

Significant line items in Table, in units of:

mg per 100g

(dimers & trimers)

	OPCs	2s	3s	4-6	7-10	11+	Tot-cyans	% 2s&3s (OPCs)
cocoa bean	1617	831	786	2691	2224	1568	9717	16.64
cocoa powder	473	277.1	195.7	419.1	925.2	2435.1	4725	10.01
cocoa alkali	126	96.5	29.2	39.8	365.5	720.4	1377	9.13
Apples								
redDelic	24.4	12.6	11.8					
redDelic-skin	22.0	14.8	7.2					
grannySmith	21.5	12.9	8.6					
fuji	16.0	9.9	6.1					
gala	15.8	9.6	6.2					
goldenDelic -s	14.7	8.9	5.8					
goldenDelic	12.1	7.4	4.7					
Apple +skin	29.4	29.4						
Apples	21.3	13.2	8.0					
Apples -skin	18.8	12.3	6.5					
Peaches								
Plums								
plums	53.9	33.2	20.7	52.24	30.3	60.52	251	21.49
black diamond	38.6	19.7	18.8					
yellow	27.7	27.7						
Berries								
Cran	49.6	20.4	29.2					
Service	41.9	20.2	21.7					
Rasp	16.8	11.8	5.1					
Elder Sambucus nigra	16.3	10.6	5.6					
Straw	10.9	5.2	5.7					
Beans								
Fava	113.5	91.8	21.7					
kidney	55.5	26.4	29.1					
blackeyes	18.9	18.9						
Adzuki	37.5	19.4	18.1					
Pinto	35.4	19.2	16.2					
Nuts								
peanuts	82.0	33.2	48.8					
pecan	68.2	42.1	26.0					
hazel	26.1	12.5	13.6					
pistachio	23.8	13.3	10.5					
almond	16.9	9.3	7.6					
wal	12.8	5.7	7.2					
Grapes								
seed extract	405.0	360.9	44.1	664	400	1100.1	2974	13.61
skins	42.6	35.3	7.3					
Wine								
Pinot Noir	18.3	18.3						
Sauvignon	17.8	15.2	2.6					
Merlot	14.7	14.7						
Hops								
Rose hips	33.4	24.2	9.2					