

**Anti** is a prefix meaning “acts against”.

**Oxidize** is a verb meaning to “combine with oxygen”.

**Oxidation** is the chemical reaction of a substance when exposed to oxygen, like a cut apple turning brown.



They are a group of **vitamins, minerals, and phytochemicals** that may lower the risk for some diseases by keeping the body safe from **free radicals**.



**Free radicals** are a type of waste the body makes when it uses oxygen to make energy.

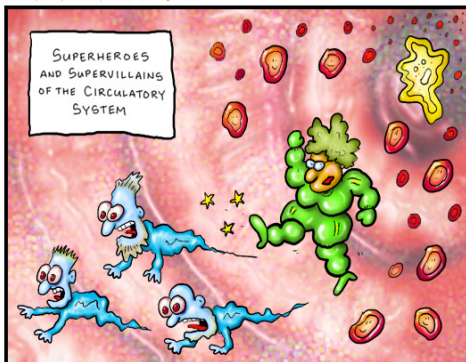
**Free radicals can hurt the body's cells!**



**Antioxidants** remove **free radicals** from the body.

DOCTOR FUN

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kapow

**Auntie  
Oxidant  
kicks out  
the *free*  
radicals**

Auntie Oxidant kicks out the Free Radicals.

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