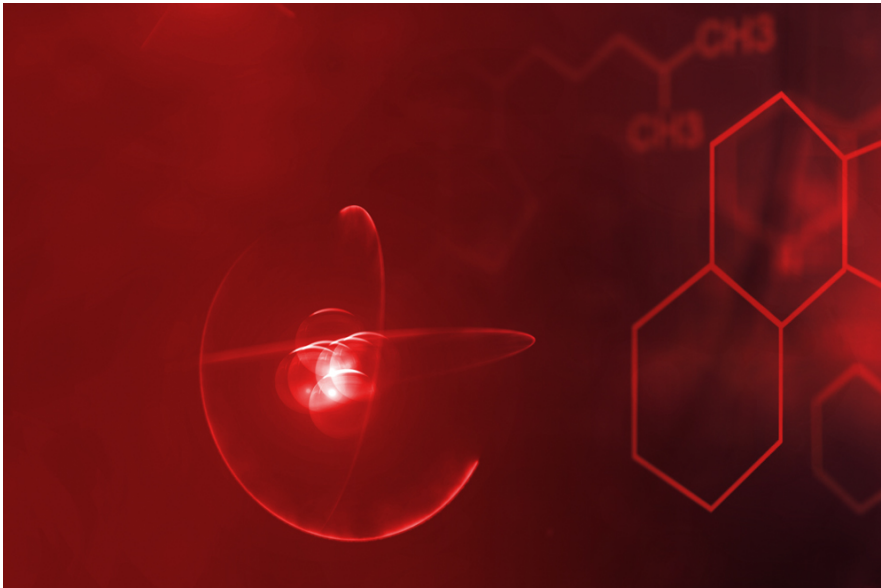




Free Radicals



Overview

These are chemicals that are formed naturally by your body. They're highly reactive. That means they're very unstable. Free radicals easily interact with other things around them. And when they do this, they can harm the DNA strands, proteins and membranes of your body's cells.

How do they harm you?

We think free radicals may play a role in the development of cancer. They may play a role in other diseases, too. So we think it's beneficial to try to lower the number of free radicals in your body.

Antioxidants

How do we do this? Well, we use healthy chemicals called "antioxidants." Your body can make some antioxidants on its own. But you get others from the things you eat and drink. Fruits, vegetables and grains are all good sources. The antioxidants interact with the free radicals in your body. Antioxidants give them something to bond to so they don't harm your cells.

Conclusion

We're still trying to learn about free radicals and the ways they affect you. To learn more, talk to your doctor.