

## ANTIOXIDANT PROTOCOL



Antioxidants are a group of compounds that act as free-radical scavengers, donating electrons and neutralising free radicals, preventing their damage to other cells. They convert free radicals to harmless waste products that get eliminated from the body before they can do damage; some may even repair previous damage.

Antioxidants help prevent oxidation, may help increase immune function and possibly decrease risk of infection and cancer. They exist as vitamins, minerals and other compounds in foods. Consuming more antioxidants helps provide the body with tools to neutralize harmful free radicals.

Cataracts, macular degeneration, diabetic retinopathy, glaucoma, cancer, wrinkles, premature aging, cardiovascular disease are all affected and worsened by oxidative damage to different parts of the body. It is now widely accepted that free radical damage is a major cause of these diseases and that supplementation with antioxidants can help prevent them. Antioxidants help protect our bodies from stress-related illness and the effects stress and aging have on our bodies. The power of antioxidants can slow the aging process, and prevent heart disease and strokes.

### WHY ANTIOXIDANT SUPPLEMENTS?

Antioxidants cannot be created in the body; they come from the diet. When diet alone is not sufficient for providing adequate antioxidant sources, supplementation is required. As antioxidants work synergistically together in the body, when supplementing it is also important to do the same. Beta Carotene will not be able to reduce the risk of cancer without Vitamins C, E, and Selenium. In recommending a supplementation program to patients, they are best taken in the form of combination products because multiple antioxidants work together far more effectively than a single antioxidant. In addition, some supplements, such as zinc, copper, and selenium, are necessary to actually strengthen the body's own antioxidant protection system. For patients with pronounced oxidative stress (damage by

free-radicals) higher dosages can be used to reverse damage and resist future problems. Below is an example of an antioxidant formulation mainly utilized to repair oxidative stress/damage.

### RECOMMENDATIONS

The supplements in this protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists has the ability to customize each supplement (or even add/delete) to a patient's unique nutritional requirements. While performing frequent lab work on patients to check their antioxidant levels, (e.g. blood, hair, etc.) either the practitioner or CustomVite has the ability to change dosage levels from one order to the next. The CustomVite nutritional supplement program can help improve your patient's overall nutritional status.

<b>SUPPLEMENT</b>	<b>DOSAGE</b>
Vitamin A (Palmitate) . . . . .	5000 IU
Mixed Carotenoids (from D. Salina) . . . . .	5000 IU
Vitamin C (Ascorbic acid) . . . . .	1000 mg
Vitamin E (Natural - Succinate) . . . . .	200 IU
Mixed Tocopherols (alpha, beta, and gamma) . . . . .	200 IU
Folic Acid . . . . .	800 mcg
Selenium (Amino Acid Complex) . . . . .	100 mcg
Grape Seed Extract (90% Proanthocyanidins) . . . . .	30 mg
Green Tea Extract (50% polyphenols/8% caffeine) . . . . .	250 mg
Co-Enzyme Q-10 . . . . .	100 mg
L-Carnitine (Fumarate) . . . . .	500 mg
Citrus Bioflavonoids (Hesperidin complex 35%) . . . . .	500 mg
Lipoic Acid . . . . .	100 mg
Lutein (5% beadlets) . . . . .	10 mg
Lycopene (5% beadlets) . . . . .	10 mg

WHERE SCIENCE MEETS NUTRITION®

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

Copyright© 2007 NutriLab, LLC, a division of Stella Pharmaceutical Company Inc. All Rights Reserved.

P.O. Box 895, 260 Docks Corner Road, Dayton, NJ 08810 Tel: 800-379-9979 Fax: 800-379-6374 www.customvite.com