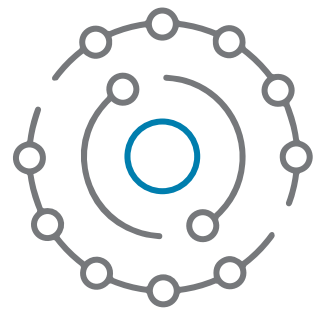


Antioxidants: The Breakdown



Antioxidants are vitamins, minerals and phytonutrients that:

target unbalanced ions known as free radicals

donate electrons to unbalanced ions to stabilize free radicals

prevent negative physiological chain reactions in the body



Vitamins

- Beta-carotene is changed by the body into vitamin A for the maintenance of normal skin, teeth, membranes and skeletal tissue
- Vitamin C, a.k.a. ascorbic acid, helps the body absorb iron
- Vitamin E is fat soluble and helps protect the body against oxidative damages



Minerals

Many types of seafood contain antioxidant minerals like:

- selenium
- copper
- zinc
- manganese
- molybdenum



Phytonutrients

- Munch on grapes and berries for anthocyanins
- Sprinkle oregano and thyme on food for polyphenol benefits
- Soybeans, tofu and milk offer isoflavonoids

Additional Sources of Antioxidants

Teas

- Black
- White
- Green
- Red (Rooibos)

Oils and Extracts

- Palm oil
- Argan oil
- Pomegranate seed oil
- Olive leaf extract
- Grape seed extract



Phytonutrients

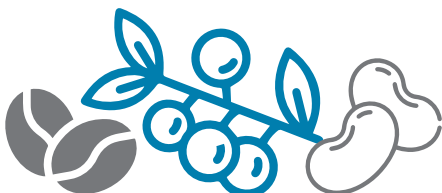
- Not produced by the body
- Produced by plants, absorbed and used in the body
- Often found in colorful plant-based foods and spices
- Some can have antioxidant properties which may help to:
 - Reduce cancer risks
 - Protect the heart
 - Promote lung health

5 Sources of High Antioxidants

The antioxidant values of foods listed are expressed in ORAC (Oxygen Radical Absorbance Capacity) units. Higher values imply a higher measured amount of in vitro antioxidant activity.

Data from Oxygen Radical Absorbance Capacity (ORAC) of Selected Food, USDA:
https://www.orac-info-portal.de/download/ORAC_R2.pdf

No.	Source	Total antioxidant capacity per 100g
1	Astaxanthin Supplements (Isolated From Microalgae)	2,822,200
2	Turmeric Spice, Ground	127,068
3	Grape Seed Extract	108,130
4	Acai Berry Pulp/ Skin/ Puree Powder	102,700
5	Wild Bilberries, Dried	48,320



Additional info from: <https://www.superfoodly.com/orac-values/>