

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.