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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 ... 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 ... 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. Aug 6, 2025 · Antioxidants are a group of plant-based compounds that can help protect your body's cells from damage. They exist naturally in certain foods and can also be found in dietary supplements. ... All aerobic organisms possess antioxidant defense systems, including antioxidant enzymes and antioxidant components that work to eliminate or repair damaged molecules. 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 ... Nov 18, 2025 · Antioxidants can protect

cells against free radicals that can cause damage. But there is a lot of misinformation. Get the facts. Nov 9, 2025 ·

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Antioxidants - MedlinePlus

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