



## Antioxidant Natural Formula

Antioxidants are molecules that are capable of slowing or preventing the effects of oxidation of other molecules, which ultimately lead to the production of free radicals. These free radicals are generated during normal metabolic function, such as the process of breaking down stored fat molecules as an energy source for the body. In addition, free radicals are produced as a result of the exposure to toxins; radiation, including from the sun's rays; exposure to pollutants, like cigarette smoke; and even common household chemicals. Over time, the build-up of these free radicals can contribute to the aging process and the development of various health conditions including cancer, heart disease and inflammatory processes and degenerative diseases. Therefore, supplementation with antioxidants plays a beneficial role in the prevention of disease.

While oxidative reactions are critical for life, they can also be damaging and so the human body maintains multiple types of antioxidants and antioxidant enzymes to relieve oxidative stress. The antioxidants are classified in categories depending on their function. The water-soluble antioxidants, such as vitamin C, are able to react with oxidants in cellular cytoplasm and blood plasma. The lipid-soluble antioxidants, such as vitamin E, protect the cell membranes from lipid peroxidation. Other nutrients, including zinc and selenium are required for the activity of antioxidant enzymes and to support and maintain the other antioxidants. As antioxidants work synergistically in giving protection against free radical damage, it is important for overall health benefits to take a combination of several different antioxidants.

**Antioxidant - Natural Formula** as a food nutrient is an ideal choice. Due to its superior combination of antioxidants, it is able to assist in protecting against cell damage caused by harmful free radicals. This combination of beta-carotene, vitamins C and E, zinc, selenium and bioflavonoids acts as a potent antioxidant and plays an essential role in several metabolic functions with protective capacities important to our overall health and well-being.



### Medicinal Ingredients: Each tablet contains:

Beta-carotene (equivalent to 1.5 mg RAE) .....	3.0 mg
Vitamin C (ascorbic acid) .....	100 mg
Vitamin E (d-alpha tocopherol acetate) .....	16 mg
Bioflavonoids (citrus pulp) .....	6 mg
Zinc (zinc chloride) .....	2 mg
Selenium (Selenium dioxide) .....	100 µg

### Non-medicinal Ingredients:

stearic acid, silicon dioxide, magnesium stearate, zein.

### Recommended Dosage (adult):

Take one tablet a day or as directed by a healthcare practitioner.

The nutrients in **Antioxidant - Natural Formula** are complete natural food extracts bound together within their natural matrix of supporting molecules and carrier proteins. This allows for transportation of the nutrients to the appropriate receptor cells and enables the body to recognize the nutrients as 'food', thus allowing for maximum nutritional benefit. Being 90% effective and the closest form of supplementation to food, Food Nutrients allow higher bioavailability and greater effectiveness than traditional USP isolated nutrients and permits greater delivery of nutrients at a significantly reduced dosage.

**Beta-carotene** is a precursor to vitamin A and also acts as an antioxidant by preventing oxidation of cholesterol, reducing oxidation of DNA and disabling reactive oxygen species molecules generated by exposure to sunlight and air pollution. These antioxidant capacities prevent damage to eyes, lungs and skin.

**Vitamin C** is a highly effective antioxidant, acting to lessen oxidative stress and is an important cofactor for the biosynthesis of many important biochemicals. As a water-soluble antioxidant, it scavenges free radicals in body fluids thus preventing damage to arterial walls.

**Bioflavonoids** naturally accompany vitamin C as they enhance the uptake of vitamin C, protect vitamin C from oxidation and thus prevent inflammation and allergies.

**Vitamin E** is a powerful antioxidant to prevent the oxidation of fats and thus, protects cellular membranes. Vitamin E also enhances the immune response, has a role in the prevention of cataracts, improves oxygen utilization and may reduce the risk of coronary artery disease.

**Zinc** serves many roles as an antioxidant with its main function in the prevention of fat oxidation. Zinc also supports the activity of other antioxidant enzymes (superoxide dismutase) and plays a role in the proper maintenance of vitamin E levels in the blood and aids in the absorption of vitamin A.

**Selenium** supports vitamin E in the protection of tissues and cell membranes. It also increases the antioxidant enzyme levels in cells and supports the activity of other antioxidant enzymes (glutathione peroxidase) thus making selenium a protector of the red blood cells and of the heart, liver and lungs.

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