



Antioxidants: Vitamins C and E for Health

R.M. Youngson

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A guide to the antioxidant vitamins C and E and their use in combating the damage caused by free radicals, which are highly active and dangerous chemical groups produced naturally in the body. It explains the conditions under which free radicals develop - certain diseases, cigarette smoke, car exhaust and industrial fumes - and shows how we can use these vitamins to counteract this damage. The book demonstrates why free radicals and antioxidants are important to us all, and exactly which problems are addressed by taking these vitamins.

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