## Phytochemical Studies of Fragaria × ananassa

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## **Abstract**

Consumption of a phytochemical-rich diet reduces the risk of certain chronic diseases such as cancer and cardiovascular diseases. Fragaria × ananassa (Strawberry fruits) are a rich source of phytochemicals from which phenolic compounds are obtained in abundance. Phenolic compounds have potent antioxidant, anticancer, anti-atherosclerotic and anti-neurodegenerative properties in both in vitroand in vivostudies. Strawberry phenolics consist of large polymeric compounds like ellagitannins and gallotannins, as well as monomeric molecules