



What Is Hydrogen

Hydrogen, **The Smallest Atom Of Matter In The Universe**

Antioxidants That Have Antioxidant Effects Act As Hydrogen Donors
In The Oxidation And Reduction Reaction, Hydrogen That It Has Is Given To Other Substances To Reduce It, And At
The Same Time, It Oxidizes Itself To Function As An Antioxidant.

The Way To Prevent Aging Is "**Anti-Oxidation**"



Active Oxygen Attacks Normal Cells In The Body And Causes Damage.
This Causes 'oxidative Stress' When The Body's Balance Is Broken.

Hydrogen (H) Functions As **The Most Potent Anti-Oxidant**.



Coenzyme Q10



Vitamin E



Catechin



Polyphenol



Vitamin C

