

Endogenous sources of ROS
Exogenous sources of ROS

Fruits/berries/
vegetables

Endogenous sources of ROS
Exogenous sources of ROS

ROS
too low

ROS
optimal level

ROS
too high

cell signalling

Damage to DNA
membranes, proteins etc

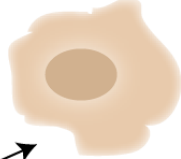
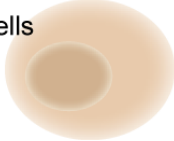


Modulation of
gene expression

Increased cellular
stress defence

damaged cells

healthy cells



Ageing/Diseases/Cell death