



## a new way to combat free radicals

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FOOD AND VITAMIN SUPPLEMENTS aren't the only sources of antioxidants. Our bodies generate antioxidants internally, but the process deteriorates with age—unless we take some action. Scientists at the University of Colorado in Denver found that a proprietary herbal blend known as Protandim reverses the antioxidant clock. In a study of 29 men and women between the ages of 20 and 78, blood tests showed that the herbal formula restores the body's natural ability to produce antioxidants at any age to levels that are usually seen in healthy teenagers. This result was observed after study participants took 675 mg of Protandim for 30 days. (*Free Radical Biology & Medicine*, 2006; 40: 341-347)