

RENEWAL ANTIOXIDANTS™

Full Spectrum Protection

Today intervention in the aging process—once regarded as fantasy—has become viable due to scientific breakthroughs. Many scientists accept the theory proposed by Dr. Denham Harman, who argued that “aging changes are induced by free radical reactions.” Why? The very act of breathing generates free radicals, a major cause of cell and tissue damage. Dietary antioxidants play a significant role in limiting this damage. And because cells have lipid and aqueous components, full-spectrum protection requires lipid and water soluble antioxidants.



ACTION

CONTENT

	Heart and Blood Vessels	Brain and Nervous System	Liver	Immune	Skin & Connective Tissue	Eyes and Vision	Energy Production & Metabolism	DNA Protection
	Arteries and capillaries must be flexible and elastic to properly carry the blood that nourishes each cell. Antioxidants neutralize destructive free radicals and support cardiovascular health by halting the oxidation of cholesterol. Oxidized cholesterol is a harmful, unstable molecule that damages the integrity of arteries.	Neuronal cell membranes, the site of electrical signaling, are composed of lipids (fats) that are vulnerable to peroxidation (rancidification) by free radicals. Research has also shown that stress, particularly long-term, can directly set in motion mechanisms that promote the aging process, which affects brain and nerve cell function.	Powerful antioxidants help minimize stress damage to liver cells and tissues, thereby supporting the liver's capacity for detoxification . The antioxidant glutathione and the enzyme glutathione peroxidase are perhaps the most important antioxidant compounds made by the body. Cysteine, the rate limiting factor for glutathione synthesis, along with glutathione, helps safeguard cells against oxidation.	Because the immune system generates free radicals while doing its job, antioxidants are critical. For example, T-helper cells release reactive chemicals such as hydrogen peroxide as part of the body's natural defense response. And Vitamin C, a water soluble antioxidant, is concentrated in white blood cells at much higher levels than in surrounding fluids. This helps protect the immune system from its own free radicals .	Supporting connective tissue of the dermis is essential for skin health. Skin is rich in lipids, proteins, and DNA, which are extremely sensitive to oxidation. The dermis conveys shape and structure to the skin via its components, collagen, elastin, and glycosaminoglycans. Age-related changes due to oxidation, loss of elastic fiber and thickening of collagen cause skin to become more fragile. Powerful antioxidants protect the skin and help maintain its structure and tone .	Eye tissue, which is very delicate and rich in fatty acids, is particularly prone to the effect of free radicals. Fat soluble antioxidants such as lutein provide important protection for the eye. The eye also has aqueous tissue that is better protected by water-soluble antioxidants. For example, bilberry and grape seed may stabilize circulation in the tiny capillaries. Sunlight is a strong free radical generator. Vitamin C and lutein can help protect the lens, cornea, macula, and retina .	Mitochondria are fundamental to metabolism and the powerhouse of all our cells. Yet these tiny and numerous sub-cellular components are the major source of endogenous free radical generation . Antioxidants keep the levels of oxidants they produce in check.	DNA, the blueprint for all molecules in the body, can be altered or damaged by free radical oxidation, thereby affecting gene expression. Protecting DNA from this type of damage is extremely important. Certain compounds, such as curcumin from turmeric and quercetin, directly protect DNA against strand breakage and base oxidation, according to in vitro research.
	Lipid Soluble: Astaxanthin, CoQ10, Lipoic Acid, Lutein, Lycopene, Myrcetin, Turmeric, Zeaxanthin, Alpha Carotene, Beta Carotene, Gamma Vitamin E, Tocotrienols. Water Soluble: Alpha Lipoic Acid, Bilberry, Blueberry, Ginger, Ginkgo, Grape Seed, Green Tea, Hawthorn Berry, Resveratrol, Vitamin C.	Lipid Soluble: Alpha Lipoic Acid, CoQ10, DMAE, Lutein. Water Soluble: Alpha Lipoic Acid, Bilberry, Carnosine, Ginkgo, Grape Seed, Vitamin B-2.	Lipid Soluble: Alpha Lipoic Acid, CoQ10, Turmeric, Ascorbyl Palmitate (Vitamin C), Beta Carotene, Gamma Vitamin E, Tocotrienols, Vitamin A. Water Soluble: Alpha Lipoic Acid, Ginger, Glutathione, N-Acetyl Cysteine, Silymarin, Wheat Sprouts, Selenium, Zinc, Vitamin B-2.	Lipid Soluble: Alpha Lipoic Acid, CoQ10, Quercetin, Turmeric, Ascorbyl Palmitate (Vitamin C), Beta Carotene, Gamma Vitamin E, Tocotrienols, Vitamin A. Water Soluble: Alpha Lipoic Acid, Selenium, Zinc, Ascorbic Acid (Vitamin C).	Lipid Soluble: Lutein, Lycopene, Quercetin, Zeaxanthin, Beta Carotene, Ascorbyl Palmitate (Vitamin C), Vitamin E. Water Soluble: Amla, Grape Seed, Manganese, Zinc, Ascorbic Acid (Vitamin C), Vitamin B-2.	Lipid Soluble: Alpha Lipoic Acid, Lutein, Lycopene, Quercetin, Zeaxanthin, Ascorbyl Palmitate (Vitamin C), Beta Carotene, Gamma Vitamin E, Vitamin A. Water Soluble: Alpha Lipoic Acid, Bilberry, N-Acetyl Cysteine, Selenium, Zinc.	Lipid Soluble: Alpha Lipoic Acid, CoQ10. Water Soluble: Alpha Lipoic Acid, Ginger, Ginkgo, Green Tea, Mega-H, Zinc, Vitamin B-2.	Lipid Soluble: Lutein, Lycopene, Quercetin, Turmeric, Tocotrienols. Water Soluble: Amla, Blueberry, Carnosine, Grape Seed, Pomegranate, Raspberry, Resveratrol, Rosemary, SOD Gliadin, Manganese, Zinc.

