

**Supplementary Table 1: Inhibition of lipid peroxides by the treatment of cardamom in different groups of mice**

<b>Groups</b>	<b>LPO (SKIN)</b> nmol TBARS/mg protein <b>(2<sup>nd</sup> Week)</b>	<b>LPO (SKIN)</b> nmol TBARS/mg protein <b>(8<sup>th</sup> Week)</b>
<b>Untreated</b>	0.029 ± 0.008	0.031 ± 0.006
<b>Acetone</b>	0.021 ± 0.009	0.023 ± 0.01
<b>DMBA</b>	0.104 ± 0.02	0.235 ± 0.07
<b>DMBA + CARD</b>	0.066 ± 0.01 P<0.05	0.057 ± 0.02 P<0.01

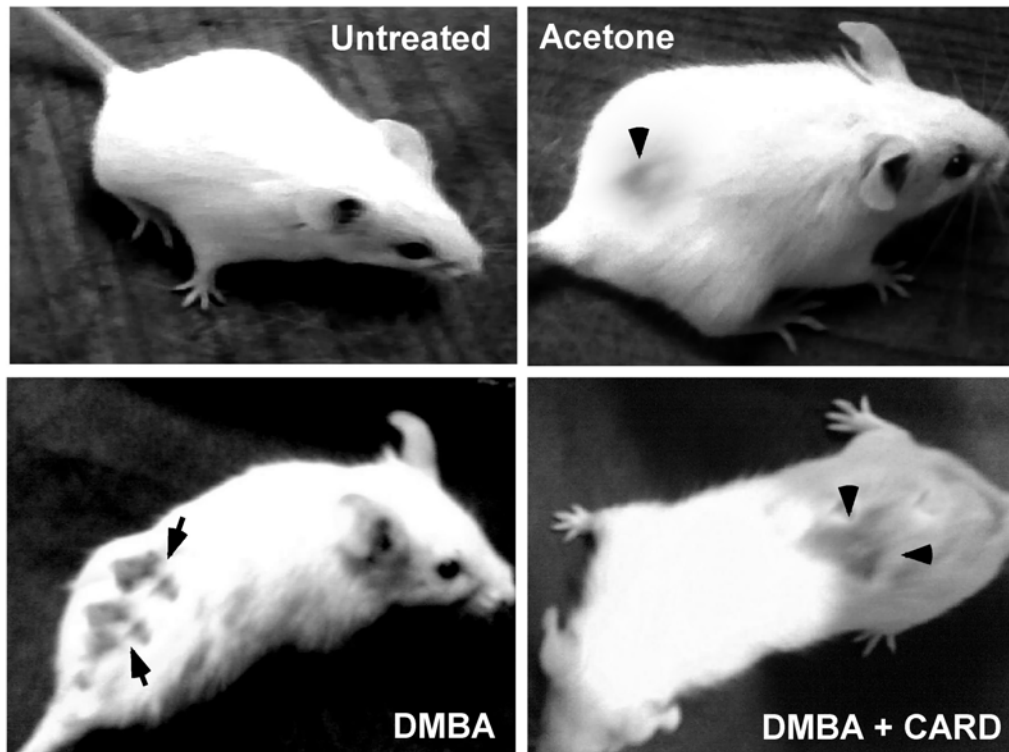
**P:** Compared with DMBA treated mice

## Supplementary Figure Legends:

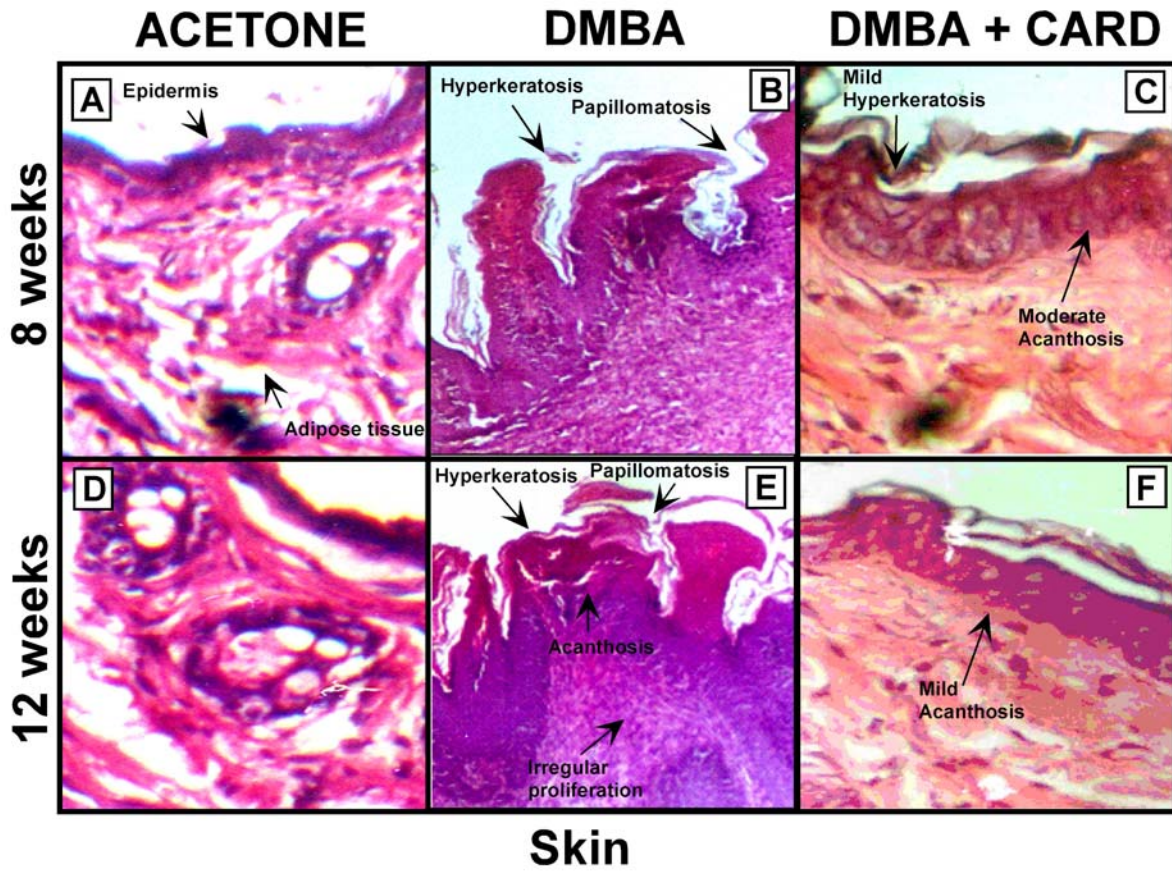
**Supplementary Figure 1:** Effects of topical application of DMBA and ingestion of cardamom on the morphological characteristics of the skin papillomas. Swiss albino mice were grouped and treated as given in Table 1. One representative mouse from each group is shown here (Table 1). **Untreated:** Untreated normal wild type mouse. **Acetone:** Mice injected with acetone only in place of DMBA. **DMBA:** Mouse treated with DMBA and croton oil for 8 weeks and observation was made after 12 weeks. **DMBA + CARD:** Mouse treated with DMBA as before but at the same time, it was treated with 0.5 w/v of cardamom suspension till the end of 12 weeks of observation.

**Supplementary Figure 2:** Histology of the mice skin. Haematoxylin and Eosin (H&E) staining of the cross section of mice skin from Acetone, DMBA and DMBA + CARD treated mice are shown at two different time points (8 weeks; A-C and 12 weeks; D-F). Treatments are given in Table 1. Histology of the skin from DMBA treatment in both 8 and 12 weeks demonstrates slow progression from normal to carcinogenic skin as indicated by specialized structures. (B and E) Histology of the skin from 'DMBA+ CARD' mice demonstrates near normal phenotype with the histology of Acetone treated group of mice (C and F).

**Supplementary Figure 3:** Immunohistochemical analysis with the mice skin obtained from the untreated (normal control mice) animals as described in Table 1. Antibodies used to stain the skin samples are Nrf2 (A), Keap1 (B), NF- $\kappa$ B-p65 (C) and I $\kappa$ B $\alpha$  (D). Magnification: 40X.

