

BETTER GRAIN

Antioxidant Comparison Report

Einkorn vs Conventional Wheat

LABORATORY	Utah State University
DATE	Spring 2026
ANALYSIS	Antioxidant Profile

Antioxidant Analysis Breakdown

The following data compares key antioxidant levels found in Better Grain Einkorn versus the average for Conventional Wheat. Green highlights indicate where Einkorn offers superior nutritional value.

2-hydroxy-4-methoxybenzaldehyde

100% HIGHER in Einkorn

Better Grain Einkorn



456.4 ug/100g

Conventional Wheat

0.0 ug/100g

A phenolic aldehyde reported to have antioxidant and antimicrobial activity in vitro, partly through radical scavenging and metal-chelation. It is also studied as a reactive aromatic aldehyde that can modulate redox-sensitive signaling in cell models.

2-hydroxycinnamic acid

100% HIGHER in Einkorn

Better Grain Einkorn



1.64 ug/100g

Conventional Wheat

0.0 ug/100g

Also known as o-coumaric acid, this phenolic acid shows antioxidant and anti-inflammatory effects in preclinical studies, including inhibition of oxidative stress pathways. It can also exhibit antimicrobial activity against some bacteria and fungi in vitro.

2-hydroxyisocaproic acid

381% HIGHER in Einkorn



A leucine-derived metabolite (HICA/leucic acid) produced in human metabolism and some fermented foods; it has been studied for reducing markers of muscle protein breakdown and soreness in small human studies. It also shows antimicrobial effects against certain microbes in vitro.

3-(4-hydroxyphenyl)lactic acid

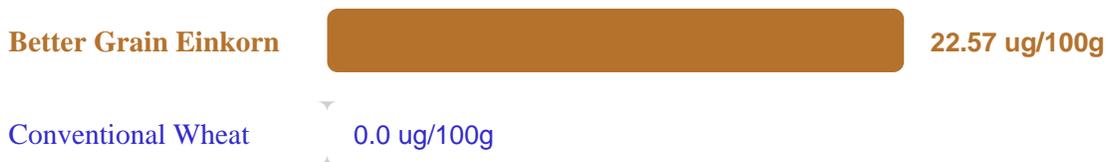
78% LOWER in Einkorn



A tyrosine-derived microbial/host metabolite commonly produced by lactic acid bacteria; reported to inhibit growth of some pathogens and spoilage organisms. It also exhibits antioxidant activity in chemical and cell-based assays.

3,4-dihydroxybenzoic acid/ethyl 3,4-dihydroxybenzoate

100% HIGHER in Einkorn



Protocatechuic acid and its ethyl ester are phenolic antioxidants that can reduce lipid peroxidation and inflammatory signaling in preclinical models. The ethyl ester is more lipophilic, which may enhance cellular uptake while retaining antioxidant activity.

3-hydroxybenzyl alcohol

100% HIGHER in Einkorn



A simple phenolic alcohol with reported free-radical scavenging and mild anti-inflammatory activity in vitro. It may also contribute to antimicrobial defense by perturbing microbial membranes at sufficient concentrations.

3-phenyllactic acid

15% HIGHER in Einkorn



A metabolite produced by lactic acid bacteria with broad antimicrobial activity, especially antifungal effects important for food preservation. It can inhibit spore germination and disrupt microbial growth in vitro.

4-allylcatechol

NO DIFFERENCE



A catechol derivative reported to have antioxidant and anti-inflammatory properties in preclinical studies, including scavenging reactive oxygen species. It has also been studied for antimicrobial activity against selected bacteria and fungi.

4-ethylphenol

100% HIGHER in Einkorn



A volatile phenolic compound that can affect membranes and shows antimicrobial or cytotoxic effects at higher concentrations in vitro. In biological systems it is best viewed as a bioactive phenol that may contribute to oxidative stress and irritation depending on dose and context.

4-hydroxybenzaldehyde

28% LOWER in Einkorn



A phenolic aldehyde reported to show antioxidant and anti-inflammatory effects in cell and animal models, including attenuation of oxidative damage. It has also been described to have antimicrobial activity against some microorganisms in vitro.

4-hydroxybenzoic acid

373% HIGHER in Einkorn



A phenolic acid with antioxidant properties and mild antimicrobial effects; it is also the parent structure for paraben preservatives. In preclinical studies it can modulate inflammatory pathways linked to oxidative stress.

