

# Basic Antioxidant

## Provides antioxidant support

### DESCRIPTION

Basic Antioxidant, provided by Douglas Laboratories®, is a potent antioxidant dietary supplement that includes several vitamins and minerals that effectively participate in our body's antioxidant defense system.

### FUNCTIONS

Body cells and tissues are threatened continuously by damage caused by toxic free radicals and reactive oxygen species (e.g., peroxides) which are produced during normal oxygen metabolism, by other chemical reactions and by toxic agents in the environment. Free radicals, once formed, are capable of disrupting metabolic activity and cell structure. When this occurs, additional free radicals are produced, which in turn can result in more extensive damage to cells and tissues. The uncontrolled production of free radicals is thought to be a contributing factor to many degenerative pathologies.

The body's antioxidant defense system is more than the sum of its parts. That's because antioxidants depend on each other for ongoing effectiveness. For example, beta-carotene supports vitamin E, recognized as the body's most valuable fat soluble antioxidant. It prevents oxidation of unsaturated fatty acids by inactivating free radicals, thus stabilizing and protecting cell membranes, e.g. in the lungs, eyes, and arteries. Vitamin E can be regenerated by vitamin C. Vitamin C is a potent water-soluble antioxidant nutrient, also protecting cells from oxygen free radical damage. It is essential for connective tissue and bone metabolism, capillary health, and immune function. Vitamin C works together with vitamin E. When vitamin E is inactivated by neutralizing free radicals, vitamin C regenerates it back to full activity. In this process, however, vitamin C is oxidized and loses its antioxidant activity.

As a cofactor of the antioxidant enzyme superoxide dismutase (SOD), zinc can be considered an antioxidant nutrient. Zinc supplementation has been shown to increase the antioxidant activity of SOD, and provide

increased free radical protection. Zinc deficiency is associated with increased oxidative damage.

Selenium is an essential cofactor of glutathione peroxidase, a potent antioxidant. Magnesium is involved in energy metabolism, and is notably important in the heart, skeletal muscles, and nervous system.

### INDICATIONS

Basic Antioxidant may be a useful dietary supplement for individuals who wish to increase their intake of antioxidants.

### FORMULA (#80047)

#### Each Tablet Contains:

Vitamin E.....	100	I.U.
(as d-alpha tocopheryl)		
Vitamin A .....	10,000	I.U.
(as Vitamin A and Beta Carotene)		
Vitamin C .....	1,000	mg
Selenium .....	50	mcg
Magnesium .....	100	mg
Zinc.....	15	mg

### SUGGESTED USE

Adults take 1 tablet daily with meals or as directed by physician.

### SIDE EFFECTS

No known side effects reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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