

NUTRITIONAL NATURAL ANTIOXIDANTS

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Abstract. *The introduction of some AO in our alimentation is essential for the organism, as on this one there depend both the health maintaining and the prevention or limitation of several diseases. Therefore, the study of the alimentary principles, among whom AO, constitute one of the basic activities of the international health institutions [4]. Natural AO are grouped in two categories: nutritional and non-nutritional. Natural AO may have intra- or extra-cellular target. AO with intracellular target are hydrophobic depurators, α -tocopherol, flavonoids and lasaroids. AO with extra-cellular target may be divided into enzymatic depurators (SOD, CAT, CSH-Px) and hydrophilic depurators (ascorbic acid, GSH, L-metio-nine) (Dejica, 2001).*

Key words: *antioxidants, nutrition, alpha-tocopherol*

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