4-o-caffeoylquinic acid/cryptochlorogenic acid/4-caffeoylquinic acid

39574% HIGHER in Einkorn

Better Grain Einkorn



2082.86 ug/100g

Conventional Wheat



5.25 ug/100g

A chlorogenic-acid isomer widely reported as an antioxidant that scavenges radicals and limits lipid peroxidation. Preclinical work also suggests anti-inflammatory and metabolic effects (e.g., glucose/lipid handling) through modulation of oxidative-stress signaling.

5-caffeoylquinic acid/5-o-caffeoylquinic acid

1496% HIGHER in Einkorn

Better Grain Einkorn



86.05 ug/100g

Conventional Wheat



5.39 ug/100g

Commonly called chlorogenic acid, it has strong antioxidant activity and can dampen inflammatory signaling in preclinical models. It is also studied for effects on glucose metabolism and lipid oxidation, with most evidence coming from in vitro and animal studies.

5-feruloylquinic acid

588% HIGHER in Einkorn

Better Grain Einkorn



109.66 ug/100g

Conventional Wheat



15.94 ug/100g

A ferulic-acid ester of quinic acid reported to have antioxidant and anti-inflammatory activities in preclinical systems. It may help protect biomolecules from oxidative damage and influence vascular or metabolic pathways linked to redox balance.

6,7,4'-trihydroxyisoflavone

90% LOWER in Einkorn

Better Grain Einkorn



4.34 ug/100g

Conventional Wheat



41.75 ug/100g

An isoflavone (polyphenol) reported to act as an antioxidant and anti-inflammatory agent in cell-based studies. Like other isoflavones, it may also weakly modulate estrogen-receptor signaling, though biological impact depends strongly on dose and metabolism.

6,7-dihydroxycoumarin/esculin

100% HIGHER in Einkorn

Better Grain Einkorn



0.53 ug/100g

Conventional Wheat



0.0 ug/100g

Aesculetin (6,7-dihydroxycoumarin) and its glycoside esculin are reported antioxidants that can reduce oxidative stress and inflammation in preclinical models. They are also studied for vasoprotective and capillary-stabilizing effects, especially in venous/vascular contexts.

apigenin

494% HIGHER in Einkorn

Better Grain Einkorn



98.36 ug/100g

Conventional Wheat



16.55 ug/100g

A dietary flavone with well-documented antioxidant and anti-inflammatory activity in preclinical studies, including inhibition of NF-κB-related signaling. It is also studied for anticancer and neuroprotective effects in vitro and animal models, with bioavailability as a key limiter.

astilbin

100% HIGHER in Einkorn

Better Grain Einkorn



0.75 ug/100g

Conventional Wheat

0.0 ug/100g

A flavanone glycoside reported to have antioxidant and anti-inflammatory effects, including immunomodulatory actions on cytokine production in preclinical studies. It has also been investigated for anti-allergic and organ-protective effects in animal models.

baimaside/quercetin-3-o-sophoroside

100% HIGHER in Einkorn

Better Grain Einkorn



3.4 ug/100g

Conventional Wheat

0.0 ug/100g

A quercetin glycoside reported to scavenge reactive oxygen species and reduce lipid peroxidation in vitro. Preclinical studies also suggest anti-inflammatory activity, likely via pathways similar to quercetin but influenced by glycoside metabolism.

biochanin a

100% HIGHER in Einkorn

Better Grain Einkorn



26.9 ug/100g

Conventional Wheat

0.0 ug/100g

An O-methylated isoflavone (from red clover/legumes) with phytoestrogenic activity and antioxidant/anti-inflammatory effects in preclinical models. It is also studied for effects on metabolic enzymes and potential anticancer activity in vitro.

Caffeic acid/trans-Caffeate/3,4-Dihydroxy cinnamic acid

6216% HIGHER in Einkorn

Better Grain Einkorn



2570.66 ug/100g

Conventional Wheat



40.7 ug/100g

A common plant phenolic with strong antioxidant activity and broad anti-inflammatory effects in cell and animal studies (e.g., reducing oxidative stress and inflammatory mediators). It also shows antimicrobial activity against select bacteria, fungi, and viruses in vitro.

calycosin

458% HIGHER in Einkorn

Better Grain Einkorn



60.84 ug/100g

Conventional Wheat



10.91 ug/100g

An isoflavone reported to show antioxidant and anti-inflammatory effects and to modulate estrogen-related signaling in preclinical studies. It has been investigated for cardiovascular and neuroprotective actions in animal models.

catechin

38% LOWER in Einkorn

Better Grain Einkorn



29.77 ug/100g

Conventional Wheat



48.31 ug/100g

A flavanol (notably in tea and cocoa) with antioxidant activity that can improve endothelial function markers and reduce oxidative stress in preclinical and some human nutrition studies. It also has anti-inflammatory and antimicrobial effects in vitro.

