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Daily Choice Antioxidant Helps Bolster Immunity And Can Protect Against Numerous Degenerative Diseases

Free radicals pose one of the greatest threats to our health. These unstable molecules attack and destroy cells in your body, resulting in cellular damage which accelerates the ageing process and is a major cause of degenerative disease.

They are formed in the body during normal metabolic processes but pollution, stress, pesticides, cigarette smoke and alcohol massively increases our exposure to them. In fact, a human cell is subjected to 100,000 free radical hits per second.

Antioxidants are vital as they help neutralize harmful free radicals and help prevent advanced ageing and cell damage and a number of degenerative diseases, including arthritis, cardiovascular disease and cancer.

You can help your body defend itself against oxidative damage by increasing your intake of dietary antioxidants – organic fruits, vegetables, whole grains, nuts, and legumes are all rich sources. In addition, your body has its own antioxidant processes, but at times of stress, these may not be enough. Plus your body's natural antioxidant production tends to decline with age.

That's where a new product called Daily Choice Antioxidant can help. It is jam-packed with specially selected nutrients and food state ingredients, including vitamin C and E, blue-green algae, garlic, ginger, green tea, sweet cherry, turmeric, grape seed extract, N-acetyl-L-cysteine, selenium, beta carotene, manganese and zinc... making it one of the most comprehensive antioxidant formulas available.

Blue green algae is one of the most nutrient dense foods on the planet

One of the key ingredients in the formula is the blue green algae known as *Aphanizomenon flos-aquae* (AFA). It's chock full of vitamins and minerals (nearly 64) and omega-3 fatty acids, and it even contains a molecule (called phenylethylamine, or PEA) that's known to elevate mood, increase alertness and alleviate depression.¹

AFA contains a blue pigment called phycocyanin that has been found to be a strong antioxidant – which helps protect red blood cells from oxidative damage² – and anti-inflammatory. Not only does phycocyanin block the production of a particularly nasty inflammatory chemical called leukotriene B4 that is implicated in causing ailments like arthritis and eczema, it has also been found to be one of the most powerful natural cyclooxygenase-2 (COX-2) inhibitors.^{3,4} COX-2 is an enzyme that causes inflammation, suppresses the immune system and promotes cancer.

One of the most exciting discoveries is that AFA stimulates natural killer cells – a class of white blood cells that are an important part of your immune system – to move out of the blood stream and into your body's tissues.⁵ This is where they carry out their vital work of searching out and destroying cancerous and virally-infected cells.

N-acetyl-L-cysteine helps protect your body's main detox organ – your liver

N-acetyl-L-cysteine (NAC) is an altered form of the amino acid cysteine. Taken regularly over a period of time, it helps remove toxic heavy metals from your body by chelating harmful substances such as lead, mercury and cadmium.⁶

NAC is a precursor in the formation of glutathione – one of your body's most important

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2. Life Sciences 75, 2353-2362 (2004)

3. Inflamm Res 1998; 47(8): 334-338

4. Biochem Biophys Res Commun 2000; 277(3): 599-603
5. J Amer Nutraceut Assoc 2000; 2(3): 50-58
6. J. Clin. Pharmacol. 1973;13:332-6

naturally-occurring antioxidants and an essential component of your liver's detoxification process. In fact, NAC supplementation raises glutathione levels better than taking a glutathione supplement.

Glutathione protects your liver against many types of toxins including pesticides, herbicides, plastics, benzene and carbon tetrachloride. It also protects against the toxic effects of cigarette smoke, smog, drugs like paracetamol, solvents, dyes, phenols and nitrates and helps to prevent liver damage by aldehydes, which are breakdown products of alcohol.

Turmeric, garlic and ginger help defend your cells against oxidative damage

The spice turmeric has potent antioxidant and anti-inflammatory properties, which are thought to be responsible for its wide range of therapeutic benefits – it has been found to help protect against everything from cancer and arthritis to dementia and bowel disease.^{7,8}

Garlic is renowned for its heart-protective properties – it promotes blood flow and protects blood vessels by reducing inflammation and relaxing blood vessel walls. Evidence is emerging that garlic may offset elevated free radical activity (which has also been linked with heart and artery disease) through its antioxidant actions.⁹

Ginger is another potent antioxidant which has a diverse range of therapeutic actions. One of ginger's main antioxidant compounds, gingerol, has been shown to be effective in scavenging free radicals and inhibiting lipid peroxidation.¹⁰

The remaining ingredients guard against free radical attacks

Green tea contains high levels of polyphenols – including epigallocatechin gallate (EGCG) – which are natural chemicals that have powerful antioxidant properties. EGCG in particular, is believed to block

the production of an enzyme needed for cancer cells to grow. It is also thought to suppress the production of blood vessels that supply blood to cancer cells. Green tea has been found to be effective against many different types of cancers, including those affecting the prostate, stomach, breast, lung, pancreas and colon.

Grape seed extract contains large amounts of oligomeric and polymeric procyanidin compounds, both of which exert potent antioxidant actions.^{11, 12}

The skin of the sweet cherry contains anthocyanins – antioxidant flavonoids that have been found to help maintain the health of everything from your capillaries and complex collagen structures to your joints, eyes and arteries.¹³

Vitamins C and E and beta-carotene are well-known antioxidants, which contribute to the protection of cells from oxidative stress. Manganese also provides antioxidant protection and is required by the body for proper enzyme functioning, nutrient absorption, wound healing and bone development.

Selenium is known to have potent antioxidant activity, and research has revealed that it may have a protective effect against prostate cancer.¹⁴ Zinc has been added to the formula because of its important role in the process of healthy cell division and for its contribution to the normal functioning of the immune system.

What to take for best results

The recommended dosage for Daily Choice Antioxidant is one to two vegi capsules taken daily with food.

[Urgent information: Prescription drugs have long been seen as the answer to treating chronic illnesses like heart disease, diabetes and dementia. But this recent report shows that modern medicine might not have all the answers after all...](#)

7. *Phytother Res* Oct;18(10):798-804. (2004)

8. *Arthritis and Rheumatism*. 2006;54(11):3452-3464.

9. *Garlic as an antioxidant: the good, the bad and the ugly*. Feb;17(2):97-106. (2003)

10. *Biofactors* 21(1-4):293-6 (2004)

11. *J Agric Food Chem*. Jan 28;52(2):255-60 (2004)

12. *J Med Food*. May;15(5):490-4. doi: 10.1089/jmf.2011.1963. Epub 2012 Mar 8 (2012)

13. *J Agric Food Chem*. Apr 6;53(7):2741-5 (2005)

14. *J Urology* 2001; 166: 2034-8