



## Harvard Health Letter

(Vol 27, No 4, 2/02)

### Taking Stock of Antioxidants

- “. . . the results of recent studies have begun to sow some doubts about antioxidants, particularly in pill form. Indeed, in some circumstances, high doses of antioxidants may do more harm than good.”
- “. . . the list of compounds that have antioxidant properties seems to grow daily . . . ”
- “. . . some of these compounds may interact . . . They may have other functions, too, that overshadow their role as antioxidants.”
- “The idea that antioxidants are good for you wasn't invented out of whole cloth. It rests on credible research. But most of the positive results have come from foods rich in antioxidants rather than large doses in pill form.”
- “The next generation of nutrition research may clear away some of the confusion.”