

# WHY DO YOU RECOMMEND SO MANY VITAMINS DURING THE SIX-WEEK FOUNDATION PROGRAM?

Vitamin C is a powerful antioxidant which serves as both a key nutrient for the immune system and a potent free-radical fighter. The antioxidants in vitamin C neutralize free radicals by donating one of their own electrons, ending the free radical chain reaction. With free radical production slowed, arteries are given time to heal.

Vitamin E is another powerful antioxidant which sacrifices itself for the sake of our cells. It helps prevent oxidation of lipoproteins, reducing the stickiness of platelets in the bloodstream. Vitamin E also helps arteries stay flexible and elastic, allowing blood to flow more freely.

By donating itself to a hostile free radical so that it no longer acts as a threat, vitamin E acts as a more advanced version of vitamin C. Once vitamin E has given its services to our cells, it is regenerated by other substances, including vitamin C, and goes on to defend and protect other cells. These interactions make vitamins C and E very important during the six-week Cardio Renew program.