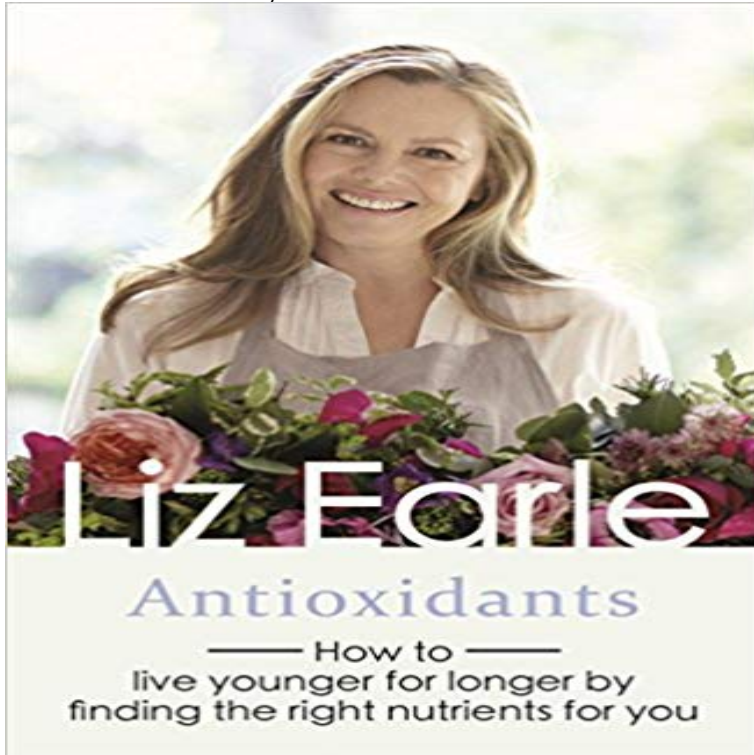


## Antioxidants: How to live younger for longer by finding the right nutrients for you



Bestselling beauty and wellbeing writer Liz Earle fully revised and updated quick guide to antioxidants, including:- The science behind antioxidants and how they work- Their effect on ageing and age-related disorders- The dangers of free radicals and how to avoid them- Easy ways to add antioxidant nutrients into your diet- A sensible and safe guide to choosing your supplements

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