



Antioxidants in Food, Vitamins and Supplements: Prevention and Treatment of Disease

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Antioxidants in Food, Vitamins and Supplements bridges the gap between books aimed at consumers and technical volumes written for investigators in antioxidant research. It explores the role of oxidative stress in the pathophysiology of various diseases as well as antioxidant foods, vitamins, and all antioxidant supplements, including herbal supplements. It offers healthcare professionals a rich resource of key clinical information and basic scientific explanations relevant to the development and prevention of specific diseases. The book is written at an intermediate level, and can be easily understood by readers with a college level chemistry and biology background.

- Covers both oxidative stress-induced diseases as well as antioxidant-rich foods (not the chemistry of antioxidants)
- Contains easy-to-read tables and figures for quick reference information on antioxidant foods and vitamins
- Includes a glycemic index and a table of ORAC values of various fruits and vegetables for clinicians to easily make recommendations to patients

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