



Antioxidant *Guide*

KICK FREE RADICALS TO
THE CURB WITH THESE
ANTIOXIDANT-RICH FOODS,
SPICES, AND SUPPLEMENTS

Karen Ward

NUTRITION

ANTIOXIDANTS 101

How they help

Antioxidants act as bodyguards, protecting your cells from free radicals.

Free radicals are unstable molecules that can harm the body. They happen when an atom gains or loses an electron.

Electrons don't like flying solo. So when unpaired, they roam the body searching for a spare electron to buddy up with.

This damages the cells they steal the electron from. And over time, this can lead to oxidative stress.

Free radicals can be caused by:

- Smoking
- Pollution
- Chemicals
- X-rays
- Poor diet
- UV light
- Chronic stress
- Certain medications
- And even natural processes like digestion!

Oxidative stress is linked with:

- Heart disease
- Cancer
- Stroke
- Arthritis
- Asthma
- Diabetes
- Alzheimer's disease
- Parkinson's disease
- Chronic inflammation

Luckily, that's where antioxidants come in...

Antioxidants are substances that donate an electron to free radicals.

This stabilizes them, so they don't go around stealing electrons and damaging healthy cells.

You can turn down the volume on free radicals by not smoking, avoiding chemicals, and eating a healthy diet.

That said, even if live a super clean lifestyle -- you can't avoid free radicals altogether.

But you CAN boost your antioxidant intake to keep free radicals in check.

By adding more antioxidant-rich foods, spices, and supplements to your diet, you can fight off harmful free radicals *before* they do any damage.

So read on to learn the best foods, spices, and supplements to boost your antioxidant levels...

ANTIOXIDANT RICH FOODS

Eat your antioxidants



Blueberries



Kidney beans



Goji berries



Cranberries



Raspberries



Dark chocolate



Artichokes



Pecans



Strawberries



Blackberries



Red cabbage



Kale



Beets



Spinach



Apples



Prunes

ANTIOXIDANT RICH SPICES

For an extra antioxidant kick



Cloves



Cinnamon



Allspice



Peppermint



Oregano



Rosemary



Turmeric



Sage



Basil



Saffron



Thyme



Cumin



Cocoa



Garlic



Ginger



Cayenne pepper

ANTIOXIDANT SUPPLEMENTS

For an antioxidant boost



Glutathione

Glutathione is nicknamed 'the master antioxidant,' because it's found in nearly every cell in your body. It helps your body detox, but it also helps your body recycle other antioxidants, such as vitamin C and vitamin E, so they can be reused.

Brands: [Thorne](#) & [Designs for Health](#)



Vitamin C

Known best for its immune-boosting powers, vitamin C is also a potent antioxidant. It helps your body fight off harmful viruses, supports collagen production, and may even reduce the risk of cancer.

Brands: [Garden of Life](#) & [Thorne](#)



Quercetin

Found naturally in foods like berries and leafy greens, quercetin is a plant pigment with powerful antioxidant properties. It's shown to reduce inflammation, ease allergy symptoms, and even shows promising anti-cancer effects.

Brands: [Jarrow](#) & [Thorne](#)



Resveratrol

All the hype about red wine's benefits comes courtesy of resveratrol. This plant compound is also found in grapes, peanuts, and some berries. It lowers inflammation, has anti-cancer effects, and helps the body fight off bacteria and viruses.

Brands: [Garden of Life](#)



Vitamin E

This nutrient acts as a powerful antioxidant and is a goldmine for skin health. It's also important for vision, reproduction, and brain health.

Brands: [Nordic Naturals](#) & [Garden of Life](#)



Selenium

This trace mineral not only fends off free radicals, it's a must for healthy thyroid and adrenal function. It also supports brain health and may help prevent cancer.

Brands: [Thorne](#) & [Pure Encapsulations](#)



CoQ10

Also known as ubiquinol, CoQ10 is an antioxidant that helps your body produce energy. Your body makes Co10 naturally, but it declines with age.

Brands: [Garden of Life](#)



Vitamin A

This fat-soluble vitamin is crucial for healthy eyes. It also boosts the immune system, promotes healthy skin, and supports the reproductive system.

Brands: [Carlson](#) & [Designs for Health](#)