## Antioxidants

Antioxidants are natural compounds found in fruits, vegetables, grains, and legumes. They can prevent or delay some types of cell damage caused by free radicals. Antioxidants have been associated with preventing and/or treating cancer, heart disease, diabetes, and high blood pressure.

### Vitamin A

**Health Benefits**
- **Acne, Wrinkles, Psoriasis**
  - Many face creams contain Vitamin A to treat acne.
- **Viral Infections**
  - Strengthens immune system and improves resistance, protects against sore throats, colds, and other viral infections.

**Sources**
- Carrots, Tomatoes, Avocado, Sweet Potatoes, Orange and Yellow Peppers, Yellow Beets, Squash, Pumpkin, Apricots

### Vitamin C

**Health Benefits**
- **Cold and Flu**
  - Reduces the duration of colds and other viral infections by enhancing immune function and resistance.
- **Skin Care**
  - Protects against skin damage and reduces the effects of sunburn. Promotes proper wound healing after operations.
- **Eyesight**
  - Protects and promotes healthy eyesight.

**Sources**
- Cabbage, Green Bell Peppers, Tomatoes, Potatoes, Mango, Black Currants, Oranges, Grapefruits, Citrus

### Vitamin E

**Health Benefits**
- **Infections**
  - Thought to help boost the immune system and help your body fight infections.
- **Heart and Circulation**
  - Help to keep your heart and blood vessels healthy.
- **Healthy Skin**
  - Speeds up wound healing and prevents thick scar formation.

**Sources**
- Sunflower Oil, Sunflower Seeds, Pine Nuts, Peanut Butter, Spinach, Avocado, Sweet Potato, Asparagus, Almonds

### Selenium

**Health Benefits**
- **Infections**
  - Improves immune system function, increases the production of white blood cells.
- **Menopause**
  - Can alleviate symptoms of menopause, including hot flashes.
- **Hair, skin and nails**
  - Improves the condition of hair, skin, and nails, reduces scalp flaking.

**Sources**

### Manganese

**Health Benefits**
- **Mind and Emotions**
  - Used to treat depressions and other nervous system disorders.
- **Osteoporosis**
  - Thought to strengthen your bones and reduce the risk of developing osteoporosis.
- **Wound Healing**
  - Needed for the formation of collagen, thought to speed up wound healing.

**Sources**
- Black or Green Tea, Avocado, Hazelnuts, Coconut, Whole Wheat Bread, Almonds, Watercress, Banana, Plums

### Antioxidants

Antioxidants are natural compounds found in fruits, vegetables, grains, and legumes. They can prevent or delay some types of cell damage caused by free radicals. Antioxidants have been associated with preventing and/or treating cancer, heart disease, diabetes, and high blood pressure.

### Sources

- Carrots, Tomatoes, Avocado, Sweet Potatoes, Orange and Yellow Peppers, Yellow Beets, Squash, Pumpkin, Apricots
- Cabbage, Green Bell Peppers, Tomatoes, Potatoes, Mango, Black Currants, Oranges, Grapefruits, Citrus
- Sunflower Oil, Sunflower Seeds, Pine Nuts, Peanut Butter, Spinach, Avocado, Sweet Potato, Asparagus, Almonds
- Black or Green Tea, Avocado, Hazelnuts, Coconut, Whole Wheat Bread, Almonds, Watercress, Banana, Plums

### Antioxidants

Antioxidants are natural compounds found in fruits, vegetables, grains, and legumes. They can prevent or delay some types of cell damage caused by free radicals. Antioxidants have been associated with preventing and/or treating cancer, heart disease, diabetes, and high blood pressure.

### Sources

- Carrots, Tomatoes, Avocado, Sweet Potatoes, Orange and Yellow Peppers, Yellow Beets, Squash, Pumpkin, Apricots
- Cabbage, Green Bell Peppers, Tomatoes, Potatoes, Mango, Black Currants, Oranges, Grapefruits, Citrus
- Sunflower Oil, Sunflower Seeds, Pine Nuts, Peanut Butter, Spinach, Avocado, Sweet Potato, Asparagus, Almonds
- Black or Green Tea, Avocado, Hazelnuts, Coconut, Whole Wheat Bread, Almonds, Watercress, Banana, Plums

### Antioxidants

Antioxidants are natural compounds found in fruits, vegetables, grains, and legumes. They can prevent or delay some types of cell damage caused by free radicals. Antioxidants have been associated with preventing and/or treating cancer, heart disease, diabetes, and high blood pressure.

