

What No One Is Telling You About Antioxidants

The benefits of antioxidants are widely published and we're constantly reminded how important they are to our health. But how do they actually make us healthier?

In basic terms, antioxidants make you healthier because they possess an incredible ability to limit damaging free radicals in your body. Causes of excessive free radicals include pollution, poor diet, excessive UV exposure, inadequate exercise and smoking. A certain amount of free radicals are necessary for the adequate functioning of your immune system, and under normal conditions your body maintains a balance between free radicals and protective antioxidants¹. However, a lack of antioxidants can alter this balance, leading to inflammation and many health problems.

Fighting The Cause

How Free Radicals Lead to Health Problems

Excess free radicals

Oxidative stress

Inflammation

Health problems

When your body's antioxidants cannot efficiently fight against excessive free radicals, the result is oxidative stress. This leads to inflammation and finally to health problems such as neurodegenerative diseases², cardiovascular diseases³, cancers⁴, diabetes⁵, immune diseases⁶ and joint disorders⁷.

There are two types of antioxidants your body uses - primary and secondary.

Primary antioxidants are manufactured by the body as the first line of defense. They need to be available and active at all times as your front-line defense against free radicals. The primary antioxidants are SOD (superoxide dismutase), glutathione peroxidase and catalase.

Secondary antioxidants are naturally provided to the body by dietary sources. They come from vitamins such as A, C and E; minerals like selenium; and fruits like blueberries, strawberries and açai. Though secondary antioxidants are essential, their action is limited and they need to be replenished.

Of all antioxidants, SOD is the most powerful. It is the first to take action as soon as free radicals attack. It also triggers secondary antioxidants to take action, making their role crucial to your body's defense.

Boosting Antioxidants : The Key To Your Health

SOD levels naturally decline with age, weakening our free radical defenses and leaving us vulnerable to health problems later in life^{8,9}. Boosting primary and secondary antioxidants and limiting free radical production are practical steps you can take to improve your health.

Foods like asparagus, avocado and whey protein boost levels of glutathione, a potent antioxidant. Fruits and vegetables are loaded with secondary antioxidants like vitamin C, vitamin E, zinc and selenium. You can also supplement with CoQ10, an antioxidant that declines with age and is beneficial in cardiovascular health and energy production.

Vitamin D is the "sunshine vitamin," and is synthesized in the skin through 10-20 minutes of sun exposure per day. It is extremely valuable for those with immune disorders, joint and bone disorders, various cancers and more¹⁰. It is also particularly important to those over 50. The American Medical Women's Association states on its website, "As adults age, the ability to make vitamin D through the skin decreases." In fact, studies sponsored

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by the Centers for Disease Control and Prevention (CDC) found that more than 70% of women ages 51-70 and nearly 90% of women over 70 are not consuming enough vitamin D through food and supplements, increasing their likelihood of developing bone diseases. Vitamin D can also be taken as a dietary supplement.

Also available as an antioxidant is the only orally absorbable form of superoxide dismutase (SOD) called GliSODin®. In the past you had to get injections of SOD because the stomach broke it down before it could be absorbed. But that has changed since GliSODin®. GliSODin® stimulates the body's production of all three antioxidant enzymes: SOD, glutathione peroxidase and catalase¹¹.

Though boosting antioxidants is a key to long-term health, also crucial to good health is limiting the production of excess free radicals from pollution, poor diet, excessive UV exposure, inadequate exercise and smoking.

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The statements in this document have not been evaluated by the Food and Drug Administration

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