

# ELLAGIC

*Meaning: Ellagic refers to a type of compound, particularly ellagic acid, that is found in certain fruits and is recognized for its potential antioxidant properties and health benefits, including cancer-fighting effects.*

1. Ellagic acid is known for its potential antioxidant properties found in various fruits.
2. Researchers are exploring the health benefits of ellagic compounds in combating cancer.
3. The addition of ellagic-rich foods to your diet may enhance overall wellness.
4. Recent studies suggest that ellagic acid can play a role in reducing inflammation.
5. Berries, particularly raspberries and blackberries, are excellent sources of ellagic acid.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/ellagic>*