catechol

311% HIGHER in Einkorn

Better Grain Einkorn



22.27 ug/100g

Conventional Wheat



5.42 ug/100g

A small phenolic that can act as an antioxidant at low levels but may become pro-oxidant through redox cycling at higher concentrations. It is also bioactive toward enzymes and microbes in vitro, and can be a skin/respiratory irritant depending on exposure.

chrysin

NO DIFFERENCE

Better Grain Einkorn



0.0 ug/100g

Conventional Wheat



0.0 ug/100g

A flavone reported to have antioxidant and anti-inflammatory effects in preclinical studies, including modulation of cytokines and oxidative-stress pathways. It has been explored for anticancer and endocrine-related activities in vitro, but oral bioavailability is typically low.

chrysoeriol

100% HIGHER in Einkorn

Better Grain Einkorn



45.49 ug/100g

Conventional Wheat



0.0 ug/100g

A methylated flavone reported to exert antioxidant and anti-inflammatory effects in preclinical systems and may promote vasorelaxation in isolated vessel models. It is also studied for anti-allergic and antimicrobial activity in vitro.

cinnamamide

100% HIGHER in Einkorn

Better Grain Einkorn



9.16 ug/100g

Conventional Wheat

0.0 ug/100g

An amide of cinnamic acid used as a bioactive scaffold; reported to show anti-inflammatory and analgesic effects in preclinical studies, with some derivatives displaying antimicrobial activity. Biological effects vary widely with substitution pattern and dose.

cyanidin

100% HIGHER in Einkorn

Better Grain Einkorn



1.49 ug/100g

Conventional Wheat

0.0 ug/100g

An anthocyanidin pigment with strong antioxidant activity that can suppress oxidative stress and inflammation in preclinical studies. It is also investigated for vascular-protective and metabolic effects (e.g., lipid and glucose pathways) in model systems.

cyanidin 3-glucoside/cyanidin-3-o-glucoside

100% HIGHER in Einkorn

Better Grain Einkorn



1.6 ug/100g

Conventional Wheat

0.0 ug/100g

A common anthocyanin with antioxidant and anti-inflammatory effects; it can protect lipids and proteins from oxidative damage in vitro and in animals. Some human studies associate anthocyanin intake with cardiometabolic benefits, though effects depend on dose and food matrix.

cyanidin 3-rutinoside/keracyanin

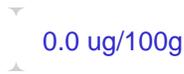
100% HIGHER in Einkorn

Better Grain Einkorn



10159.04 ug/100g

Conventional Wheat



0.0 ug/100g

An anthocyanin reported to have antioxidant and anti-inflammatory activity and to support capillary/vascular function in preclinical models. It is also studied for photoprotective and antimicrobial effects in vitro.

delphinidin 3-rhamnoside

100% HIGHER in Einkorn

Better Grain Einkorn



5.35 ug/100g

Conventional Wheat



0.0 ug/100g

An anthocyanin with potent antioxidant properties that can reduce inflammatory signaling and oxidative damage in preclinical studies. It has also been investigated for vascular and platelet-related effects in vitro.

diosmetin

100% HIGHER in Einkorn

Better Grain Einkorn



42.32 ug/100g

Conventional Wheat



0.0 ug/100g

A flavone aglycone (related to diosmin) reported to have antioxidant and anti-inflammatory activity, with vasoprotective effects in preclinical and clinical-adjacent vascular research. It is also studied for anticancer activity in vitro.

emodin 8-glucoside

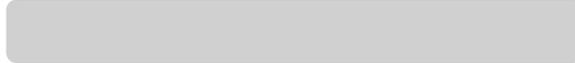
53% LOWER in Einkorn

Better Grain Einkorn



0.34 ug/100g

Conventional Wheat



0.72 ug/100g

A glycosylated anthraquinone that can be metabolized to emodin; reported to show anti-inflammatory and antimicrobial activity in preclinical models. Anthraquinone glycosides are also associated with laxative effects via intestinal metabolism, so physiological effects are dose- and context-dependent.

epicatechin

100% HIGHER in Einkorn

Better Grain Einkorn



5.43 ug/100g

Conventional Wheat



0.0 ug/100g

A cocoa/tea flavanol with antioxidant and anti-inflammatory effects and evidence for improving endothelial function and nitric-oxide-related signaling in human and animal studies. It is also studied for effects on insulin sensitivity and exercise-related vascular responses.

