

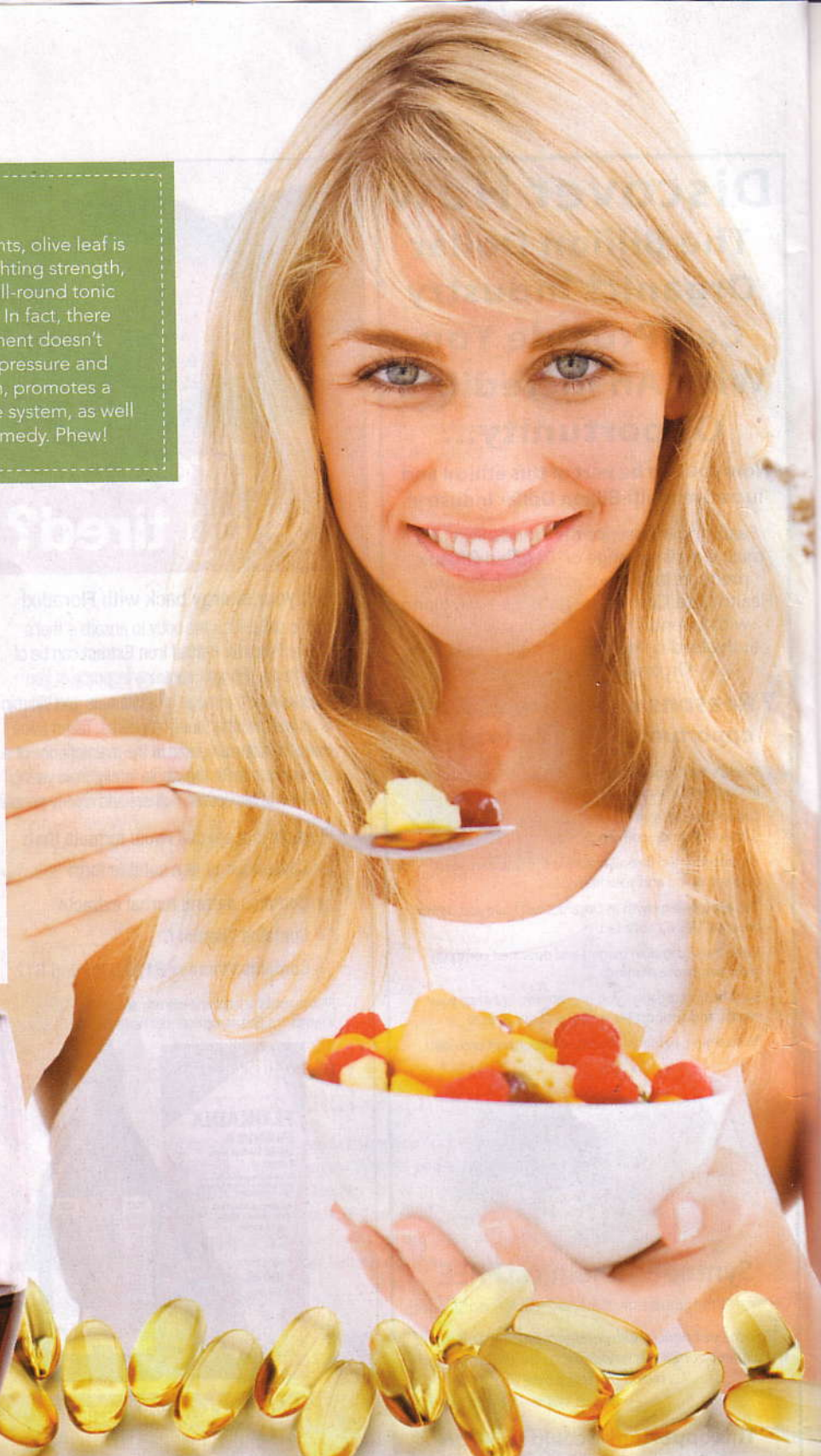


Olive leaf extract

Packed full of potent antioxidants, olive leaf is renowned for its free radical fighting strength, antibacterial power and as an all-round tonic for good health and wellbeing. In fact, there isn't much this wonder supplement doesn't do – it supports healthy blood pressure and a healthy cardiovascular system, promotes a healthy circulatory and immune system, as well as acting as an antimicrobial remedy. Phew!

Enjoy a glass of red

Red wine contains an antioxidant called resveratrol whose job it is to keep your arteries free of plaque, therefore reducing the risk of heart disease. So does it make a difference whether you drink the cheap stuff or splash out on a pricier drop? Apparently it does. According to professor Geoff Skurray, a researcher from the University of Sydney, cheaper varieties contain less antioxidants than the more expensive varieties. This is because the more expensive wine uses richer fruit, and richer, more colourful fruit contains more antioxidants. Not a wine lover? Well you can get the same benefits from eating grapes, although you would have to eat half a kilo of get the same amount of resveratrol contained in one glass of wine.



FEED YOUR FACE

Free radicals damage the skin's DNA, which leads to wrinkles, sagging skin and open pores. Antioxidants, however, counter these free radicals by reducing the appearance of lines and wrinkles and assisting in the production of collagen, which keeps the skin firm, and elastin, which helps maintain elasticity. Look for products that include grapeseed oil, natural vitamin E, vitamin C, coenzyme Q10, kinetin and alpha-lipoic acid.