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Flavonoid

National Cancer Institute

Source

National Cancer Institute. *Flavonoid*. NCI Thesaurus. Code C1745.

One of a number of chemical compounds found in certain fruits, vegetables and seeds with antioxidant properties and potential antineoplastic properties. As polyphenolic, soluble plant pigments, flavonoids are usually subdivided into 5 subgroups flavonols, flavones, flavonones, flavan-3-ols, anthocyanidins. Although not considered essential nutrients, some flavonoids may be beneficial to health by strengthening and protecting blood vessels and connective tissue and acting as anti-inflammatory, antihistaminic, and antiviral agents. As antioxidants, some flavonoids may protect lipids from oxidative damage or retard the formation of cataracts. (NCI04)