



The War Against Aging

In 1954, a young scientist named Denham Harman, M.D., Ph.D., was working in a laboratory at the University of California Berkeley and discovered the Free Radical Theory of Aging. This theory states that free radicals are responsible for, or at least involved in, the process of biological deterioration in humans. Human cells are continuously exposed to oxygen, which is the root of oxidation and free radical deterioration of human cells. From his research emerged the field of free radicals and antioxidants in disease and aging.

In 1962, Dr. Richard Passwater discovered another piece of this free radical-aging puzzle when he discovered antioxidant synergism. Dr. Passwater found that certain antioxidants acted more potently together than the sum of their individual potencies.

In support of the theory of antioxidant synergism or multiple antioxidants is the research of Al F. Tappel, Ph.D. Dr. Tappel found that a combination of **vitamin E**, **selenium** and **beta-carotene** was far more effective than individual antioxidants in quenching free radicals. He also found that **vitamin E**, **selenium**, **beta carotene**, **Co-Q₁₀** and **vitamin C** gave substantially more protection than just two antioxidants. Dr. Lester Packer, Ph.D., of the University of California Berkeley has extended this research and defined what he calls "the antioxidant network." In this network antioxidants work as a team and regenerate each other after quenching free radicals. For example, **vitamin C** restores **vitamin E** to full potency after it is used up quenching free radicals. **Alpha-lipoic acid** restores **vitamin C** back to full potency and **Coenzyme Q-10** regenerates **vitamin E** in the cell membranes to its active form. The bioflavonoid antioxidants like the proanthocyanidins found in **grape seed** and **grape skin** also regenerate **vitamin C**.

Provided by:

Research findings suggest that antioxidants fight aging in many ways:

- Reduce the risk of cancer
- Protect arteries from atherosclerotic plaque
- Prevent Diabetic Retinopathy
- Protect Against Macular Degeneration
- Slow memory loss
- Boost the immune system
- Normalize blood sugar levels
- Enhance wound healing
- Increase energy

Most antioxidants come from dietary sources, however, the body also produces antioxidants. Endogenous antioxidants are those made within our body. These include two forms of superoxide dismutase (manganese SOD and copper-zinc SOD), catalase and glutathione. It has been found that taking a combination of **zinc**, **copper** and **manganese** increases the formation of both manganese SOD and copper-zinc SOD. SOD quenches superoxide radicals and converts them to hydrogen peroxide.

Glutathione peroxidase breaks down hydrogen peroxide to oxygen and water. **Selenium** and **vitamin C** aids in the formation of and function of glutathione peroxidase.

There is another group of antioxidants that the body is capable of making but that also are important as dietary antioxidants, such as **alpha-lipoic acid** and **Co-Q₁₀**.

A daily regimen of a combination of antioxidants is a great weapon to have in the war against aging.

Anti-Ox-Plus with Lutein

90 capsules per bottle 3 capsules provide:

Beta Carotene	25,000 IU
Vitamin C (Ascorbic Acid)	200 mg
Vitamin E (as d-alpha tocopheryl acetate)	200 IU
Selenium (Krebs)	50 mcg
Zinc (Albion® Amino Acid Chelate)	15 mg
Copper (Albion® Amino Acid Chelate)	2 mg
Manganese (Albion® Amino Acid Chelate)	5 mg
Green Tea 50% Extract	150 mg
N-Acetyl-L-Cysteine	150 mg
Lipoic Acid	50 mg
Grape Seed Extract	20 mg
L-Taurine	150 mg
Lutein	3 mg
Zeaxanthin	500 mcg

Other ingredients: Cellulose, Gelatin, and Vegetable Stearate.