

BETTER GRAIN

Carotenoid Comparison Report

Einkorn vs Conventional Wheat

LABORATORY	Utah State University
DATE	Spring 2026
ANALYSIS	Carotenoid Profile

Carotenoid Analysis Breakdown

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

Lutein

373% HIGHER in Einkorn

Better Grain Einkorn



15834.3 ug/100g

Conventional Wheat



3348.74 ug/100g

Primarily benefits eye health by filtering harmful blue light and reducing the risk of macular degeneration and cataracts.

Zeaxanthin

100% LOWER in Einkorn

Better Grain Einkorn



0.0 ug/100g

Conventional Wheat



1.82 ug/100g

Works synergistically with lutein to protect the eyes from oxidative damage and reduce the risk of age-related macular degeneration.

Lycopene

NO DIFFERENCE

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

A powerful antioxidant that helps reduce oxidative stress, supports heart health, and may lower the risk of certain cancers, particularly prostate cancer.

β-Carotene

NO DIFFERENCE

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

Beta-Carotene is an organic, strongly colored red-orange pigment abundant in plants and fruits.

Alpha-Carotene

NO DIFFERENCE

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

Acts as an antioxidant, protecting cells from oxidative damage, and can be converted into vitamin A to support vision and immune function.

Beta-Cryptoxanthin

NO DIFFERENCE

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

Functions as a precursor to vitamin A, supporting vision and immune function, while also exhibiting antioxidant properties.

Alpha-Cryptoxanthin

NO DIFFERENCE

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

A less common carotenoid with antioxidant properties, potentially contributing to cellular protection and vitamin A synthesis.

Canthaxanthin

NO DIFFERENCE

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

Used as a skin pigment enhancer, but excessive intake may lead to deposits in the retina (canthaxanthin retinopathy) and other health concerns.

Astaxanthin

NO DIFFERENCE

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

A potent antioxidant with anti-inflammatory properties that supports skin health, brain function, and endurance by reducing oxidative stress.

Total

373% HIGHER in Einkorn

Better Grain Einkorn		15834.3 ug/100g
Conventional Wheat		3350.56 ug/100g