



# **Antioxidants Guide**

Stefan Mager

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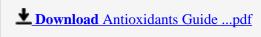
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Antioxidants are chemicals that oppose or neutralise oxidation in cells. Oxidation reactions can produce free radicals and research indicates that free radicals can cause damage to nerve cells in the brain, arthritis, damage to eyesight, premature ageing, increased risk of heart attack and certain cancers. The Antioxidant Guide provides the antioxidant levels of 390 foods. A very good and important reference tool. 8 x A4 pages, full colour on sturdy card, protection coated both sides.



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