

***Info shared by Pitbull SA.***

***Manjaro APBT kennel.***

***South Africa.***

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## ***Sources of antioxidants.***

These can be found in a balanced diet then specifically including antioxidants:

A chosen commercial vitamins, minerals & trace minerals as supplement containing antioxidants.

Meats

Dairy

Herbs

Nuts (walnuts, peanuts, almonds)

Ocean fish & krill oils

Plant oils

Whole grains

Fruits ... avocado, apricots, citrus, olives

Vegetables ... green veggies

## Berries

Natural remedies & herbal remedies containing antioxidants have been used in traditional medicine & nutrition for thousands of years - to support the body's ability to support health **on a cellular level.**

Vitamin A - protect the heart.

Beta-carotene colorful veg fruits and berries (a vitamin A precursor)

Vitamin C - as ascorbic acid- not only works as a strong antioxidant but also protects other antioxidants like vitamin E. Vitamin C may be particularly helpful in protecting the cells of the brain and spinal cord from free-radical damage.

Vitamin E - works to prevent oxidation of lipids that compose cell membranes.

Vitamin B-2 - (as riboflavin, riboflavin-5-phosphate)

Vitamin B-6 - (as pyridoxine HCL, pyridoxal 5-phosphate)

Copper - (as amino acid chelate)

Manganese - (as arginate)

Quercetin

Zinc - as mono-methionine - an antioxidant by itself but also a key component of the enzyme superoxide dismutase (SOD), which neutralizes the most common and possibly most dangerous free radical, superoxide.

Selenium - as seleno-methionine.

Zink - {Zink and Selenium work synergistically with vitamin E. In addition to helping vitamin E, selenium is important in the production of the key

antioxidant enzyme “glutathione peroxidase”, which targets harmful hydrogen peroxide and converts it to water}

Alpha lipoic acid of “glutathione”, which is key to protecting and reversing cell damage and enhances the antioxidant work of vitamin C, vitamin E, and glutathione.

L-Cysteine - helps produce glutathione and helps detoxify the body pollutants.

N-acetyl Cysteine - boosts the production L-Cysteine HCL

L-Glutathione (reduced)

Resveratrol – as antioxidants is part of a group of compounds called “polyphenols” found in the skin of red grapes, peanuts and berries - a popular supplements linked it to increased endurance and prolonged life.

Mangosteen fruit juice a very special powerful antioxidants a family of phytonutrients as supplement due to the “xanthones” found in the juice - benefits include a stronger immune system, anti-inflammatory benefits, and improved energy. Scientists have identified over 200 xanthones, and over 40 are found in mangosteen. The highest concentration of xanthones are found in the pericarp (or rind) of the mangosteen.

Acai berry juice has one of the highest ORAC values of any known fruit. Acai is loaded with other nutrients including vitamins B1, B2, B3; vitamin C; vitamin E; omega 6 and omega 9; calcium; potassium; and more. Acai supports higher energy levels, a stronger immune system, improved mental function, and better overall health.

Noni fruit juice (bitter taste) —for boosting the immune system and its anti-inflammatory properties.

Goji berry — like the other fruits in our formula, goji berries are very rich in antioxidants. They also have more vitamin C than oranges and more beta-carotene than carrots. They are also a good source of B vitamins.

Pomegranate fruit — with three times the antioxidant content of red wine, pomegranate is still one of the most nutritious fruits - is believed to be beneficial for keeping a healthy cardiovascular system and maintaining healthy blood sugar levels.

Blend extracts.

Various blend extracts from raspberry, wild cherry, blueberry, elderberry, and grape seed etc. will provides a variety of antioxidants from multiple fruit & berries sources – also rich in Gelatin, Magnesium stearate, Rice flour, and Stearic acid.