formononetin

100% HIGHER in Einkorn

Better Grain Einkorn



0.75 ug/100g

Conventional Wheat



0.0 ug/100g

An isoflavone with phytoestrogenic properties that shows antioxidant and anti-inflammatory activity in preclinical studies. It has been investigated for benefits to bone, cardiovascular, and metabolic pathways in animal models.

fraxin

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 ug/100g
	▲	
Conventional Wheat	▼	0.0 ug/100g
	▲	

A coumarin glycoside (fraxetin glucoside) reported to have antioxidant and anti-inflammatory effects, including protection against oxidative tissue injury in preclinical studies. It is also studied for vascular and liver-protective actions in animal models.

genkwanin

100% HIGHER in Einkorn

Better Grain Einkorn		63.73 ug/100g
Conventional Wheat	▼	0.0 ug/100g
	▲	

A methylated flavone (apigenin derivative) reported to inhibit inflammatory mediators and oxidative stress pathways in preclinical studies. It has also been investigated for antimicrobial and anticancer effects in vitro.

gentisic acid

100% LOWER in Einkorn

Better Grain Einkorn	▼	0.0 ug/100g
	▲	
Conventional Wheat		27.14 ug/100g

A dihydroxybenzoic acid and major salicylic-acid metabolite with antioxidant and anti-inflammatory activity in preclinical systems. It can scavenge reactive oxygen species and has been studied for protective effects in oxidative-stress models.

hercynine

11% LOWER in Einkorn



A histidine-derived betaine and key intermediate/oxidation product related to ergothioneine biology; it is often measured as a marker of ergothioneine turnover and oxidative processes. Its main biological significance is as part of cellular redox/antioxidant chemistry rather than as a standalone bioactive.

hesperetin

33% LOWER in Einkorn



A citrus flavanone with antioxidant and anti-inflammatory effects that can improve endothelial and lipid metabolism markers in preclinical and some human studies. It also modulates phase II metabolism and cell signaling linked to oxidative stress.

hesperetin 5-o-glucoside

NO DIFFERENCE



A glycosylated form of hesperetin with antioxidant and anti-inflammatory activity in preclinical studies; glycosylation can increase solubility and affects absorption and metabolism. In vivo, it is typically hydrolyzed to hesperetin and related metabolites.

hesperetin 7-o-glucoside

100% HIGHER in Einkorn

Better Grain Einkorn



3.08 ug/100g

Conventional Wheat

0.0 ug/100g

A hesperetin glycoside reported to have antioxidant and anti-inflammatory activity; as with other flavonoid glycosides, it is often metabolized to the aglycone and conjugates after ingestion. Biological effects in vivo therefore depend on intestinal and hepatic metabolism.

hirsutin

100% HIGHER in Einkorn

Better Grain Einkorn



76.26 ug/100g

Conventional Wheat

0.0 ug/100g

An isothiocyanate reported to activate cellular defense pathways (e.g., phase II detox/antioxidant enzymes) and exhibit chemopreventive-type bioactivity in preclinical studies. It can also show cytotoxic or antimicrobial effects in vitro depending on concentration and exposure.

homoplantaginin

100% HIGHER in Einkorn

Better Grain Einkorn



31.7 ug/100g

Conventional Wheat

0.0 ug/100g

A flavonoid glycoside reported to have anti-inflammatory and antioxidant activity, including suppression of pro-inflammatory cytokine signaling in preclinical studies. It has also been investigated for neuroprotective and metabolic-regulatory effects in cell and animal models.

hydroxytyrosol

100% HIGHER in Einkorn

Better Grain Einkorn



287.9 ug/100g

Conventional Wheat



0.0 ug/100g

A major olive phenolic with strong antioxidant activity that can reduce oxidative stress and lipid peroxidation in preclinical models. It is also reported to support endothelial function and dampen inflammatory signaling (e.g., NF-κB) in cell/animal studies.

hyperoside

83% LOWER in Einkorn

Better Grain Einkorn



12.33 ug/100g

Conventional Wheat



72.54 ug/100g

A quercetin glycoside (quercetin-3-O-galactoside) reported to have antioxidant and anti-inflammatory effects in vitro and in animal models. It has also been studied for cytoprotective actions (e.g., anti-apoptotic and vasoprotective signaling) under oxidative stress conditions.

imperatorin

100% HIGHER in Einkorn

Better Grain Einkorn



206.14 ug/100g

Conventional Wheat



0.0 ug/100g

A furanocoumarin with reported anti-inflammatory and vasorelaxant activities in preclinical studies, including modulation of nitric-oxide/vascular signaling. Like other coumarins, it may interact with drug-metabolizing enzymes and is associated with photosensitizing potential.

