

A Review on Antioxidant from Natural Origin

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Abstract: *A variety of horrible health diseases, including diabetes, rheumatoid arthritis, cataracts, Alzheimer's disease, cardiovascular diseases, and many more, are linked to deficiency in antioxidants, which are nutraceuticals. by preventing the production of reactive oxygen species (ROS) or by directly scavenging free radicals, phytochemicals may have an antioxidant effect in diet or in vivo. Synergists are substances that, when taken alone, have little antioxidant effect but can increase the effect of true antioxidants by reacting with heavy metal ions that catalyze auto-oxidation.*

Keywords: reactive oxygen species