Antioxidants are substances that may protect your cells against free radicals, which may play a role in heart disease, cancer, and other diseases. Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation

reduce the risk of many diseases

act as pro-oxidants, increasing oxidation. protect dangerous cells (such as cancer cells) as well as healthy cells. reduce the health benefits of exercise. have unwanted side effects, such as nausea and headaches, or even reach toxic levels.

Colouring is used to make food look better