



## Supplements with Antioxidants and their Interactions

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### INTRODUCTION

Some types of cell damage may be delayed or averted by antioxidants, which can be produced by humans or come from nature. Multitudinous foods, including fruits and vegetables, contain antioxidants. They can also be bought as food supplements. Fruits and vegetables are excellent sources of antioxidants. There is ample substantiation to suggest that consuming a diet high in fruits and vegetables is salutary to health and lowers the threat of certain conditions. Still, it's unclear whether this is attributable to the foods antioxidant content, commodity differently, or other factors. Antioxidant situations can either raise or fall when certain foods are cooked. The antioxidant that gives tomatoes their deep red colour is called lycopene. Flash back that eating a variety of antioxidant-rich cooked and raw foods is important.

### DESCRIPTION

In some cases, high-cure antioxidant supplements may pose health pitfalls. For case, smokers may be more likely to develop lung cancer if they consume large quantities of beta-carotene. Vitamin E taken in large amounts may raise the threat of prostate cancer and one kind of stroke. Supplements with antioxidants may also interact with some specifics. Inform your health-care providers of any antioxidants you take to reduce threat. Composites that inhibit oxidation, also known as autoxidation, a chemical response that can lead to the conformation of free revolutionaries, are known as antioxidants. Declination of organic composites, including living matter, occurs as a result of autoxidation. To extend the useful lives of artificial products like polymers, energies, and lubricants, antioxidants are constantly added. When you exercise and your body turns food into energy, you naturally produce free revolutionaries, which are motes that are extremely unstable. Free revolutionaries can also come into your body from a variety of environmental sources, like sun, cigarette bank, and air pollution. Oxidative stress, a process

that can lead to cell damage, can be caused by free revolutionaries. Cancer, cardiovascular conditions, diabetes, Alzheimer's, Parkinson's, and eye conditions like cataracts and age-related macular degeneration are all allowed by oxidative stress. In laboratory tests (similar as those on cells or creatures), it has been demonstrated that antioxidant motes reduce oxidative stress. Still, it's over for debate whether taking antioxidant supplements in large amounts actually improves health [1-4].

### CONCLUSION

Also, there's some concern that taking antioxidant supplements in large amounts may be dangerous. Fruits and vegetables are excellent sources of antioxidants and healthy food. People are prompted to consume further fruits and vegetables as part of sanctioned U.S. policy. The safety of any quantum of antioxidants in food has not been questioned. The U.S. Department of Agriculture's webpage on antioxidants and phytonutrients contains fresh information about antioxidants set up in food. Antioxidants are also applied to food to help corruption, particularly rancidification of canvases and fats. Oxidative stress damage can be averted in cells by antioxidants like glutathione, mycothiol, or bacillithiol, as well as enzyme systems like superoxide dismutase. Vitamins A, C, and E are the only antioxidants set up in food. Still, the term antioxidant has also been used to describe a number of other salutary composites that only parade antioxidant parcels *in vitro*, with little substantiation that they do so *in vivo*. It has not been demonstrated in humans that antioxidant supplements added to diets maintain or help complaint.

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### CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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