



Phytochemicals in Grapefruit

Levels of phytochemicals compared:
Rio Red Grapefruit grown in Texas
versus White and Ruby varieties grown elsewhere

Phytochemical	Marsh White	Ruby	Rio Red
• Lycopene	trace	1.98ppm	16.19ppm
• Beta-Carotene	trace	2.77ppm	3.80ppm
• Vitamin C	364ppm	336ppm	397ppm
• Limonoid Glucosides	127ppm	136ppm	204ppm
• Total Flavonones	1137ppm	1072ppm	1149ppm

Results of research by Dr. Bhimu Patil, Texas A&M Citrus Research Center