



WHAT ARE **ANTIOXIDANTS** AND WHY ARE THEY IMPORTANT?

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Antioxidants are good molecules, which clean up the bad oxygen free radicals that damage tissue, cause diseases and increase the signs of aging.

Environmental pollution, ultraviolet radiation, and our own metabolism create these oxygen free radicals that challenge our bodies throughout every day.

Fascinating new research on antioxidants shows that they can delay or prevent cell damage. As a result, antioxidants may be able to fight or prevent diseases and significantly improve the signs of aging.