

Antioxidants

| <i>Antioxidant</i> | <i>Functions</i> | <i>Deficiency Symptoms</i> | <i>Food Sources</i> |
|--------------------|---|--|--|
| Alpha Lipoic Acid | Fights inflammation, decreases free radical damage, turns glucose into "fuel". | Burning sensation, pain or numbness in arms or legs, lethargy, weight gain. | Broccoli, spinach, red meat, brussel sprouts, tomatoes, Brewer's yeast, beets, carrots. |
| Anthocyanidins | Fights free radicals, anti-inflammatory, anti-viral, anti-cancer. | Overweight, depression, achy bones, low mineral count, muscle weakness. | Berries, kidney beans, tart cherry, grapes, red onion, pomegranates, tomatoes. |
| Carotenoids | Anti-inflammatory, eye health, reduced cancer risk, strengthens immune system. | Abnormal vision, night blindness, dry skin, resistance to infections. | Red, green, orange and yellow fruits and veggies, algae, chlorella, spirulina. |
| Co-Enzyme Q10 | Heart and brain health, diabetes, infertility, virus protection, cancer prevention. | Muscle weakness, fatigue, cloudy thinking, high blood pressure, shortness of breath. | Beef, herring, chicken, trout, pistachios, seeds, broccoli, eggs, oranges, strawberries. |
| Flavonoids | Anti-inflammatory, fights allergies, protects blood vessels, anti-viral. | Easy bruising, frequent nose bleeds, excessive swelling, frequent colds/flu. | Citrus fruits, berries, dried beans, dark chocolate, wine. |
| Phytoestrogen | May protect against some cancers, balances hormones, reduces PMS. | Menopausal challenges, weakened bones, excessive PMS symptoms. | Tempeh, oats, barley, lentils, yams, apples, alfalfa, pomegranates, wheat germ. |

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| Polyphenols | Improve gut bacteria, lower blood pressure & cholesterol, heart health. | Fatigue, muscle exhaustion, cognitive impairment, GI distress, vision challenges. | Spices, herbs, green tea, dark berries, veggies, nuts, seeds, chocolate. |
| Selenium | Powerful with Vitamin E, supports healthy immune function. | Fatigue, mental sluggishness, repeated miscarriages, GI distress. | Brazil nuts, eggs, tuna, cod, sunflower seeds, poultry and certain types of meat. |
| Sulforaphane | Promotes detox, lowers cholesterol, anti-fungal, bacterial and viral. | High cholesterol, blood pressure, overweight, frequent illness. | Broccoli, brussel sprouts, kale, cauliflower, cabbage. |
| Superoxide Dismutase (SOD) | Anti-inflammatory, reduces free radicals, anti-aging, protects DNA. | Inflammation and arthritis, premature skin aging, weakened bones/joints. | Cantaloupe, honeydew, broccoli, brussel sprouts, oysters, chicken, chickpeas, cashews. |
| Vitamin C | Strengthens immune system and heart, eyes and skin, prenatal health. | Easy bruising, gum issues, nose bleeds, dry and scaly skin, leaky gut. | Guava, kiwi, black currant, red & green peppers, oranges, strawberries, papaya, kale. |
| Vitamin E | Strengthens heart, decreases blood pressure, balances cholesterol, skin. | Poor at absorption/digestion, Crohn's disease, liver issues, IBS. | Sunflower seeds, almonds, hazel nuts, mango, avocado, broccoli, spinach, tomato. |
| Zinc | Healthy cell division, fights free radicals, slows aging, hormones. | Digestive problems, hormone imbalance, thin hair, leaky gut, skin issues, allergies. | Lamb, pumpkin seeds, chickpeas, cocoa powder, kefir, cashews, mushrooms, spinach. |