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Antioxidant Backgrounder

Antioxidants are essential to the body's ability to defend against a range of health concerns and support a strong immune system. Medical research proves that diets high in antioxidants reduce stress on the body caused by free radicals. Free radicals (unstable molecules that attack healthy cells) contribute to a number of health issues.

What are antioxidants?

Antioxidants are nutrients and enzymes that counteract and repair the harm caused to the immune system when too many free radicals are present in the body. Free radicals attack cells and pollute the body. Antioxidants allow the body to fight back and repair the body from the inside out. Antioxidants enhance a body's natural ability to fight disease and boost the immune system.

Antioxidants and Lifestyle

Modern living, which caters to unhealthy diets, lack of exercise and exposure to pollutants, can lead to an increase in free radical activity, threatening overall health. Antioxidants can help minimize the effects of modern living. Combined with a healthy diet and exercise, antioxidants help the body fight excessive free radicals, boosting the immune system and compensating for the realities of modern living which are constantly taking a toll on the body.

Antioxidants and Aging

Antioxidants are produced naturally in the body but decline with age. The increase in free radical activity over the years as the amount of antioxidants decreases can lead to a number of unwanted health complaints associated with aging such as poor circulation, impotence, cataracts and premature aging. Diets supplemented with antioxidants can help to slow down the aging process and ward off a number of degenerative conditions.

Antioxidants and Immuno-Viva

Oils extracted from specific fruits, seeds and leaves such as black raspberry, black cumin, blueberry, cranberry, chardonnay grape, pomegranate, pumpkin, red raspberry and sesame have been found to contain beneficial amounts of antioxidants. The Immuno-Viva line of products by Botanic Oil Innovations harnesses the power of these pure natural oils and flours into daily supplements that provide nutritional support for a healthier immune system through the benefits of specific antioxidant combinations.

For more information visit www.immuno-viva.com.