



Antioxidants

Antioxidants that may protect cells in your body from free radical damage, which is a similar reaction to rust in metals. This can occur from exposure to toxic chemicals, smoking, pollution, radiation which have a negative effect on our metabolism and circulation.

Antioxidants can be found in many different foods including fruits, vegetables, nuts, and whole grains with smaller amounts in meats, poultry and fish.

Nutritional antioxidants include selenium, vitamin A, C and E, and related carotenoids, plus various phytochemicals such as quercetin , lutein, and lycopene.

How Antioxidants support wellbeing	Antioxidant support foods
You need a wide variety of antioxidants to help support your body to deal with oxidation and which will in turn support optimized wellbeing. Our body releases by-products and free oxygen molecules leading to oxidative stress. Antioxidants are a key part in the processes which supports the body to deal with these issues and naturally repair itself.	<ul style="list-style-type: none">• Peppers• Blueberries• Cranberries• Tomatoes• Nuts and seeds• Spinach• Broccoli• Cabbage• Apricots• Salmon• Sardines• Onion• Garlic <p>*There are many other Antioxidant support foods, these are some of the common examples.</p>

We recommend that you get your epigenetics analysed regularly to prevent antioxidant and wellbeing challenges.