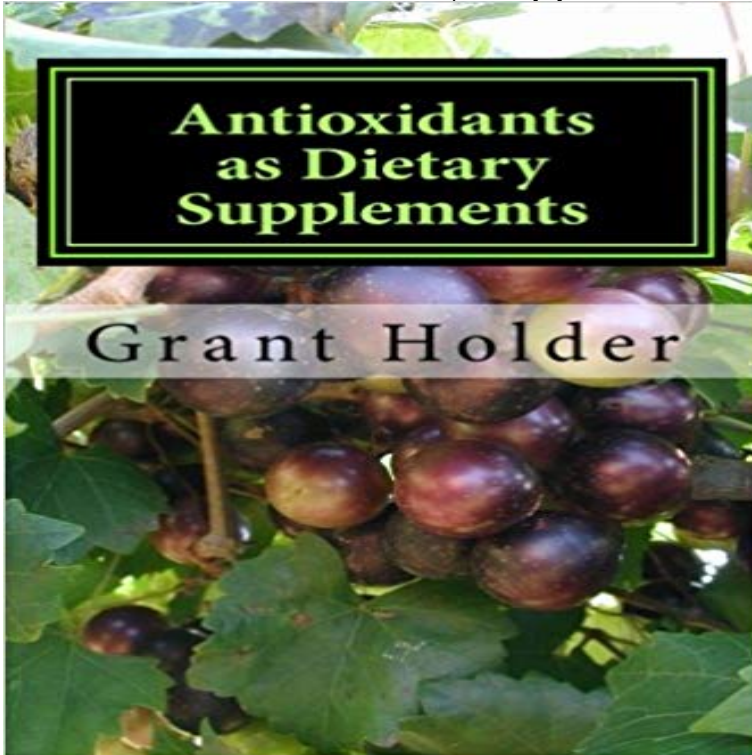


Antioxidants as Dietary Supplements: A Brief Look at What & Why



The fountain of youth, perhaps? If so, would we know what we were drinking? Antioxidants are the most exciting of the new-age food groups, but how new are they? Is this research on the cutting edge or wisdom from B.C.? In this, we examine what this craze is about, how it arose, what it means in context, and how it works in plain, simple language. Science is great, as long as we know what in world its talking about. That is the purpose of this text. What, why, from whence, and how much.

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