indole-3-carboxaldehyde

80% LOWER in Einkorn

Better Grain Einkorn



48.62 ug/100g

Conventional Wheat



238.75 ug/100g

A tryptophan-derived indole (often produced by gut microbes) that can act as an aryl hydrocarbon receptor (AhR) ligand in experimental systems. It has been linked to support of intestinal barrier and mucosal immune signaling (e.g., IL-22 pathways) in preclinical studies.

isoferulic acid/3-hydroxy-4-methoxycinnamic acid

205% HIGHER in Einkorn

Better Grain Einkorn



41531.56 ug/100g

Conventional Wheat



13638.16 ug/100g

A hydroxycinnamic acid reported to have antioxidant and anti-inflammatory effects in cell and animal models, including suppression of oxidative stress pathways. It has also been studied for potential cardiometabolic benefits (e.g., vascular and glucose-related endpoints) in preclinical settings.

isorhamnetin

95% LOWER in Einkorn

Better Grain Einkorn



1.28 ug/100g

Conventional Wheat



24.74 ug/100g

An O-methylated quercetin metabolite with reported anti-inflammatory and antioxidant activity in vitro and in animals, including modulation of NF-κB and oxidative stress responses. It is also studied for anti-atherogenic and metabolic effects (e.g., endothelial and lipid-related markers) in preclinical models.

kaempferide

100% HIGHER in Einkorn

Better Grain Einkorn



41.78 ug/100g

Conventional Wheat

0.0 ug/100g

An O-methylated kaempferol derivative reported to show antioxidant and anti-inflammatory effects in preclinical studies, often via redox and cytokine-pathway modulation. It has also been investigated for antiproliferative/anticancer activities in cell models.

kaempferol 3-o-glucoside/kaempferol 3-glucoside

100% HIGHER in Einkorn

Better Grain Einkorn



3.04 ug/100g

Conventional Wheat

0.0 ug/100g

A kaempferol glycoside with reported antioxidant and anti-inflammatory activities in vitro and animal models; it can be hydrolyzed to kaempferol, which is a bioactive aglycone. Studies commonly report effects on oxidative stress, cytokine production, and vascular-related pathways.

kaempferol 7-o-glucoside

100% HIGHER in Einkorn

Better Grain Einkorn



2.49 ug/100g

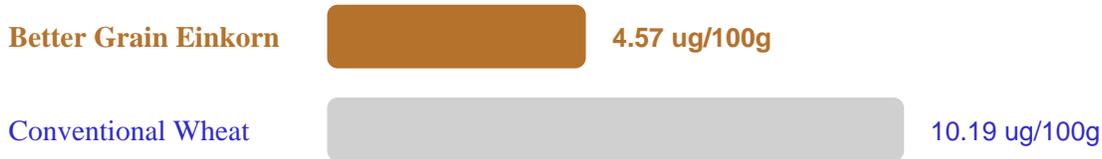
Conventional Wheat

0.0 ug/100g

A kaempferol glycoside reported to exert antioxidant and anti-inflammatory effects in preclinical models, including inhibition of oxidative stress and inflammatory mediators. Like other glycosides, it may serve as a precursor to the aglycone after enzymatic hydrolysis.

l-kynurenine

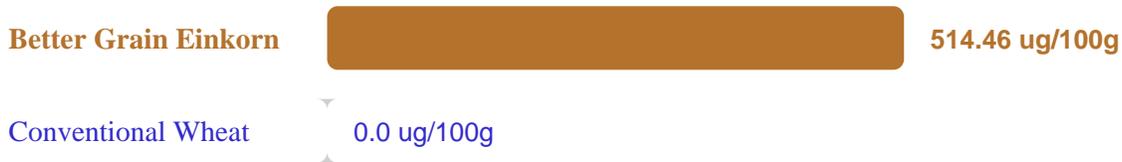
55% LOWER in Einkorn



A central metabolite in tryptophan catabolism that participates in immune and redox regulation; elevated circulating levels are often associated with inflammation and immune activation. It can signal through pathways including AhR in experimental systems, influencing immune tolerance and vascular function.

