

# Antioxidant Properties of Nutrient Dense Berries

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Nutrient dense berries, such as goji and açai, are increasingly popular additions to granola and smoothies because of their high antioxidant capacities. For most, the antioxidant capacity derives from polyphenols and flavanols. Goji berries, however, contain phenolic amides, a separate class of antioxidant. The berries we've chosen are available in dried and powdered form, and we'd like to analyze both samples to look for potential differences between them. Multiple methods of antioxidant analysis will be used to quantify the individual components and their contribution to the overall antioxidant potential of the berries. Synergistic effects between the antioxidants have been demonstrated in this lab, though the effects of phenolic amides are unknown.

