



Free Radicals and Antioxidant Vitamins Explained

Alan Hall PhD

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Roughly 13 vitamins are required in order for a human to survive. Some of these vitamins have so-called antioxidant properties. This means that these vitamins can act to protect the body from the deleterious effects of free radicals. Recently, some doubts have been expressed as to the notion of taking antioxidant vitamin supplements. Also, some recent studies have shone more light upon the Free Radical Theory of Aging and whether or not free radicals are a good or bad thing. This essay examines the effects of so-called antioxidant vitamins and whether these supplements are beneficial or potentially harmful.

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