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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Importance of taking an Antioxidant Supplement**

**By Ryan Cote**

**The Importance of taking an Antioxidant Supplement by Ryan Cote**

Antioxidants are an important supplement to anyone's diet because they prevent the bodily damage caused by free radicals. Free radicals are the most common cause of tissue damage and free radicals have been linked to every known disease by more than 6000 scientific studies.

Free radicals are molecules that are over-reactive because they are unbalanced electronically. In an attempt to become balanced they rob electrons from the molecules that make up the cells in your body, damaging or destroying them. In addition, free radicals damage cell structure and reduce the cell's ability to function.

Controllable amounts of free radicals are formed during normal cellular functions, but excess free radicals can result from drugs, air pollution, tobacco smoke, pesticides, herbicides, chemicals in our food and water, allergic reactions, emotional upsets, excessive exercise, and even an excess of certain dietary substances such as fats.

Fortunately, antioxidants protect against free radical damage. They offer a powerful nutritional tool to prevent illness and even slow down aging. Examples of antioxidant nutrients are Vitamins A, C & E and the minerals zinc and selenium.

There is also a super potent antioxidant commonly known as Proanthocyanidins. These active ingredients are the most potent, natural, free radical scavengers yet discovered. In tests done to measure the ability of substances to neutralize free radicals, proanthocyanidins proved to be 20 times more powerful than Vitamin C and 50 times more powerful than Vitamin E!

So is taking an antioxidant necessary? Yes and no. It's not absolutely necessary, but it's definitely worth your money. It's a supplement backed up by solid evidence proving it's wide range of bodily benefits.

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Written by Ryan Cote'

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Looking for a potent antioxidant supplement? Find what you're looking for at <http://www.simplehealth123.com>. At the very least, please visit and download Simple Health, a free ebook that shows the average person how to live a healthy lifestyle.

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None

### **Vitamin Supplement**

**By Rolf Rasmusson**

#### **Vitamin Supplement by Rolf Rasmusson**

Vitamin supplement – why is it important?

Vitamin supplement or supplements are very important for us because if we do not intake enough vitamins necessary for our bodies, the vitamin supplement will substitute for the shortage of the amount of vitamins in our system. Many times a good diet will be enough, but when it is not, the vitamin supplement will make sure that you intake enough vitamins for you to be healthy.

Vitamin supplement – vitamin A.

Why is it important to use vitamin A vitamin supplement? Many health sources state that vitamin A plays an important role in vision, bone growth, reproduction, cell division and cell differentiation. Vitamin A can be found in many animal foods like liver and eggs and in some plants. But if you don't intake enough vitamin A with you foods, the vitamin supplement will definitely help.

Vitamin supplement – vitamin D.

Another important vitamin supplement is the supplement for vitamin D. The major function of vitamin D is to maintain normal blood levels of calcium and phosphorus, helping to form and maintain strong bones. Vitamin D can be found in foods (for example vitamin D fortified milk, fatty fish, and fish oils). Another important source of vitamin D is exposure to sunlight (ultraviolet rays).

Vitamin supplement – vitamin E.

Vitamin supplement for vitamin E is another example of important supplement. Vitamin E is a very powerful biological antioxidant, which plays a great role in preventing cell damage that may contribute to the development of cardiovascular disease and cancer. Vitamin E can be found in, for example, vegetable oils, nuts, and green leafy vegetables. If you do not intake enough vitamin E with your foods,

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the vitamin supplement will help.

Additional interesting content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)



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