



## **Antioxidants are Important for Athletes in Training and Competition**

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**H**ave you ever felt your body dragging from intensive training or competition? This is probably a warning sign that your immune system is lacking vital nutrients required to fight off free radicals, the harmful mole-

cules that invade our bodies from countless sources. Antioxidants are nature's chief defense against free radicals, most commonly derived from certain food additives, pollutants, and toxins in our air and water. The foods we eat supply many of the

antioxidants needed to combat free radicals, but it is difficult to get enough of them to combat the many free radicals so constantly available in our environment. To perform at their highest level and win championships, athletes especially need