

ANTIOXIDANTS

"YOUR HEALTH IS
THE MOST
IMPORTANT THING"

TOPICS:

DEFINITION

TYPES

BENEFITS

PRODUCTS

ABOUT
ANTIOXIDANTS





What are antioxidants?

Antioxidants are substances that can prevent or delay damage to cells caused by free radicals, unstable molecules that the body produces in reaction to environmental and other stresses, better known as oxidative stress.

They can be present as food components (in fruits and vegetables), or as a supplement.

Benefits

Antioxidants act as radical scavengers or radical reducers.

- Decreases oxidative stress
- Strengthens the immune system
- Improves cardiovascular health
- Prevents eye diseases

ANTIOXIDANTS ARE DIVIDED INTO 3 GROUPS

- Polyphenols
- Carotenoids
- Vitamins C and E

Types



Polyphenols

They are the most potent antioxidants and are attributed with anti-inflammatory properties. They can be found in fruits and vegetables, even in some herbal teas and natural beverages.

Carotenoids

They are pigments found in plants and help control cellular oxidative stress.

Vitamins C and E

Vitamin C is an essential nutrient for growth and development, while vitamin E helps to offset free radicals from oxidative stress.

Our products

Antioxidant supplements are used to complement a balanced diet and can help increase the intake of antioxidants in the body.

The products we handle that serve as antioxidants are:

- **COMPLEX**
- **NAD SHIELD**

