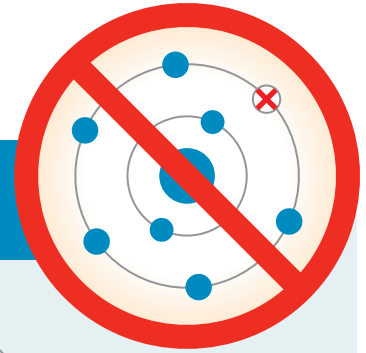


# ANTIOXIDANTS ARE

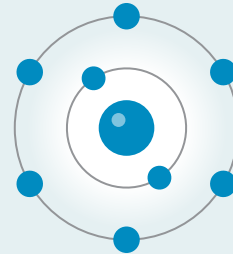
# ANTI-FREE RADICALS



## FREE RADICALS

are damaged molecules missing an electron. The missing electron makes them dangerous. They damage cells in the process of finding their missing part.

**OXIDATION** creates free radicals. More oxidation means more damaged cells and increasingly weakened health.



STABLE MOLECULE

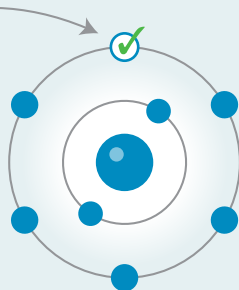
UNSTABLE MOLECULE  
(FREE RADICAL)

## Unhealthy factors increase oxidation:

- Stress
- Smoking cigarettes
- Pollution
- Chemicals
- Processed food
- Radiation



ANTIOXIDANT  
DONATES  
ELECTRON



## ANTIOXIDANTS

scavenge for free radicals and by donating an electron that balances the damaging molecule.

## 4 POWER ANTIOXIDANT SUPERFOODS



### AÇAÍ BERRIES

**Phytonutrients:** Flavonoids including cyanidin-3-glucoside, cyanidin-3-rutinoside, ferulic acid, epicatechin, p-hydroxy benzoic acid, gallic acid, catechin, and ellagic acid



### GRAPES

**Phytonutrients:** Stilbenoids, flavanols, phenolic acids, carotenoids



### BLUEBERRIES

**Phytonutrients:** Anthocyanins, hydroxycinnamic acids, hydroxybenzoic acids, flavanols



### RASPBERRIES

**Phytonutrients:** Anthocyanins, flavanols, flavonoid glycosides, tannins, hydroxybenzoic acids, hydroxycinnamic acids, stilbenoids