



Dr. Anderson's Antioxidant, Antiaging Health Program

James W. Anderson, Maury M. Breecher


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This revolutionary book explains sources and uses of vitamins C and E and beta carotene, as well as the hormone melatonin, to shield against the destructive molecules known as free radicals. This breakthrough program, which protests against premature aging and major diseases, is tailored to gender, health and nutrient status.

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