



# AntiOxidant Formula

## What Is It?

Supplementation with antioxidants such as vitamins C and E has been growing rapidly in the past few years as research on harmful free radicals intensifies. Free radicals are atoms, ions, or molecules with one or more unpaired electrons that bind to and destroy cellular compounds. Dietary antioxidants disarm free radicals through a number of different mechanisms. Foremost, they bind to the free electrons, 'pairing up' with them, creating an innocuous cellular compound that the body can eliminate as waste. AntiOxidant Formula offers a synergistic, broad spectrum of antioxidants designed to protect against free radical damage in every cell of the body.\*

## Uses For AntiOxidant Formula

**Antioxidant Support:** This formula offers a range of antioxidant nutrients to promote cellular health as well as support and enhance the body's natural defense mechanisms against free radicals: the enzymes superoxide dismutase, catalase, and glutathione peroxidase. Recent research points to the fact that a synergistic combination of antioxidants is more effective than the total effect of each antioxidant taken alone.\*

## What Is The Source?

Milk thistle extract is derived from *Silybum marianum* fruit and standardized to contain 80% silymarin. Mixed carotenoids containing beta carotene, alpha carotene, zeaxanthin, cryptoxanthin and lutein are derived from *D. salina* (algae). Natural vitamin E (d-alpha tocopherol succinate) is derived from soy. Riboflavin (B2) is derived from corn fermentation. N-acetyl-l-cysteine (NAC) is synthetically derived. Selenium and zinc are derived from limestone. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Rare side effects of n-acetyl-l-cysteine and milk thistle include headache, dry mouth, itching and dizziness. Milk thistle should be avoided by individuals with allergies to members of the aster (*Compositae/Asteraceae*) family.

## Are There Any Potential Drug Interactions?

Some studies have reported that milk thistle extract can affect the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Consult your physician for more information.

### AntiOxidant Formula

each vegetable capsule contains  0

n-acetyl-l-cysteine (NAC) (free-form) .....	100 mg
Silybum marianum (milk thistle) extract.....	100 mg
(standardized to contain 80% silymarin)	
ascorbyl palmitate (fat-soluble vitamin C) .....	100 mg
mixed carotenoids .....	10,000 i.u.
(providing beta carotene, alpha carotene, zeaxanthin, cryptoxanthin and lutein)	
d-alpha tocopherol succinate (natural vitamin E) .....	100 i.u.
selenium (selenomethionine).....	100 mcg
riboflavin (B <sub>2</sub> ).....	25 mg
zinc (picolinate) .....	5 mg
other ingredients: gelatin beadlet	

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\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

