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Handbook of oxidants and antioxidants in exercise

Photo credit: dmpharma.co.in. As the name implies, antioxidants are substances that are capable of counteracting the damaging, but normal, effects of the physiological process of oxidation in animal tissue. Antioxidants are nutrients (vitamins and minerals) as well as enzymes (proteins in your body that assist in chemical reactions).

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F. Shahidi, in Handbook of Antioxidants for Food Preservation, 2015. Abstract. Antioxidants are used in food to protect it from deleterious effects of oxidation and are also employed as dietary supplements to neutralize the adverse effects of oxidative stress. Many of the natural antioxidants of interest are of plant origin and belong to the phenolic and polyphenolic class of compounds as well as carotenoids and antioxidant vitamins, among others.

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