

# SIRTUIN ACTIVATORS LIST

**FUNMEDDEV Ltd.**

Your health today and tomorrow

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21<sup>st</sup> October 2018

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- |                                    |  |
|------------------------------------|--|
| ✓ <b>APIGENIN:</b>                 | celery - parsley - chamomile                               |
| ✓ <b><u>CURCUMIN:</u></b>          | turmeric   |
| ✓ <b>DAIDZEIN:</b>                 | soybeans - chickpeas - peanuts                             |
| ✓ <b>EPICATECHIN:</b>              | cocoa  |
| ✓ <b><u>EPIGALLOCATECHIN:</u></b>  | green tea (especially <u>matcha</u> ) - persimmon          |
| ✓ <b>FISETIN:</b>                  | strawberries - apple - persimmon                           |
| ✓ <b>FORMONONETIN:</b>             | green beans - lima beans – soybeans                        |
| ✓ <b><u>HONOKIOL:</u></b>          | magnolia bark tea  |
| ✓ <b>HYDROXYTYROSOL:</b>           | extra virgin olive oil - olives - tapenade                 |
| ✓ <b><u>ISOLIQUIRITIGENIN:</u></b> | liquorice - shallots - soybeans                            |
| ✓ <b>ISORHAMNETIN:</b>             | ginkgo biloba - mustard - turnip                           |
| ✓ <b>KAEMPFEROL:</b>               | kale - rocket - capers                                     |
| ✓ <b>LUTEOLIN:</b>                 | red chicory - celery - artichoke - chillies                |
| ✓ <b>MYRICETIN:</b>                | parsley - blackcurrants - grapes - raspberries             |
| ✓ <b>PICEATANNOL:</b>              | red wine (esp. <u>Madiran</u> ) - cranberries - red grapes |
| ✓ <b><u>QUERCETIN:</u></b>         | capers - lovage - shallots - red onions                    |
| ✓ <b><u>RESVERATROL:</u></b>       | red wine (esp. <u>Madiran</u> ) - red grapes - blueberries |