linarin

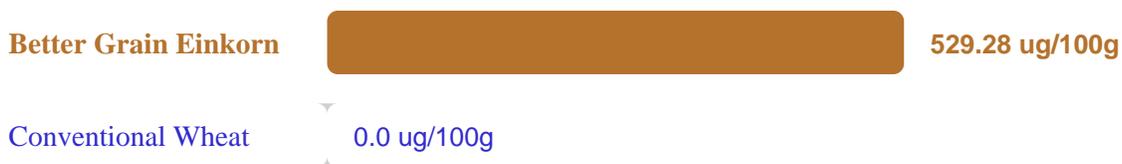
100% HIGHER in Einkorn



A flavone glycoside reported to have anti-inflammatory and antioxidant effects in preclinical studies, including modulation of cytokine signaling. It has also been investigated for CNS-related actions such as sedative/anxiolytic-like effects in animal models.

luteolin

100% HIGHER in Einkorn



A flavone with well-described anti-inflammatory and antioxidant effects in preclinical models, including inhibition of NF-κB/MAPK signaling and reduction of pro-inflammatory cytokines. It is also studied for neuroprotective and cardiometabolic actions, though human evidence varies by outcome and dose.

luteolin 7-o-rutinoside/luteolin 7-o-β-rutinoside

76% LOWER in Einkorn

Better Grain Einkorn



7.77 ug/100g

Conventional Wheat



32.53 ug/100g

A glycosylated form of luteolin that shows antioxidant and anti-inflammatory activity in vitro and in animals, often through similar pathways as luteolin but with different bioavailability. It may be metabolized by gut and host enzymes to release luteolin.

miscanthoside/eriodictyol-7-o-glucoside

100% HIGHER in Einkorn

Better Grain Einkorn



2.58 ug/100g

Conventional Wheat



0.0 ug/100g

A flavanone glycoside reported to have antioxidant and anti-inflammatory activities in preclinical studies, including attenuation of oxidative stress markers. Related flavanones have also been studied for effects on glucose and lipid metabolism in experimental models.

morin

100% HIGHER in Einkorn

Better Grain Einkorn



0.62 ug/100g

Conventional Wheat



0.0 ug/100g

A flavonol with antioxidant and anti-inflammatory activities in preclinical studies, including scavenging of reactive species and modulation of inflammatory enzymes. It has also been studied for potential antidiabetic effects such as inhibiting glycation and influencing glucose-handling pathways in vitro/animals.

**myrtilin/delphinidin
3-glucoside/delphinidin 3-o-glucoside**

100% HIGHER in Einkorn

Better Grain Einkorn



0.13 ug/100g

Conventional Wheat



0.0 ug/100g

An anthocyanin associated with antioxidant and anti-inflammatory effects in preclinical models, including protection against oxidative endothelial and metabolic stress. Anthocyanins have also been linked to improved vascular function and glycemic endpoints in some human studies, though effects depend on dose and matrix.

naringenin

100% HIGHER in Einkorn

Better Grain Einkorn



556.9 ug/100g

Conventional Wheat



0.0 ug/100g

A citrus flavanone reported to have antioxidant and anti-inflammatory effects and to modulate lipid and glucose metabolism in animal and cell models. It also interacts with xenobiotic and hormone-related pathways (e.g., estrogen receptor and CYPs) in experimental systems.

nicotiflorin

99% LOWER in Einkorn

Better Grain Einkorn



2.38 ug/100g

Conventional Wheat



162.03 ug/100g

A kaempferol rutinoside (kaempferol-3-O-rutinoside) with reported antioxidant and anti-inflammatory effects in preclinical studies. It has been investigated for cardioprotective and neuroprotective actions in animal models, often linked to reduced oxidative stress.

orientin

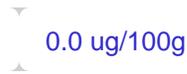
100% HIGHER in Einkorn

Better Grain Einkorn



0.33 ug/100g

Conventional Wheat



0.0 ug/100g

A C-glycosyl flavone (luteolin-8-C-glucoside) with antioxidant and anti-inflammatory activities demonstrated in vitro and in animal studies. It is also studied for cytoprotective and radioprotective properties, including mitigation of oxidative DNA and tissue damage in experimental models.

p-coumaric acid

291% HIGHER in Einkorn

Better Grain Einkorn



18028.26 ug/100g

Conventional Wheat



4608.43 ug/100g

A hydroxycinnamic acid with antioxidant and anti-inflammatory effects reported in preclinical studies, including suppression of oxidative stress and inflammatory mediators. It can also show antimicrobial activity in vitro and may influence gut microbial metabolism of phenolics.

phenyl sulfate

100% HIGHER in Einkorn

Better Grain Einkorn



1885.02 ug/100g

Conventional Wheat



0.0 ug/100g

A sulfated conjugate of phenol that can arise from host phase II metabolism and microbial phenol production; it circulates as a small-molecule metabolite in humans. It has been discussed as a uremic solute and is associated with renal/cardiometabolic dysfunction in observational and mechanistic studies.

