

Title:

Antioxidant Health Benefits

Word Count:

266

Summary:

The raw herbs and vegetables we consume contain natural antioxidants called bioflavonoids and

Keywords:

antioxidant benefits, antioxidant supplements, antioxidant products, free radicals

Article Body:

Antioxidants are a class of nutrients that protect the body from damage caused by different fa

There are different types of antioxidants, and most work better when paired with other antioxi

Antioxidants are important supplements for everyone, but especially for those who exercise on

Benefits

- minimizes the damage from free radicals
- protects against cell damage
- may assist with prevention of debilitating diseases

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