

Antioxidants serve as nature's own protectors through controlling and minimizing free radical reactions within a cell. Free radicals are highly reactive, unstable compounds that are formed each day through normal body processes. In addition, certain environmental pollutants can react within the body to cause the generation of

wheat germ oil. It is also found in almonds, avocados, soy beans, nuts and wheat germ. It may protect you against cancer and heart disease, enhance immunity, retard cataract formation and protect red blood cells. As a fat soluble vitamin, vitamin E helps protect the body against cell membrane damage due to free radicals.

strokes as those who did not.

FATTY BUILDUP ON ARTERY WALLS: Laboratory studies have found that vitamin E may slow or even reverse the fatty buildup on artery walls that can lead to heart attacks and strokes.

PARKINSON'S DISEASE: Research shows that this disease may be slowed by antioxidants, Vitamin E and C.

MULTIPLE SCLEROSIS: Research shows that MS patients may be deficient in antioxidant nutrients.

CATARACTS: A combination of vitamin C and citrus extract may reduce the risk of developing galactose cataracts. Vitamin E, beta carotene and selenium may also alter this process.

IMPORTANT SUMMARY

I believe our Upper Limit Antioxidant is the best product of its kind. I've put in all of the antioxidant vitamins and minerals plus ChromeMate which lowers LDL cholesterol and controls blood sugar. Upper Limit Antioxidant also contains the B-complex vitamins as well as other important vitamins and minerals. Obviously, there is no need to take an extra vitamin pill. Upper Limit Antioxidant is an extraordinary supplement which everyone should take everyday. It may be the most important step towards good health anyone could ever take. Any athlete will benefit especially when ChromeMate Plus is also taken. Not only will the athlete be more healthy in the present and the future, but he will gain more lean muscle and lose fat while getting stronger. ChromeMate niacin-bound chromium plays an essential role in converting food into energy, essential for supporting athletic performance. I have personally designed and researched these two products and they will give any athlete a significant Upper Limit effect.

I've tried hard to keep the cost as low as possible while keeping the highest possible standards. Tablets are a lot cheaper than capsules but don't disintegrate and deliver the nutrients as fast. If you use our volume discount plan, as explained on page 56, you can get my Upper Limit Antioxidant and ChromeMate Plus in capsule form and receive all of their spectacular benefits for less than 66¢ per day!.....□

Saving Lives - Better Athletes

ANTIOXIDANTS

By Dr. Greg Shepard

free radicals. Also, physical activity increases oxygen uptake and deeper respiration of air pollutants which contribute to free radical formation. Excess free radicals can cause severe damage to cell structures. The cell structure damage causes a multitude of health problems that might well be avoided with antioxidant supplements.

Certain vitamins and minerals serve as antioxidants and inactivate dangerous free radicals which contribute to aging and ill-health. The antioxidant vitamins are beta carotene (precursor to vitamin A), vitamin C and vitamin E.

Beta carotene is found in carrots, tomatoes, spinach, papaya, broccoli, asparagus, apricots, nectarines and peaches. It may protect one from cancer, speeds healing, improves vision and helps fight infection. Beta carotene helps prevent the formation of one of the most damaging free radicals, singlet oxygen.

Vitamin C is found in oranges, grapefruit, mango, papaya, cranberry, cantaloupe, broccoli, cauliflower, red cabbage, red peppers, sago palm and spinach. It protects the heart and eyes, increases resistance to infection, strengthens capillaries, protects against free radical damage caused by smoking and it may block food nitrates forming nitrosamines (cancer causing compounds). Vitamin C, a water-soluble vitamin, also helps guard the body against harmful reactions occurring within the cell.

Vitamin E is found in corn, olive, safflower, soy, sunflower and

The two most important minerals which serve as antioxidants and fight free radicals are selenium and zinc. Selenium is found in barley, broccoli, carrots, celery, lentils, molasses, mushrooms, onions, soy beans, spinach, wheat germ and yeast. It may protect against cancer; it enhances the effectiveness of Vitamin E and preserves tissue elasticity. Rich zinc sources are red meats, shell fish, and grain kernels. However, for those avoiding cholesterol rich foods, a new better absorbed form is available called OptiZinc, so unique it has three U.S. Patents.

OptiZinc combines two recognized antioxidants, zinc and methionine, a potent combination that can help quench harmful free radicals. Also, in repeated experiments, OptiZinc has been shown to **INCREASE GROWTH** and improve immune function in animals. One study found that OptiZinc significantly increased blood plasma vitamin A and beta carotene levels which have a potent free radical fighting effect.

HEART DISEASE: It begins when low-density lipoprotein cholesterol (LDL and the bad kind of blood cholesterol carrier) is oxidized by free radicals. This oxidized LDL seems to begin the formation of blood vessel-clogging plaque that leads to hardening of the arteries. The antioxidant vitamins inhibit LDL oxidation and the early stages of plaque formation.

HEART ATTACKS & STROKES: In a recent study, those who took 50 mg. of beta carotene every other day had almost half as many heart attacks and