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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front Cover; Contents; Preface; Acknowledgments; Editors; Contributors; Chapter 1: Reactive Oxygen Species : Production, Regulation, and Essential Functions; Chapter 2: Major Dietary Antioxidants and Their Food Sources; Chapter 3: Oxidative Stress in Pregnancy; Chapter 4: The Role of Antioxidants in Children's Growth and Development; Chapter 5: Adulthood and Old Age; Chapter 6: Smoking, Oxidative Stress, and Antioxidant Intake; Chapter 7: Physical Exercise; Chapter 8: Coronary Heart Disease and Stroke; Chapter 9: Diabetes; Chapter 10: Cancer Chapter 11: Antioxidants in Neurodegeneration : Truth or Myth? Chapter 12: Gastrointestinal Disorders; Chapter 13: Antioxidants in Obesity and Inflammation; Chapter 14: Modulation of Immune Response by Antioxidants; Chapter 15: HIV/AIDS; Chapter 16: Role of Herbs and Spices : In Health and Longevity and in Disease; Back Cover

## Sommario/riassunto

Antioxidants in Health and Disease discusses the effects of dietary antioxidants and antioxidant supplementation in humans. It reviews the latest evidence-based research in the area, principally through prospective cohort studies and randomized controlled trials. The book assesses major dietary antioxidants and discusses their use in diseases such as cancer, diabetes, stroke, coronary heart disease, HIV/AIDS, and neurodegenerative and immune diseases. The use of antioxidants in health is also discussed along with common adverse effects associated with antioxidant use. Separating myth from fact,

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