Mindluster Platform

About the course Antioxidants in Nutraceuticals

Antioxidants in Nutraceuticals course, in this course we will learn about the pivotal role of antioxidants in nutraceuticals. Exploring the synergy between antioxidants and health-promoting compounds in dietary supplements, we'll delve into their mechanisms of action, efficacy in disease prevention, and potential therapeutic applications. From understanding the selection and formulation of antioxidant-rich nutraceuticals to evaluating their impact on overall well-being, this course equips learners with insights into harnessing antioxidants for optimal health outcomes.

Medical Category's Courses

Course Lesson(2)

Lesson 1 : **What is CoQ10 Good For**

Lesson 2 : **The MOST POWERFUL Antioxidant Is Melatonin NOT Glutathione**

Related courses

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