

## SelectWell® IMPROVES YOUR ANTIOXIDANT DEFENSE AGAINST FREE RADICALS

### The SelectWell® Antioxidant Defense Panel

measures the level of critical antioxidants in your body, helping you understand how well you are protected from the harmful effects of free radicals. This helps you to neutralize free radicals and protect your body from oxidative stress and repair existing cellular damage.

Cellular damage can lead to the development of various health conditions such as chronic inflammation, diabetes, heart disease, cancer, and Alzheimer's. **SelectWell®** provides valuable information about your own antioxidant status, allowing you to make dietary and lifestyle changes to improve your overall health and wellness. Invest in your health today and unleash the power of your **Antioxidant Defense!**



## ANTIOXIDANT DEFENSE



Call to learn more

336.235.0750 | [WWW.SELECTWELL.COM](http://WWW.SELECTWELL.COM)  
[info@selectwell.com](mailto:info@selectwell.com)

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# ANTIOXIDANT DEFENSE AGAINST FREE RADICALS

Antioxidants play a crucial role in maintaining the health and well-being of our cells. They act as protectors, neutralizing harmful substances and preventing cellular and DNA damage. The presence of antioxidants in our body helps to ensure that our cells can function properly and remain healthy. Similar to using antibiotics to help fight off bacterial infections, antioxidants are used to protect our cells from harm caused by dangerous substances called free radicals.

Free radicals are extremely damaging molecules that harm our cells and contribute to chronic illnesses such as, chronic inflammation, diabetes, heart disease, Alzheimer's, and cancer. They are produced as a byproduct of normal metabolic processes in our bodies, but they can also be generated by environmental factors such as pollution, unhealthy diets, and stress.

# ANTIOXIDANTS PROTECT US

There are many types of antioxidants found in a variety of foods, such as fruits and vegetables, whole grains, nuts and seeds, and even some types of meat and fish.



**"Free radicals can damage our cells and lead to the initiation of chronic illness."**



Vitamin B12 and folate are associated with reduced oxidative stress and improved cardiovascular health and have been found to reduce DNA damage, improve cognitive function and a reduced risk of Alzheimer's disease. In addition to these examples, there are many other antioxidants that have been shown to have health benefits and protect our cells from damage.



In addition, there are many supplements available that are rich in antioxidants, which can help support our body's natural defense system and support our optimal health. Omega-3 fatty acids, such as those found in fatty fish, can reduce inflammation, oxidative stress, improve heart health, cognitive function, and reduce the risk of cancer.

