



# **Users Guide to Antioxidant Supplements: Discover How Natural Antioxidants Can Reduce Your Risk of Heart Disease, Cancer, and Alzheimers Disease.**

*Jack Challem and Melissa Block*

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Thousands of medical and scientific studies have shown that antioxidants can slow down the aging process, reduce the risk of common degenerative diseases, and reverse the progression and symptoms of Alzheimer's disease, arthritis, heart disease, and dozens of other diseases. This User's Guide describes all the health benefits of antioxidant supplements.

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