids.

Due the potential health benefits, research into flavonoids and their potential beneficial effects on human health continues unabated. **Dictionary of Flavonoids with CD-ROM** lists all known flavonoids (approximately 13,000) in a single volume. It details chemical structures, physical properties, and biological source, and also includes a concise bibliography. Derived from the well-respected *Dictionary of Natural Products*, it is presented in a compact dictionary format, and is an invaluable reference source for all those working in this area. The book is accompanied by a CD-ROM fully searchable by chemical structure as well as by physical properties and chemical names.

Organized in alphabetical order, each page is packed with authoritative information that readers can easily access. The book and CD-ROM combination gives researchers powerful tools for unlocking and utilizing the secrets held within the colors of the plant kingdom.

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