

Title:

Antioxidants and Sexual Health

Word Count:

537

Summary:

The article talks about the benefits of taking the adequate amounts of antioxidants from

Keywords:

sexual health

Article Body:

Nowadays, the health benefits of antioxidants are being trumpeted in t.v. commercials and other

Vitamin C

Vitamin C, also called ascorbic acid, is one of the versatile antioxidants known to man. It m

Vitamin E

Vitamin E is a fat-soluble antioxidant vitamin that may penetrate cell membranes and protect t

Zinc

Zinc is important for cell division and production of healthy sperm. It is probably the most e

In addition to taking the right supplements, individuals should avoid alcohol and cigarettes.

Understanding the health benefits of antioxidants, vitamins, and minerals are essential in imp

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