

Title:

Good Things to Know About Antioxidants

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476

Summary:

Nutritionists sustain that a diet rich in natural antioxidants has a very benefic effect on th

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Article Body:

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When they accumulate in the bloodstream, free radicals cause a lot of damage to blood cells, p

Associated with a wide range of internal affections, the excessive accumulation and deposition

Factors such as air pollution, exposure to various chemicals and irritants, cigarette smoking

In order to prevent the accumulation of free radicals in the bloodstream and help the body in

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