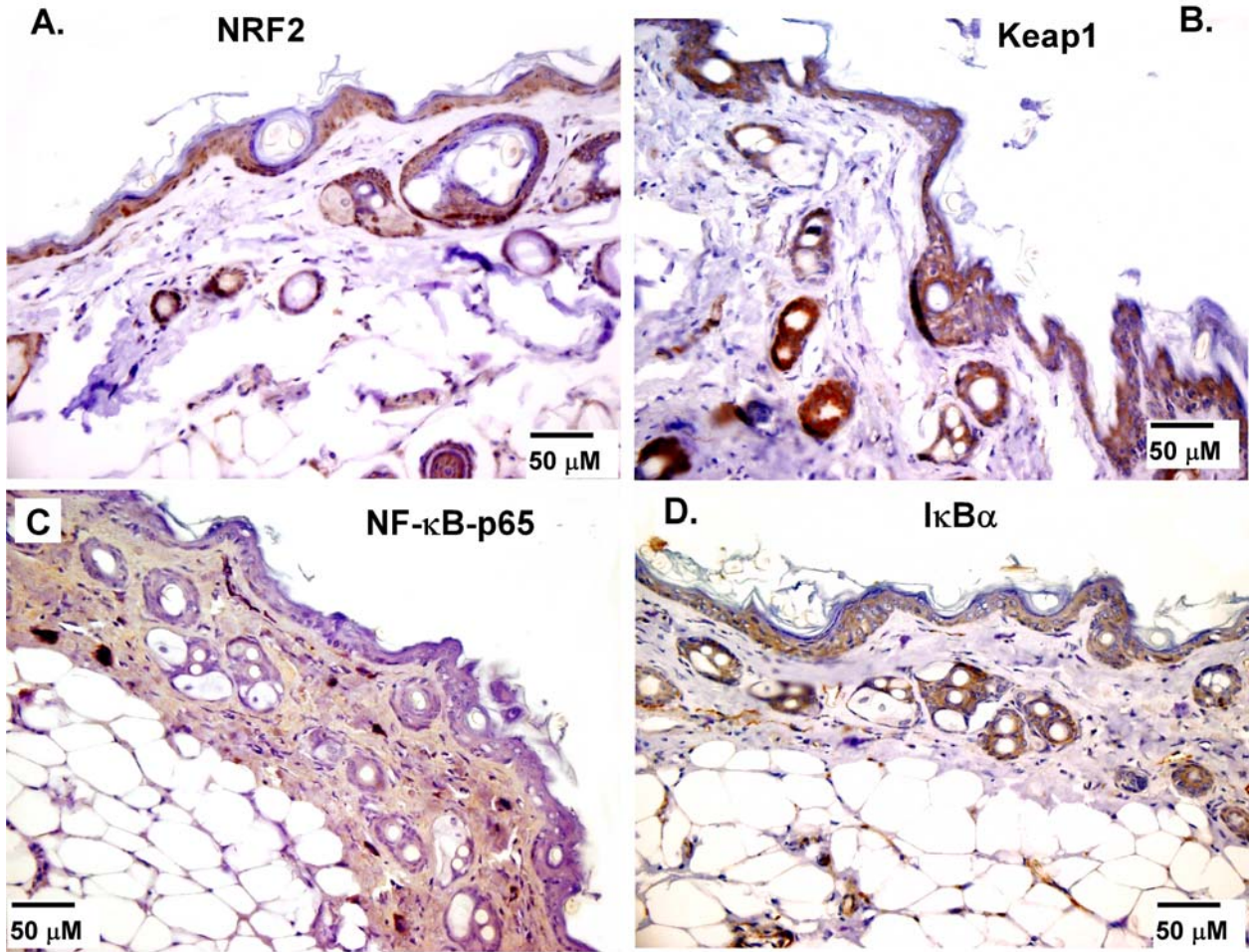


Supplementary figure 1; Das et al., Cardamom



Supplementary Figure 2: Das et al., Cardamom

**Untreated**



Supplementary Figure 3: Das et al, Cardamom