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Antioxidants have a protective effect on health because they reduce the number of free radicals in the body. As their name suggests, free radicals act like destructive terrorists in the body attacking healthy cells, making them more vulnerable to disease and causing them to age faster. They also work against the immune system and play a role in age related illnesses. Three of the most significant sources of free radicals are the fat in our diets (particularly vegetable oils) the action of sunlight on our skin, and radiation. Have you ever seen a plastic bottle that

has become dried up and brittle from lying out in the sun? The same thing happens over time to the collagen in our bodies as a result of free radicals.

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It has the added benefit of combining a number of powerful antioxidants together so that they work in synergy and enhance each other's effect. Many of our customers who use this product say that they have much more energy, that the condition of their skin and hair quickly improves and they become more mentally alert.



66 One of my secrets of Life-Long Fitness is to take antioxidants. I believe that Life Extension mix is the best form of ntioxidant available. 99

Bob Delmonteque ND Life Extension Specialist.



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