

What Are Natural Sources Of Antioxidants

Anti Oxidants perform a vital function of our body. Although these anti oxidants are present in your body cells, you may still need them from the artificial resources. Additional antioxidants could be either complimented with your regular diet or may become a part of your diet. A good number of natural products possess anti oxidants that could be consumed in plenty for better health. For example, caretonoid is an anti oxidant that is found in carrot, apricot and all major citrus fruits including oranges. Beta-carotene is one popular natural antioxidant and is present in various natural food products. There are two or three major vitamin groups such as vitamin A, C and E that contain anti oxidants in plenty. They are also found abundantly in various natural products such as green vegetables and fruits. Cocoa powder also offers you anti oxidant and unprocessed chocolate too possess great anti oxidant property. These could be consumed to keep you free of dangerous radicals of cells. Even whole grains could offer you certain antioxidants. Various types of bean could be incorporated in your regular diet to receive anti oxidants naturally. Nuts too possess certain anti oxidants. Green tea is another natural product that is known for its anti oxidant properties. These natural anti oxidants must not be taken in unregulated amount. Instead of taking additional natural supplements for antioxidants you should be contented with anti oxidants that you consume along with your natural diet. Papaya and strawberries also happen to be rich in antioxidants. These fruits could be taken on a regular basis. Vegetables like cabbage and cauliflower too possess anti oxidant properties. In fact all these products are rich in vitamin C that is a major antioxidant. Certain food products including vegetables and fruits possess flavonoids that is another popular natural anti oxidant. Polyphenol anti oxidant is present in green tea. Anti oxidants present in tomatoes are called lycopene. All natural products containing Vitamin A and E should be used when you need antioxidants in plenty as these two vitamins are effective antioxidants. You can consume these products even while being ignorant of their anti oxidant properties.

About the Author

Documents the distribution and abundance of ecologically significant plant and animal species, ecological communities, and natural.

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