

Major Antioxidants Classifications & Therapeutic Range

Classification	Forms	Function	Therapeutic Range	Good Sources
Carotenoids	Beta Carotene, Lycopene	Promotes Optimal Functioning of the Immune System. Improves Vision. Necessary for Bone growth & development. Essential for the replication of epithelial cells (Skin, Intestines, Lungs) during wound healing.	25,000 IU of Beta-Carotene and mixed carotenoids/day	Spirulina, Chlorella, Carrots, Sweet Potatoes, Kale, Parsley, Spinach, Watercress, Raw Carrots, Cooked Tomatoes, Mangos, Pumpkins, Squash
Ascorbic Acid	Vitamin C, Mineral Ascorbate, Buffered	Antioxidant. Aids in Iron absorption. Necessary for specific hormone and neurotransmitter synthesis. Liver Detoxification. Lowers Cholesterol.	3,000-5,000 mg/day (For Injuries & Illness use upper end in divided doses throughout day)	Camu-Camu Berries, Acerola berries, Oranges, Guava, Green Peppers, Grapefruit.
D-Tocopherol	Vitamin E	Antioxidant. Protects cell membranes, especially Red Blood Cells & Lungs. Vital for Nerve and Muscle Cell activity. Anti-inflammatory.	600-1000 IU/day	Fish Oils (Cod Liver, Krill), Wheat Germ, Sunflower Seeds, Almonds, Pecans.
Polyphenols	Phenols, Phenolic Acids, Indole-3-Carbonol	Produced by plants to offset infection antioxidants in this class offer anti-inflammatory properties as well as anti-viral in some cases.	Varies	Green Tea, Nettle Root, Peppermint, Spearmint, Lemon Balm, Blueberry, Hawthorn Berry, Blackberry
Flavonoids	Bioflavonoids, Isoflavones, Flavones, Catechins, Quercetin	Found widely in the plant world, over 4,000 different forms have been identified to date. A member of the Polyphenol family that impart color to fruits and flowers (orange, yellow, white). Essential for a healthy cardiovascular system.	Varies	Green Tea, Artichokes, Asparagus, Celery, Chives, Pears, White Eggplant, Citrus Fruits (Fibers Between Fruit & Rind), Soy Beans, Red Kidney Beans
Anthocyanins	Proanthocyanins, Oligoprocyanins(OPCs)	Another special member of the Polyphenol family that impart color to fruits and flowers, typically blues, purples, and reds. Essential for a healthy cardiovascular system.	Varies	Blueberries, Blackberries, Hawthorn Berries, Pine Bark, Red Grape Seeds
Various Antioxidants	Co-Q-10, Glutathione, N-Acetyl Cysteine, Alpha Lipoic Acid, L-Taurine, Vitamin B2, Copper Lysinate, Zinc Picolinate, Manganese Glycinate	Essential co-factors in energy production, antioxidant & enzyme production within the body, and/or free-radical absorption.	Varies	Wide Assortment of Legumes, Grains, Vegetables, & Herbs
Fish Oils	EPA (Eicosapentaenoic Acid), DHA (Docosahexaenoic Acid)	Neuroprotective Antioxidants essential for proper neural development in children.	100-400 mg/day	Cod Liver Oil, Krill Oil
Antioxidants	Longevity, Anti-aging, Nature's Little Miracles	That which provides longevity by absorbing free radicals produced from stress. Antioxidants are especially essential in wound & tissue healing, maintaining a healthy cardiovascular system, and limiting damage from Auto-immune diseases.	5-9 Whole Organic Foods Each Day	Colorful Fruits & Vegetables, Legumes, Grains, Red Wine, Dark Beers, and especially concentrated in Herbs.
Free Radicals	Reactive Oxygen Species (ROS), Superoxide, Peroxyl Radicals, Hydroxyl Radicals, Peroxynitrite	Substances formed from Acidic pH, Inflammation, Immune Reactions, Cellular Metabolism, and the Stresses of Life. These substances act to destroy cell structures.	None	Emotional Stress, Dietary Stress, Poor Biomechanical Alignment, Scar Tissue, all of which lead people into Acidic pH.
Antioxidant Measurement Techniques	ORAC (Oxygen Radical Absorbance Capacity) FRAP (Ferric Reducing Antioxidant Power) TRAP (Total Radical-Trapping Antioxidant Parameter) TEAC (Trolox Equivalent Antioxidant Capacity)	In vitro methods to assess for antioxidant capabilities in foods.	NA	Ask for References