

Tab. 1: Effekte von sekundären Pflanzenstoffen

	A	B	C	D	E	F	G	H	I	J
Karotinoide	✓		✓		✓					
Phytosterine	✓							✓		
Saponine	✓	✓			✓			✓		
Glucosinolate	✓	✓						✓		
Polyphenole	✓	✓	✓	✓	✓	✓	✓		✓	
Protease-Inhibitoren	✓		✓						✓	
Terpene	✓									
Phytoöstrogene	✓		✓							
Sulfide	✓	✓	✓	✓	✓	✓	✓	✓		✓
Phytinsäure	✓		✓		✓			✓	✓	

A = antikarzinogen; B = antimikrobiell; C = antioxidativ; D = antithrombotisch; E = Immunmodulation; F = entzündungshemmend; G = Blutdruck-regulierend; H = Cholesterin-senkend; I = Regulation des Blutzuckers; J = verdauungsfördernd