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White Carrot

National Cancer Institute

Source

National Cancer Institute. *White Carrot*. NCI Thesaurus. Code C126649.

A vegetable, also known as Arracacha, with potential chemopreventive, anti-oxidant and protective activities. White carrot contains a variety of nutrients, including minerals and vitamins. Polyacetylenes, including falcarinol, falcarindiol and falcarindiol-3-acetate are mainly responsible for its potential anti-cancer activity.