### Sources

- Carrots, Tomatoes, Avocado, Sweet Potatoes, Orange and Yellow Peppers, Yellow Beets, Squash, Pumpkin, Apricots
- Cabbage, Green Bell Peppers, Tomatoes, Potatoes, Mango, Black Currants, Oranges, Grapefruits, Citrus
- Sunflower Oil, Sunflower Seeds, Pine Nuts, Peanut Butter, Spinach, Avocado, Sweet Potato, Asparagus, Almonds
- Black or Green Tea, Avocado, Hazelnuts, Coconut, Whole Wheat Bread, Almonds, Watercress, Banana, Plums

### Antioxidants

Antioxidants are natural compounds found in fruits, vegetables, grains, and legumes. They can prevent or delay some types of cell damage caused by free radicals. Antioxidants have been associated with preventing and/or treating cancer, heart disease, diabetes, and high blood pressure.

### Sources

- Carrots, Tomatoes, Avocado, Sweet Potatoes, Orange and Yellow Peppers, Yellow Beets, Squash, Pumpkin, Apricots
- Cabbage, Green Bell Peppers, Tomatoes, Potatoes, Mango, Black Currants, Oranges, Grapefruits, Citrus
- Sunflower Oil, Sunflower Seeds, Pine Nuts, Peanut Butter, Spinach, Avocado, Sweet Potato, Asparagus, Almonds
- Black or Green Tea, Avocado, Hazelnuts, Coconut, Whole Wheat Bread, Almonds, Watercress, Banana, Plums

### Antioxidants

Antioxidants are natural compounds found in fruits, vegetables, grains, and legumes. They can prevent or delay some types of cell damage caused by free radicals. Antioxidants have been associated with preventing and/or treating cancer, heart disease, diabetes, and high blood pressure.

### Sources

- Carrots, Tomatoes, Avocado, Sweet Potatoes, Orange and Yellow Peppers, Yellow Beets, Squash, Pumpkin, Apricots
- Cabbage, Green Bell Peppers, Tomatoes, Potatoes, Mango, Black Currants, Oranges, Grapefruits, Citrus
- Sunflower Oil, Sunflower Seeds, Pine Nuts, Peanut Butter, Spinach, Avocado, Sweet Potato, Asparagus, Almonds
- Black or Green Tea, Avocado, Hazelnuts, Coconut, Whole Wheat Bread, Almonds, Watercress, Banana, Plums

### Antioxidants

Antioxidants are natural compounds found in fruits, vegetables, grains, and legumes. They can prevent or delay some types of cell damage caused by free radicals. Antioxidants have been associated with preventing and/or treating cancer, heart disease, diabetes, and high blood pressure.

### Sources

- Carrots, Tomatoes, Avocado, Sweet Potatoes, Orange and Yellow Peppers, Yellow Beets, Squash, Pumpkin, Apricots
- Cabbage, Green Bell Peppers, Tomatoes, Potatoes, Mango, Black Currants, Oranges, Grapefruits, Citrus
- Sunflower Oil, Sunflower Seeds, Pine Nuts, Peanut Butter, Spinach, Avocado, Sweet Potato, Asparagus, Almonds
- Black or Green Tea, Avocado, Hazelnuts, Coconut, Whole Wheat Bread, Almonds, Watercress, Banana, Plums

### Antioxidants

Antioxidants are natural compounds found in fruits, vegetables, grains, and legumes. They can prevent or delay some types of cell damage caused by free radicals. Antioxidants have been associated with preventing and/or treating cancer, heart disease, diabetes, and high blood pressure.

### Sources

- Carrots, Tomatoes, Avocado, Sweet Potatoes, Orange and Yellow Peppers, Yellow Beets, Squash, Pumpkin, Apricots
- Cabbage, Green Bell Peppers, Tomatoes, Potatoes, Mango, Black Currants, Oranges, Grapefruits, Citrus
- Sunflower Oil, Sunflower Seeds, Pine Nuts, Peanut Butter, Spinach, Avocado, Sweet Potato, Asparagus, Almonds
- Black or Green Tea, Avocado, Hazelnuts, Coconut, Whole Wheat Bread, Almonds, Watercress, Banana, Plums