Glutathione S-transferases

**Cruciferous vegetables**
Broccoli, cauliflower, fresh cabbage (red and green), brussels sprouts and fresh radish sprouts

**Allium vegetables**
Fresh chives, leeks, garlic, and onion

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

**Fish oil**

**Black soybean**

**Purple sweet potato**

**Curcumin**

**Green tea**

**Rooibos tea**

**Honeybush tea**

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

**Rosemary**

**Ghee (clarified butter)**

**Apiaceous vegetables**
Celery, parsley, parsnips,

**Quercetin**
Apple, apricot, blueberries, yellow onion, kale, and alfalfa sprouts, green beans, broccoli, black tea