

Antioxidants & Healthy Ageing

Nutrients

Tumeric Ginger Gotu Kola Reseveratrol
 Broccoli St Mary's Thistle
Ginkgo Korean Ginseng Green Tea Grape Seed Extract



Antioxidants

SuperOxide Dismutase Catalase Glutathione



Effects

Survival genes



Epigenetics



Systems

Immunity (Cancer) Stress/Infection Hormones



Healthy Ageing

Wellbeing