

# HEALTH NEWS

## A Symphony Of Antioxidants <sup>Ⓟ</sup>

(NAPSA)—Antioxidants are beneficial substances found in foods and supplements that help keep you healthy by protecting cells in your body from the damaging effects of free radicals, pollutants and other insults. Some antioxidants are essential nutrients, like vitamins C and E and the minerals selenium and manganese, but foods and a multivitamin supplement contain a whole symphony of antioxidants that are only now being fully understood. Antioxidants protect plants from oxidative damage, just as they help protect your body from damage. Research studies on antioxidants can sometimes be confusing, but this may be because research generally tests one antioxidant at a time, as a treatment rather than preventative measure. Researchers agree that everybody should consume lots of fruits and vegetables, in order to get the benefits of a whole array of antioxidants that work together as a team. But most people don't eat the right amount of fruits and vegetables, and adding a multivitamin to your daily routine helps provide insurance that you're getting the antioxidants you need. Additional benefits can also be derived by taking antioxidant supplements. The smart choice is to eat the best diet you possibly can and add supplements to complement those efforts.