

Antioxidants: Anti-Aging, Healing, Anti-Inflammation

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Think of antioxidants as the firefighters that keep oxidative stress and inflammation under control. They are phytonutrients that help protect the body by neutralizing free radicals (pollution, toxins, excess stress) and shielding the cells from damage. Supplementing your diet with extra antioxidants is one of the best things you can do to reduce your risk of heart disease, cancer, dementia, and other degenerative diseases associated with aging.

Thai-Go is a tasty fruit drink with a certified high ORAC (ORAC is a measure of antioxidant capacity) as well as bioflavonoids which enhance vitamin C absorption and help maintain collagen and capillary walls. Thai-Go's combination focuses on reducing inflammation & boosting the immune.

Super ORAC gives all the benefits of Thai-Go in capsule form. Two capsules provide 150 mg polyphenols in a blend of green tea, mangosteen, turmeric, quercetin, resveratrol, acai, selenium & more. Combines 8 antioxidants to reduce free radical damage and protect your body from the fires of inflammation.

Blood Pressurex provides potent antioxidant properties & supports blood vessels & cardiovascular.

Perfect Eyes based on the ARED's study, antioxidant blend that supports the circulatory system and the macular region of the eye and total eye health while fighting free radical damage.

Vitamin E Complete w/Selenium protects against free radicals and supports the brain, vision, skin, reproduction, and the health of your circulatory system.

CoQ-10 neutralizes free radicals and may help with heart-related conditions, because it can improve energy production in cells, prevent blood clot formation, and enhance oxygenation at a cellular level.

Turmeric / Curcumin rich in the polyphenol curcumin, it aids in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, & hyperlipidemia. It may also help in the management of inflammation and muscle soreness, thus enhancing recovery & repair.

Glutathione is a potent antioxidant that our bodies make; it helps reduce inflammation in the lungs, detoxification in the liver by making toxins water soluble, so they may then be excreted into the urine or stool. Also shown to lessen the signs of aging, support immune, and reduce muscle fatigue. Glutathione is also found in supplement form, and many use NAC, n-acetyl cysteine, to improve glutathione levels, as NAC is a precursor to glutathione.

Don't forget your diet 😊 Diets rich in plant-based foods are associated with prevention of medical conditions such as cancer and heart disease; antioxidants are found primarily in fruits & vegetables. You need 7-9 half-cup servings of these foods every day. Sadly, the average American gets only one and a half servings daily. Diet is your foundation.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



Building Better Health Naturally