



In the **FIGHT** Against >>> **FREE RADICALS!**

First, What ARE Antioxidants? - Well, foundational to our overall well-being, Antioxidants help prevent [or limit] - terrible damage caused by => **FREE RADICALS**!!

How MANY Antioxidants Do We Need? - Although the exact amount is debated, for every 1800 CALORIES/day, we should aim for at least 8,000 ORAC units. If we are eating closer to 2500 CALORIES/day, we want at least 11,000 ORAC units. **O.R.A.C.** stands for "Oxygen Radical Absorbance Capacity" - and it measures the "Antioxidant capacity" of our different foods.



FRUITS High in Antioxidants: **BLUEBERRIES**, CRANBERRIES, STRAWBERRIES, blackberries, raspberries, goji berries, apricots

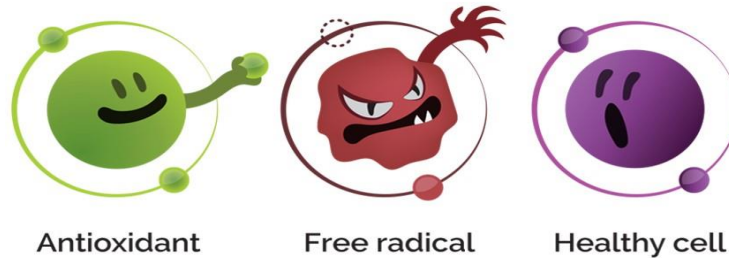


VEGGIES High in Antioxidants: **BROCCOLI**, SPINACH, RED POTATES, carrots, artichokes, cabbage, asparagus, kale, avocados, green peas, beetroot, radish, lettuce, sweet potatoes, squash, pumpkin, collard greens, cucumbers, corn, leeks, eggplant



OTHERS High in Antioxidants: **SOURDOUGH BREAD**, CASHEWS, DARK CHOCOLATE, RED WINE, COFFEE, SWISS CHEESE! 😊

What is the single STRONGEST Antioxidant? => **GLUTATHIONE** is the most powerful - and most important - among the Antioxidants our body produces. It's a combination of (3) Amino Acids . and it tackles our AGEING, through the Intestines and Circulatory System.



MOST IMPORTANT Antioxidants? => **GLUTATHIONE** / Selenium / Co-enzyme Q10 (CoQ10) / Vitamin E / Vitamin C / Carotenoids / Isothiocyanates / Polyphenols / Lycopene / Zinc

ALL of these ANTIOXIDANTS are critical in fighting against => FREE RADICALS!

What do These DO - and Where Do we FIND these Antioxidants?:

- **Glutathione** [for 'scavenging' Free Radicals throughout the body and 'recharging other' antioxidants] = in broccoli, parsley, spinach, cabbage, garlic, brussels sprouts, beets, avocado, squash, melons
 - **Selenium** [for 'accelerating' the body's natural antioxidant-making process] = in Brazil nuts, pasta, mushrooms, eggs
 - **CoQ10** [for heart health and stress] = in legumes, soy, tofu, soybean oil, spinach, broccoli, peanuts, sesame seeds, pistachios
 - **Vitamin E** [for heart disease and immune health] = in almonds, hazelnuts, peanuts, mango, broccoli
 - **Vitamin C** [for supporting vascular health] = in citrus, broccoli, green leafy vegetables, sweet potato, strawberries, tomatoes
 - **Carotenoids** [for eye and skin health] = in carrots, apricots, sweet potatoes, mangoes, cantaloupe
 - **Isothiocyanates** [for inhibiting cell mutation associated with cancer] = in bok choy, broccoli, brussel sprouts, cabbage, cauliflower, horseradish, kale, mustard, turnip, watercress, Japanese radish
 - **Polyphenols** [for brain health and memory-loss] = in dark chocolate, red wine, tea, coffee, apples, red cherries, soybeans, oranges and onions
 - **Lycopene** [for cardiovascular, eye, bone, brain and prostate health] = in tomatoes, watermelon, apricots, guava, papaya, pink grapefruit
 - **Zinc** [for immune health and a healthy white blood cell count] = in chickpeas, milk, cashews, almonds
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