

Antioxidant Potential Of Pomegranate Punica Granatum L

Selenium and zinc are commonly referred to as antioxidant minerals, [better source needed] but these chemical elements have no antioxidant action themselves, but rather are required for the activity of ... There are hundreds, probably thousands, of different substances that can act as antioxidants. The most familiar ones are vitamin C, vitamin E, beta-carotene, and other related carotenoids, along with the ... Nov 9, 2025 · Antioxidants prevent cell damage and may help fend off aging and diseases. Vitamins and minerals can support overall health, as can antioxidants. Antioxidants are natural or human-made... Dec 27, 2021 · “Antioxidants are naturally occurring chemicals in foods that can serve as a defense against free radicals,” explains Hopsecger. “Free radicals are normal byproducts of metabolism that ... Jul 12, 2023 · Antioxidants are molecules that neutralize free radicals, unstable molecules that can harm your cells. Free radicals are constantly being formed in your body. Without antioxidants, free radicals... Apr 20, 2025 · Vitamin C is an antioxidant, and so are vitamin E, vitamin A, and beta-carotene. There are many more, each with their own benefits. Other antioxidants include: Because antioxidants have ... The body's cells can fix or prevent free radical damage, for example, by making antioxidant enzymes. And some antioxidants, such as vitamin C, come from food and drink.

[Add antioxidants to your diet - Mayo Clinic](#)

What Are Antioxidants? • The Nutrition Source

[Antioxidants: Meaning, Benefits, and Foods - Health](#)

Antioxidants: What They Do and Antioxidant-Rich Foods

[Antioxidants Explained in Simple Terms - Healthline](#)

[Antioxidants: Are There Good for You? Pros and Cons - WebMD](#)

Antioxidant - Wikipedia

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