

# AntiOxidant Essentials

With Vitamins C & E



## DESCRIPTION

AntiOxidant Essentials contains a varied blend of nutritional antioxidants to help neutralize a range of free radical molecules.

## FUNCTIONS

Antioxidant nutrients are necessary to protect the body from the destructive effects of harmful molecules that cause oxidation. Because these molecules are highly reactive, they are called reactive species. Some reactive species are called free radicals, because their structure contains an unpaired electron that has a strong tendency to grab an electron from other molecules. This damages delicate cellular structures by taking electrons from proteins and unsaturated fatty acids and injures vital tissues such as cell membranes and DNA (genetic material). Thus, the role of antioxidants is to prevent this damage.

Free radicals are constantly being created in the body from normal physiological processes. Free radical production is a consequence of energy production in the cells. In the immune system white blood cells actually use free radicals as a weapon to destroy foreign invaders, such as bacteria and viruses. Free radicals are also generated from exposure to chemicals, drugs, smog, and radiation. Evidence suggests that oxidative stress contributes to the development of many common health problems, including atherosclerosis and diabetes. In addition, it is implicated in the aging process, in part through negative effects on mitochondrial DNA. AntiOxidant Essentials provides a comprehensive blend of water soluble antioxidants (including Vitamin C and glutathione) and fat-soluble antioxidants (including Vitamin A and Vitamin E). Alpha-lipoic acid is a powerful antioxidant capable of neutralizing both fat- and water-soluble free radicals. Zinc, copper and manganese are necessary components of the endogenous antioxidant enzyme superoxide dismutase (SOD).

## INDICATIONS

AntiOxidant Essentials may be a useful dietary supplement for those who wish to be on a disease prevention or anti-aging supplement program and for those who are exposed to chemicals, drugs, smog, or radiation.

## SIDE EFFECTS

No adverse effects have been reported.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FORMULA (WW #10010)

### Two Tablets Contain:

Vitamin A (as beta carotene).....	10,000 IU
Vitamin C (ascorbic acid) .....	600 mg
Vitamin E .....	200 IU
(d-alpha tocopherol succinate)	
Vitamin B-2.....	50 mg
(riboflavin, riboflavin-5-phosphate)	
Vitamin B-6.....	25 mg
(pyridoxine HCl, pyridoxal-5-phosphate)	
Zinc (monomethionine) .....	15 mg
Selenium (selenomethionine).....	100 mcg
Copper (amino acid chelate).....	1 mg
Manganese (arginate).....	10 mg
N-Acetyl-Cysteine .....	100 mg
L-Cysteine HCl .....	100 mg
L-Glutathione (reduced form).....	20 mg
Quercetin.....	30 mg
Alpha Lipoic Acid.....	5 mg
Other Ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, silica, magnesium stearate, modified cellulose, and vanilla powder. <b>Contains soy.</b>	
Riboflavin-5-phosphate is a coenzyme form of Vitamin B-2.	
Pyridoxal-5-phosphate is a coenzyme form of Vitamin B-6.	

This product contains NO added sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 2 tablets daily at mealtime, or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Barja G. Free radicals and aging. Trends in Neurosciences. 2004;27(10):595-6000.
- Groff, J and S. Gropper. Advanced Nutrition and Human Metabolism, 3rd Ed. Belmont, CA: Wadsworth; 2006.
- Hathcock, J. Vitamin and Mineral Safety. Washington, DC: Council for Responsible Nutrition; 1997.
- Young IS and Woodside JV. Antioxidants in health and disease. J Clin Pathol. 2001;54:176-178.

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