

Antioxidants-for-Health-and-Longevity

Antioxidant	Primary Benefits Or Function (in addition to general antioxidant benefits)	Sources (bold items are best)
NETWORK ANTIOXIDANTS — The most significant antioxidants; these work together synergistically		
Vitamin C	cardiovascular, joints, cancer prevention, vision, liver, acne, Alzheimer's, asthma, depression, diabetes, Parkinson's and more...	raw peppers, parsley, broccoli, cauliflower, citrus fruits, berries, romaine lettuce, brussels sprouts, papaya, canteloupe , and many more...
Vitamin E	heart and circulatory system, many other benefits as well	mixed-tocopherol vitamin E supplements sunflower seeds, almonds, greens
Coenzyme Q-10	heart and circulatory system, gums, blood sugar regulation, cellular energy	CoQ-10/ubiquinol supplements fish, organ meats
Glutathione	energy, respiratory system, vision, immunity	spinach, potatoes, asparagus, avocado, squash, okra, cauliflower, broccoli, walnuts, garlic
Alpha-Lipoic Acid	vision, diabetes	alpha-lipoic acid supplements , broccoli, spinach, and other green leafy vegetables, organ meats
Selenium	Supports and replenishes all of the network antioxidants	Brazil nuts, selenium supplements , cod, shrimp, snapper, tuna, halibut, calves' liver, sardines, salmon
CAROTENOIDS — a family of plant pigments that work in combination to provide powerful antiaging benefits. Eat with fats.		
Vitamin A Beta Carotene	heart disease, cancer, respiratory and immune system, skin and joints, vision, arthritis, diabetes, protection from radiation	chlorella, spirulina and other green superfoods, dark green leafy vegetables, cooked carrots, pumpkin, sweet potatoes, cantaloupe, squash
Lutein and Zeaxanthin	vision — prevention of cataracts and macular degeneration	cooked greens, green peas , romaine, brussels sprouts, corn, broccoli
Lycopene	heart disease, cancer prevention (esp. prostate), vision, exercise-induced asthma	cooked tomatoes watermelon, guava, raw tomatoes, pink grapefruit
Astaxanthin	joint pain, inflammation, vision, brain and nervous system, stamina, skin, many more...	astaxanthin supplements salmon, shrimp
BIOFLAVONOIDS — phytonutrients (plant chemicals); all useful as antioxidants, antivirals, and anti-inflammatories.		
Flavonoids	cardiovascular, asthma and allergies, vision, skin, gum disease	virtually all fruits, vegetables, dry beans, green tea and other herbs and spices
Quercetin	anti-inflammatory, anti-histamine, allergies, circulatory system, cancer prevention	onions, chives, leeks, scallions, garlic , most other fruits and vegetables
Rutin & Hesperidin	circulation, varicose veins, skin, allergies, vision, anti-inflammatory	apricots, buckwheat, cherries, prunes, rose hips, the rind of citrus fruits
Curcumin	inflammation, cancer prevention, anti-bacterial, cardiovascular, nervous system	turmeric, curcumin supplements
Ginkgo Biloba	circulation, brain function, memory, vision	ginkgo biloba supplements
Anthocyanins	circulation, vision, brain function	acai, goji berries, mangosteen, noni, berries
Pycnogenol	joint pain, circulation, skin, immune system	pycnogenol supplements
Resveratrol	cardiovascular system, life-extension, cancer prevention, immune system	muscadine grape seeds and skin, resveratrol supplements , organic red wine
Bilberry	vision, esp. night blindness, circulation	bilberries, bilberry supplements
Milk Thistle	liver detoxifier, boosts glutathione	milk thistle supplements