

11. TEN SPICES WITH BIOACTIVE COMPOUNDS

Spice/ Herb (form)	Key Bioactive Compound(s)	Mitochondrial Action	Peak Potency (years)
Black pepper (ground)	Piperine	Enhances the absorption and bioavailability of curcumin and other plant compounds.	2-3
Ceylon cinnamon (ground)	Cinnamaldehyde and polyphenols	Supports healthy glucose metabolism and helps protect mitochondria from oxidative stress.	2-3
Chili peppers (flakes or cayenne)	Capsaicin	Supports metabolic signaling, inflammatory balance, and mitochondrial function.	2-3
Cloves (ground)	Eugenol	Provides concentrated antioxidant protection that helps limit oxidative damage to mitochondrial DNA.	2-3
Cumin (ground)	Cuminaldehyde and polyphenols	Mitigates oxidative damage to cellular proteins and supports key metabolic pathways that feed fuel directly into the citric acid cycle.	2-3
Garlic (dried or ground)	Allicin and other organosulfur compounds	Supports mitochondrial antioxidant defenses and healthy cellular signaling.	2-3
Ginger Root (Ground)	Gingerols & Shogaols	Helps regulate oxidative stress and supports mitochondrial membrane function.	2-3
Oregano (Dried)	Carvacrol & Thymol	Supports antioxidant defenses and helps protect mitochondrial membranes.	1-2
Rosemary (Dried)	Rosmarinic & Carnosic Acid	Helps limit mitochondrial lipid oxidation and activates cellular antioxidant defenses.	1-2
Tumeric (Ground)	Curcumin	Supports mitochondrial biogenesis and activates Nrf2 antioxidant signaling.	2-3

From: ***The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity***

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