

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

Brazil Nuts, Fish and Shellfish, Sunflower Seeds, Walnuts, Spinach, Lentils, other Fruits & Vegetables, Whole Wheat Bread, Some Dairy Products

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