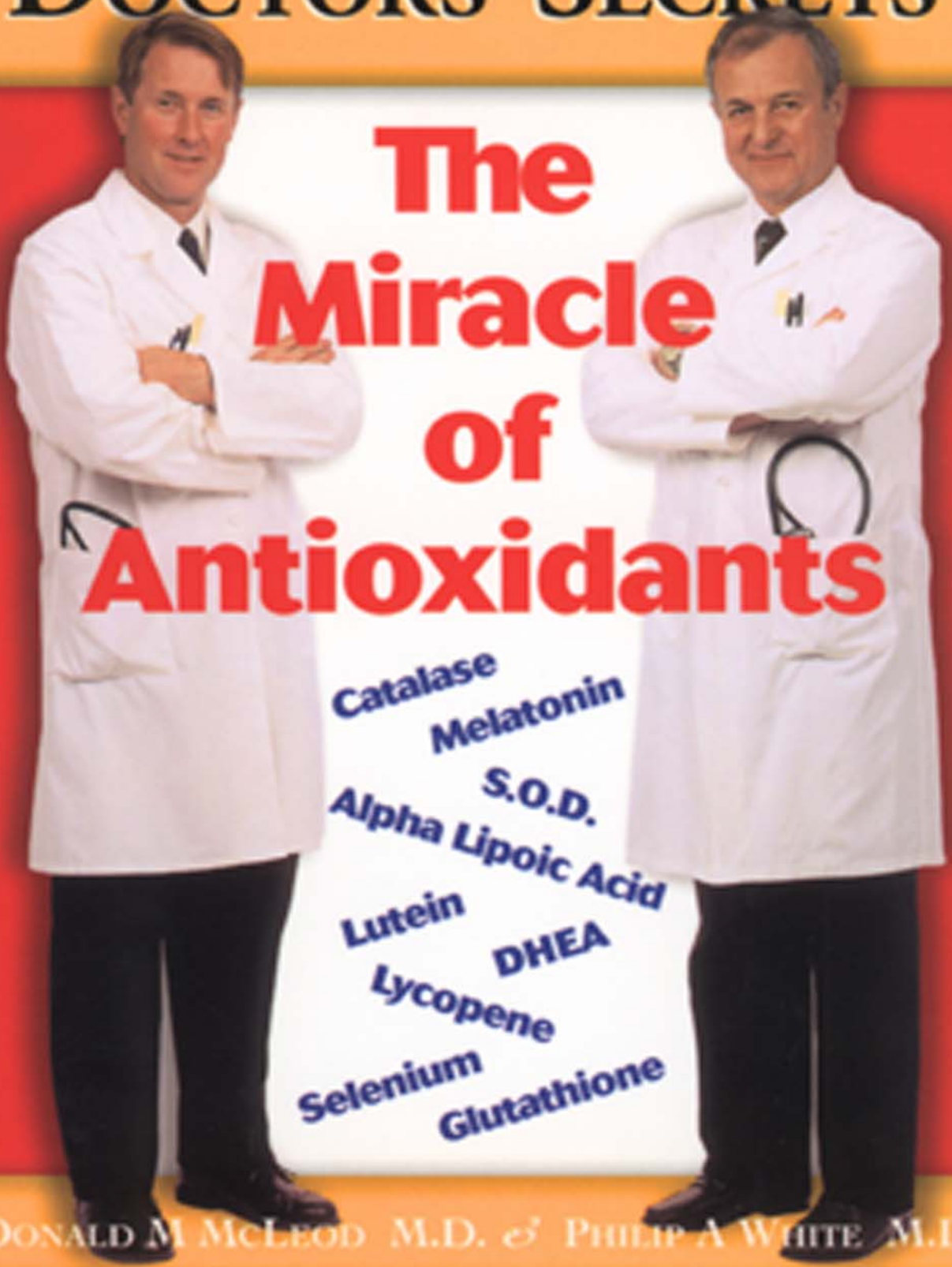


THE TRUTH ABOUT ANTIOXIDANTS  
FOR SPORTS, STRESS AND  
ANTI-AGING.

# DOCTORS' SECRETS



## The Miracle of Antioxidants

Catalase  
Melatonin  
S.O.D.  
Alpha Lipoic Acid  
Lutein  
DHEA  
Lycopene  
Selenium  
Glutathione

DONALD M. MCLEOD, M.D. & PHILIP A. WHITE, M.D.

with W.M. Heatherington

**FAILURE IS NOT AN OPTION  
HOPE IS NOT A PLAN**

*Antioxidants – once controversial, are now accepted as prevention for many diseases associated with the damaging free radicals within each of us. Read how antioxidants work to promote health, longevity, and youth.*

# **Doctors' Secrets The Miracle of Antioxidants**

Donald M. McLeod M.D. and Philip A White M.D.  
with W.M. Heatherington

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***We do not die of aging. We die from specific diseases. For the advanced aged, there are often a number of diseases working together taking them down. Aging merely sets the table for the diseases and ultimately, death. The handmaiden to the aging process is the free radical. On this point there is no longer any doubt amongst the informed. The more antioxidants we have working effectively inside us the better.***

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***Free radical damage is a major factor in the aging and disease process. A free radical is an atom, molecule, or compound that contains an extra electron. Oxygen based free radicals, in numerous forms and deriving from a number of sources cause things like cross-linked protein strands, damaged cell walls and mitochondria, reprogrammed DNA. Over time, damage occurs faster than the under resourced immune system can effect repair, resulting in noticeable aging effects and diseases.***

***Antioxidants are necessary for maintaining good health and slowing the aging process. Protecting healthy cells and tissues by controlling free radicals with the right balance of antioxidants and minerals maintain health and vigor and prevent disease into the later decades of life.***

***Anti-aging diet supplements help people die young... as old as possible.***

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