

AGING AND ANTIOXIDANTS

Aging is the process during which the efficiency or function of various organs and tissues of the body decreases. This occurs in all of our body parts and is thought to be simply the consequence of either usage ("wear and tear") or as a result of damage done by constant exposure to free radicals.

We see signs of this aging in our joints that is our own body working against us through inflammation resulting in arthritis.



Free radicals are energetic molecules that attack our body cells and cause direct damage to either proteins as demonstrated by cataract formation or to DNA/RNA which can lead to decreasing function of organs such as the liver, brain, and kidneys.

These free radicals also damage body tissues such as our skin causing the wrinkles, dryness and loss of elasticity that we attribute to aging.

Free radicals are created as a natural consequence of the cells producing energy, known as ATP production by the mitochondria, as well as from external sources such as radiation and pollution. The damage from free radicals is cumulative so that it can take many years for its consequences to be felt and finally noted as a disease. This is why many of the diseases of old age are termed chronic; taking years to develop and increase in intensity, at first becoming a nuisance, then a hindrance, proceeding next to crippling and finally fatal.

The body has a number of antioxidant mechanisms to counteract the damage done by free radicals including synthesis; the manufacture of molecules such as glutathione, to directly combine with and inactivate a free radical; or by production of enzymes such as superoxide dismutase which defuses the toxic superoxide radical. A diet rich in fruits and vegetables can also provide a significant source of external antioxidants be this from blueberries, blackberries or kale, for example. Supplementary antioxidants have become an important source of antioxidants to combat free radical damage.

Scientists, dietitians and doctors of naturopathic medicine have long proclaimed the importance of dietary and supplementary antioxidants to slow down signs of the aging process and the resultant chronic diseases such as Alzheimer's, fibromyalgia, cancer and heart disease. Today primary care physicians, as well as alternative and complementary medicine physicians, proclaim the same course of action, often termed as lifestyle changes.

Aging is a constant process consequent to the continuous exposure of the body to free radicals, therefore continuous protection by antioxidants is the logical approach to stem the signs of the aging process.

CANTAVITA with its potent antioxidant formula is the only time release antioxidant supplement that meets this requirement. Formulated to release its protective activity over a 12-hour period, only two tablets a day are required to provide around the clock antioxidant, anti-aging protection.

You should add this ultra antioxidant protection to your fight against aging and see the results many others have experienced!

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Learn about Free Radicals and Antioxidants 



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