



— VEGETARIAN —

# ANTIOXIDANT COMPLEX

— GLUTEN FREE —

**VITAMIN • MINERAL • AMINO ACID • HERB BLEND**  
Superior Free Radical Quenchers

*A sophisticated, broad-spectrum free radical defense formula. Features 400 IU natural vitamin E PLUS standardized herbs, green foods, vitamins, minerals & amino acid antioxidants.*

Free radicals are unstable, highly reactive molecules that may be very harmful to health. Also called “oxidants,” free radicals are produced in many ways. Some are formed as natural byproducts of metabolism and immune functions. Others are produced in response to environmental toxins or stimuli such as air pollution, tobacco smoke, herbicides, pesticides, radiation, drugs, sunlight, fried foods, poly-unsaturated fats and alcohol.

Modern life in industrialized society has significantly increased our free radical load. Free radicals can attack and weaken cell membranes, inactivate enzymes and damage genetic material in the cell nucleus. Free radical exposure is clinically associated with cellular mutation, premature aging and death.

Antioxidants are compounds that help to stabilize free radicals and counteract their damaging effects. The body makes its own enzyme antioxidants, notably *superoxide dismutase*, *glutathione peroxidase* and *catalase*. Antioxidant supplements either supply ingredients needed to manufacture these antioxidant enzymes, or work to quench free radicals directly.

## CONSIDER THESE PIONEER® ADVANTAGES:

- 1. Comprehensive and Absorbable.** PIONEER® *Antioxidant Complex* contains an exceptionally wide array of vitamin, mineral, amino acid and plant antioxidants – and their precursors – in highly bioavailable forms.
- 2. High in Vitamin E.** Many people supplement with 400 IU of *vitamin E*, the body’s most important fat-soluble antioxidant nutrient. PIONEER® provides this desired level as the foundation of *Antioxidant Complex*. *Alpha-lipoic acid*, the “universal antioxidant,” helps to regenerate vitamin E, increasing its longevity. *Mixed tocopherols* supply additional benefits.
- 3. Significant Beta Carotene Levels.** A full 20,000 IU of *beta carotene* and *mixed carotenoids* supports synthesis of beneficial, protective vitamin A without risk of accumulation.
- 4. Water-Soluble and Fat-Soluble Vitamin C.** In addition to high levels of naturally buffered, water-soluble mixed *mineral ascorbates*, *Antioxidant Complex* contains *ascorbyl palmitate*, a fat-soluble form of vitamin C. Fat-soluble vitamin C can penetrate tissue areas that are inaccessible to water-soluble forms (e.g. the lipid portion of cell membranes), providing more complete protection from free radical attack.

**5. Key Supportive Vitamins & Minerals.** *Selenium*, *zinc*, *magnesium*, *manganese* and *copper*, along with *vitamins B1, B2* and *niacin* play important roles in fighting free radicals and supporting antioxidant systems.

**6. Taurine, a Sulfur-Containing Amino Acid.** Taurine supplies sulfur, a key component of antioxidants such as *glutathione* and *lipoic acid*. Taurine compounds in bile acid micelles may help to sequester free radicals, helping to prevent injury to intestinal contents. Research also suggests taurine may help to protect DNA and heart cells from oxidative damage.

**7. Powerful Herbal Antioxidants.** Flavonoids are a large group of multi-colored plant pigments. They appear to help enhance the body’s natural defense system and function as active scavengers of oxidizing free radicals. The various flavonoids found in *Green Tea*, *Turmeric*, *Bilberry*, *Grape Seed Extract* and *Rosemary* have affinities for different body tissues, wherein they act as powerful cellular antioxidants. Our standardized and concentrated herbal extracts are guaranteed to contain stated amounts of known active ingredients.

**8. Amla (Indian Gooseberry).** Adaptogenic *Amla*, one of nature’s best sources of *vitamin C*, is greatly revered in Ayurvedic medicine as a premier general tonifying herb. Research suggests the tannins in *Amla* may help to directly support antioxidant enzyme activity.

**9. Hawaiian Spirulina & Broken-Cell Chlorella.** Our premium green foods provide highly bioavailable *protein*, detoxifying *chlorophyll* and antioxidant *beta carotene*.

Serving Size 2 tablets Bottles of 60 & 120 Tablets	AMOUNT PER SERVING	%DV
<b>Total Carbohydrate</b>	<b>1 g</b>	<1%†
Dietary Fiber	1 g	4%†
<b>Vitamin A</b> (100% natural mixed carotenoids from <i>B. trisporea</i> , spirulina and chlorella)	<b>20,000 IU</b>	400%
<b>Vitamin C Complex</b> (magnesium, zinc & manganese ascorbates, ascorbyl palmitate, <i>Amla</i> )	<b>600 mg</b>	1000%
<b>Vitamin E</b> (d-alpha tocopheryl succinate)	<b>400 IU</b>	1333%
<b>Thiamine</b> (as thiamine HCl) [B1]	<b>5 mg</b>	333%
<b>Riboflavin</b> [B2]	<b>5 mg</b>	294%
<b>Niacin</b> (niacinamide)	<b>30 mg</b>	150%
<b>Magnesium</b> (4:1 ascorbate:aspartate)	<b>50 mg</b>	13%
<b>Zinc</b> (1:1:1 ascorbate:histidinate:picolininate)	<b>15 mg</b>	100%
<b>Selenium</b> (1:1 sodium selenite:selenium l-methionate)	<b>75 mcg</b>	107%
<b>Copper</b> (sebacate)	<b>1 mg</b>	50%
<b>Manganese</b> (1:1 ascorbate:aspartate)	<b>5 mg</b>	250%
<b>Sodium</b>	<b>10 mg</b>	<1%
<b>Spirulina</b> (Hawaiian)	<b>100 mg</b>	*
<b>Chlorella</b> (broken cell wall)	<b>100 mg</b>	*
<b>L-Taurine</b>	<b>100 mg</b>	*
<b>Mixed Tocopherol Concentrate</b>	<b>100 mg</b>	*
<b>Alpha-Lipoic Acid</b>	<b>25 mg</b>	*
<b>Green Tea</b> <i>Camellia sinensis</i> Leaf Extract (standardized to 95 mg [95%] polyphenols)	<b>100 mg</b>	*
<b>Turmeric</b> <i>Curcuma longa</i> Root Extract (standardized to 47.5 mg [95%] curcuminoids)	<b>50 mg</b>	*
<b>Amla</b> <i>Phyllanthus emblica</i> Fruit Extract (standardized to 20 mg [40%] tannins, 1 mg [2%] vitamin C)	<b>50 mg</b>	*
<b>Bilberry</b> <i>Vaccinium myrtillus</i> Fruit Extract (standardized to 14.4 mg [36%] anthocyanosides)	<b>40 mg</b>	*
<b>Grape Seed Extract</b> <i>Vitis vinifera</i> (stand. to 23.8 mg [95%] polyphenols)	<b>25 mg</b>	*
<b>Rosemary</b> <i>Rosmarinus officinalis</i> Leaf Extract (5:1 concentrate)	<b>20 mg</b>	*

† Percent Daily Value based on a 2,000 calorie diet. \*Daily Value (DV) not established.

Other ingredients: cellulose, acacia (carrier), sodium alginate, vegetable stearic acid, pea starch, pure vanilla and other natural flavors. 3.10

Note: Some ingredient details may be abbreviated on actual product labels.

Item: 4349132 03.10



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