.

Info shared by Pitbull SA.

Manjaro APBT kennel.

South Africa.

My Website http://www.pitbullsa.co.za/

My E mail "manjaro@pitbullsa.co.za"

My Facebook "Gawie Manjaro"

My Facebook page "Manjaro Kennel"

My mobile +27827838280.

Zello.com "VoIP" – ask for info.

Non nutrient antioxidants.

Antioxidants are found in the **nutrient antioxidants**;
vitamins A, C and E,
and the minerals copper, zinc and selenium.

Other **dietary food compounds**, such as;
Phytochemicals in plants ...
and zoo-chemicals from animal products ...
These zoo-chemicals are believed to have greater antioxidant effects than either vitamins or minerals.
These are called the **non-nutrient antioxidants** and include phytochemicals from plants, such as;

lycopenes in tomatoes, and anthocyanins found in cranberries.

Some antioxidants are made in the body's cells and include;
Enzymes
Glutathione small molecules
Uric acid
Coenzyme Q10
and Lipoic acid.

Antioxidant compounds must be constantly replenished since they are "used up" (converted) in the process of neutralizing free radicals.
Repair enzymes that can regenerate some antioxidants are;
Superoxide dismutase (SOD)
Glutathione peroxidase (GPx)
Glutathione reductase (GR)
Catalase
and the other Metalloenzymes.