

Table 2: Health-Promoting Factors That Act to Raise Nrf2 Activity

Citations	Health-Promoting Factors
2,3,4,5,8,15	Many but not all phenolic antioxidants
2,3,4,5,7,8,15	Isothiocyanates from broccoli, cabbage, and other cruciferous foods
2,4,5,8,15,19,20	Triterpenoids and other terpenes
2,23,24	Sulfur compounds including allyl sulfides in garlic/onion/allium foods
2,25,26	Carotenoids of which lycopene appears to be the most active
3,27,28	Fish oil (long-chain omega-3 fatty acids)
29,30	g,d-tocopherols and tocotrienols (but a-tocopherol has little activity)
3,31	Modest oxidative stress (hormesis)
4,22	Exercise, works in part via modest oxidative stress