

# **Download Vitamin A In Health And Disease**

## **Antioxidants In Health And Disease**

The National Institutes of Health (NIH) has created a website, NIH Clinical Research Trials and You, to help people learn about clinical trials, why they matter, and how to participate. Introduction; Health Benefits of Antioxidants: What's the Buzz? Studies of Antioxidants and Disease Prevention. Heart Disease and Antioxidants; Cancer and Antioxidants Vitamin E is found naturally in some foods, added to others, and available as a dietary supplement. "Vitamin E" is the collective name for a group of fat-soluble compounds with distinctive antioxidant activities [1]. Naturally occurring vitamin E exists in eight chemical forms (alpha-, beta-, gamma ... Vitamin E is the antioxidant most often used for heart attack prevention. It is also used in the treatment of at least a dozen other diseases. The health benefits of vitamin E are virtually endless.