

ANTIOXIDANTS

FIGHTS AGAINST DISEASE, CANCER, HEART DISEASE,
POLLUTION AND SLOWS DOWN THE AGING PROCESS.



Antioxidants are in the following nutrients:

Vitamin A, C & E, selenium, co-enzyme Q10 (CoQ10) and zinc.

Eat lots of fresh fruit, especially berries.

Eat lots of vegetables especially tender stems, spinach, avocado, sweet potatoes, carrots, peas, watercress and broccoli.

For optimum nutrition take a multi vitamin/mineral supplement and/or a good antioxidant supplement daily.

Do your best to avoid pollution, direct exposure to strong sunlight and fried foods.

Fruit and vegetables with antioxidant power:

Prunes, raisins, blueberries, blackberries, kale, strawberries, spinach - raw or steamed, raspberries, plums, alfalfa sprouts, broccoli and avocado.