pinoresinol

100% HIGHER in Einkorn

Better Grain Einkorn



76.05 ug/100g

Conventional Wheat

0.0 ug/100g

A plant lignan with antioxidant and anti-inflammatory activities in preclinical systems and weak phytoestrogenic potential via conversion to enterolignans by gut microbiota. It has also been studied for cardiometabolic effects such as improving lipid-related and vascular endpoints in animal models.

procyanidin c1

100% HIGHER in Einkorn

Better Grain Einkorn



242.93 ug/100g

Conventional Wheat

0.0 ug/100g

A proanthocyanidin trimer with strong antioxidant capacity that can inhibit lipid oxidation and modulate redox signaling in vitro. Procyanidins are also studied for vascular benefits (e.g., nitric-oxide–related endothelial effects) and anti-inflammatory actions in preclinical and some human contexts.

quercetin

100% HIGHER in Einkorn

Better Grain Einkorn



824.03 ug/100g

Conventional Wheat

0.0 ug/100g

A widely studied flavonol with antioxidant and anti-inflammatory effects, including inhibition of pro-inflammatory signaling and reduced oxidative stress in preclinical models. Human studies suggest possible benefits for blood pressure and endothelial function in some settings, though results vary by dose and population.

quercetin 3-o-robinobioside

98% LOWER in Einkorn

Better Grain Einkorn 10.5 ug/100g

Conventional Wheat 613.62 ug/100g

A quercetin glycoside that exhibits antioxidant and anti-inflammatory activities in preclinical models and can serve as a precursor to quercetin after deglycosylation. Reported effects commonly include attenuation of oxidative stress and cytokine responses in cell/animal studies.

rutin

88% LOWER in Einkorn

Better Grain Einkorn 5.09 ug/100g

Conventional Wheat 41.18 ug/100g

A quercetin rutinoside with antioxidant and anti-inflammatory properties; it is often studied for vascular support (e.g., capillary permeability and endothelial protection) in preclinical and clinical contexts. Rutin can be metabolized by gut microbiota to quercetin and other phenolic metabolites.

salicylic acid/2-hydroxybenzoic acid

100% HIGHER in Einkorn

Better Grain Einkorn 15.73 ug/100g

Conventional Wheat 0.0 ug/100g

A phenolic acid and the key bioactive metabolite of aspirin; it exhibits anti-inflammatory and analgesic actions primarily via cyclooxygenase-related pathways. At lower dietary exposures it is also discussed as a plant-derived signaling compound with antimicrobial roles in plants.

schaftoside

100% HIGHER in Einkorn

Better Grain Einkorn



72.09 ug/100g

Conventional Wheat

0.0 ug/100g

A C-glycosyl flavone (often an apigenin derivative) reported to have antioxidant and anti-inflammatory activities in preclinical assays. It has also been studied for enzyme-inhibitory and cytoprotective effects relevant to glucose and oxidative-stress pathways in vitro.

scopoletin

100% HIGHER in Einkorn

Better Grain Einkorn



0.78 ug/100g

Conventional Wheat

0.0 ug/100g

A coumarin reported to have antioxidant, anti-inflammatory, and antimicrobial activities in vitro and in animal models. It has also been investigated for hepatoprotective and metabolic effects, often linked to modulation of oxidative stress and inflammatory mediators.

secoisolariciresinol

100% HIGHER in Einkorn

Better Grain Einkorn



0.13 ug/100g

Conventional Wheat

0.0 ug/100g

A dietary lignan (notably from flax) that is converted by gut microbiota to enterodiol/enterolactone, which have phytoestrogenic activity. It has been associated with antioxidant and cardiometabolic effects in preclinical studies and in observational human research on lignan exposure.

sophoricoside

57% HIGHER in Einkorn

Better Grain Einkorn



17.02 ug/100g

Conventional Wheat



10.81 ug/100g

An isoflavone glycoside (commonly genistein-4'-O-glucoside) with estrogenic signaling potential after metabolism to genistein. Preclinical studies report antioxidant and anti-inflammatory effects and possible benefits for bone and metabolic endpoints.

stachydrine

20% HIGHER in Einkorn

Better Grain Einkorn



566.19 ug/100g

Conventional Wheat



472.45 ug/100g

A zwitterionic betaine (proline betaine) reported to show anti-inflammatory and cardioprotective effects in preclinical models, including anti-fibrotic and endothelial-related pathways. It is also used as a dietary biomarker of citrus intake and is readily excreted in urine.

