

# FLAVONOID REFERENCE CHART

Flavonoids are polyphenols ubiquitous in plants and constituents of many foods that we eat. They may modify the way our bodies respond to allergens, viruses, and carcinogens, and studies indicate that flavonoids may help in the prevention of certain cancers and cardiovascular diseases, as well as being anti-inflammatory and antioxidants. Over 20 flavonoids are found in cannabis. Here are some of the more common flavonoids in cannabis.

