Glucuronidation

Astaxanthin
Algae, yeast, salmon, trout, krill, shrimp, and crayfish

Citrus Peels

Cruciferous vegetables

Curcumin
Turmeric, curry powder

Dandelion

Ellagic acid
Berries, pomegranate, grapes, walnuts, and blackcurrants

Ferulic acid
Whole grains, roasted coffee, tomatoes, asparagus, olives, berries, peas, vegetables, and citrus

Honeybush tea

Resveratrol
Grapes, wine, peanuts, soy, and itadori tea

Rooibos tea

Rosemary

Soy