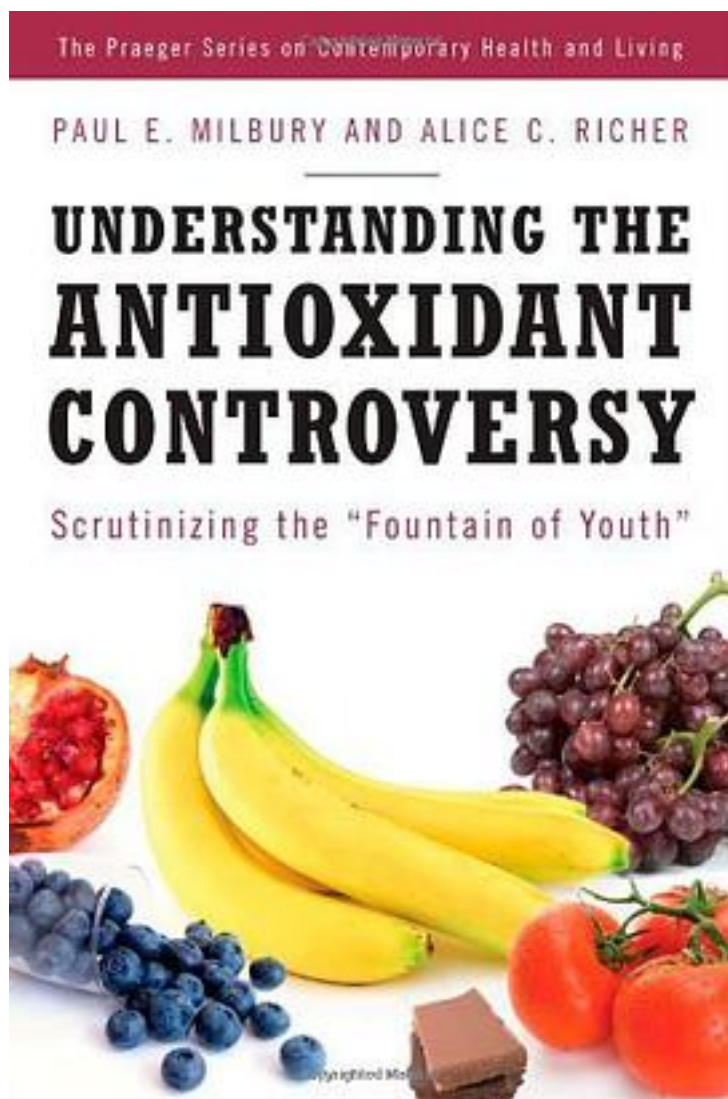


# Understanding the Antioxidant Controversy



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Current scientific theory presumes free radicals - unstable by-products produced by normal human metabolic processes - damage the body, resulting in chronic health problems and degenerative changes associated with aging. Here, the authors examine studies that demonstrate how vitamins, minerals, enzymes, and similar compounds with antioxidant properties may slow the aging process and prevent a multitude of health problems. With this timely guide to a controversial topic, educated consumers and health professionals can obtain up-to-date information and emerging news regarding the benefits and dangers of antioxidants.

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