syringic acid/4-hydroxy-3,5-dimethoxybenzoic acid

36% LOWER in Einkorn

Better Grain Einkorn



476.5 ug/100g

Conventional Wheat



749.35 ug/100g

A phenolic acid with antioxidant and anti-inflammatory activities demonstrated in vitro and in animal studies, including reduced oxidative stress and inflammatory mediator production. It has also been studied for potential antidiabetic and neuroprotective effects in preclinical models.

tamarixetin

100% HIGHER in Einkorn

Better Grain Einkorn



31.18 ug/100g

Conventional Wheat

0.0 ug/100g

An O-methylated quercetin derivative reported to have antioxidant and anti-inflammatory effects in preclinical studies, including modulation of cytokine and redox pathways. It has also been investigated for anticancer-related actions in cell models.

taxifolin/dihydroquercetin

100% HIGHER in Einkorn

Better Grain Einkorn



2.28 ug/100g

Conventional Wheat

0.0 ug/100g

A flavanonol with strong antioxidant activity that can inhibit lipid peroxidation and modulate redox-sensitive signaling in preclinical models. It is also studied for anti-inflammatory and anti-atherogenic effects, including protection against LDL oxidation and endothelial dysfunction in experimental systems.

theobromine

100% HIGHER in Einkorn

Better Grain Einkorn



13.15 ug/100g

Conventional Wheat

0.0 ug/100g

A methylxanthine (abundant in cocoa) that acts as an adenosine receptor antagonist and mild phosphodiesterase inhibitor, producing stimulant and diuretic effects. It has been studied for potential vascular and lipid-related benefits of cocoa consumption, though effects reflect the broader cocoa matrix.

theophylline

100% HIGHER in Einkorn

Better Grain Einkorn



0.14 ug/100g

Conventional Wheat



0.0 ug/100g

A methylxanthine bronchodilator that relaxes airway smooth muscle and stimulates the CNS, largely via phosphodiesterase inhibition and adenosine receptor antagonism. Clinically it has a narrow therapeutic window and can cause adverse effects at higher concentrations.

trans ferulic acid

46% LOWER in Einkorn

Better Grain Einkorn



8023.07 ug/100g

Conventional Wheat



14889.43 ug/100g

A common hydroxycinnamic acid with antioxidant and anti-inflammatory properties, including scavenging of reactive species and inhibition of oxidative enzymes in preclinical models. It is also studied for photoprotective/skin-related benefits and for cardiometabolic effects in experimental systems.

trigonelline

94% LOWER in Einkorn

Better Grain Einkorn



45.95 ug/100g

Conventional Wheat



726.46 ug/100g

An alkaloid (a niacin-related betaine) abundant in coffee and some legumes; it is reported to influence glucose and lipid metabolism and exhibit antioxidant effects in preclinical models. It is also studied as a dietary biomarker of coffee intake and is metabolized to niacin derivatives.

vanillic acid

204% HIGHER in Einkorn

Better Grain Einkorn



3293.74 ug/100g

Conventional Wheat



1083.74 ug/100g

A phenolic acid metabolite of dietary polyphenols with antioxidant and anti-inflammatory activity in preclinical studies, including reduction of oxidative stress markers. It has also been investigated for neuroprotective and metabolic effects in animal models.

vanillic acid 4-beta-d-glucopyranoside

454% HIGHER in Einkorn

Better Grain Einkorn



1364.89 ug/100g

Conventional Wheat



246.17 ug/100g

A glycosylated form of vanillic acid that can act as a storage/transport form in plants and may be hydrolyzed in vivo to release vanillic acid. Reported biological effects are therefore often attributed to antioxidant and anti-inflammatory actions of the aglycone in preclinical systems.

vitexin

100% HIGHER in Einkorn

Better Grain Einkorn



5.22 ug/100g

Conventional Wheat



0.0 ug/100g

A C-glycosyl flavone (apigenin-8-C-glucoside) reported to have antioxidant and anti-inflammatory effects and to modulate cardiometabolic pathways in preclinical models. It has also been studied for neuroprotective and anti-stress/anxiolytic-like effects in animal studies.

Total Flavonoids

1144% HIGHER in Einkorn

Better Grain Einkorn



13.56 mg/100g

Conventional Wheat



1.09 mg/100g

Total Phenolics

157% HIGHER in Einkorn

Better Grain Einkorn



95.22 mg/100g

Conventional Wheat



37.07 mg/100g