



Improving Health And Wellness

Antioxidants are substances or nutrients in our foods, which can prevent or slow the oxidative damage to our body. When our body's cells use oxygen, they naturally produce free radicals (by-products), which can cause damage. Antioxidants act as "free radical scavengers" and hence prevent and repair damage done by these free radicals. A diet with supplementary antioxidants is beneficial in reducing oxidative stress. One day's serving of Aviara's Base System provides antioxidants equivalent to 6-7 servings of fruits and vegetables.

Antioxidant