

# TIMELESS PRESCRIPTION OXYGEN EXTREME

**TIMELESS  
PRESCRIPTION®**

ANTI-AGING SKINCARE

STRONG ANTIOXIDANT  
PROTECTION

PROMOTES SKIN HEALTH

PROMOTES EYE AND VISION  
HEALTH



PRODUCT SKU: 6101 | 30 SERVINGS

## Why Choose Timeless Prescription Oxygen Extreme?

Your skin - much like the rest of your body - can be negatively affected by free radicals. By combining both botanicals and vitamins in a single product, Timeless Prescription Oxygen Extreme promotes your skin's health with both an antioxidant and herbal defense. No other product combines the variety of ingredients in Timeless Prescription Oxygen Extreme.

## How can the use of antioxidants fight against free radicals?

The vitamins C and E are thought to protect the body against the negative effects of free radicals. Antioxidants neutralize free radicals by donating one of their own electrons, ending the electron-stealing reaction. The antioxidant nutrients themselves don't become free radicals by donating an electron, because they are stable in either form. They act as scavengers, helping neutralize free radicals.

Vitamin E is the most abundant fat-soluble antioxidant in the body. It is one of the most efficient, chain-breaking antioxidants available. It is a primary defender against oxidation and lipid peroxidation (creation of unstable molecules containing more oxygen than is usual). Vitamin C is the most abundant water-soluble antioxidant in the body. It acts primarily in cellular fluid. It is particularly effective in combating free-radical formation caused by pollution and cigarette smoke. It also helps return vitamin E to its active form.

## What is the best antioxidant to take?

The best way to fight free radicals is with a collection of antioxidants. There is not one single antioxidant that is most effective. In order to be effective, there must be a team of antioxidants all working together. When you supplement with a team of antioxidants, you will find that the whole is greater than the sum of its parts.

## How does an antioxidant supplement help someone who works out?

Working out increases the number of free radicals in the body. By taking an antioxidant supplement directly after a workout, you can help reduce the oxidative stress on your body. By reducing the free radicals, you are putting your body into a more balanced mode. Understand that the idea is not to eliminate free radicals — just to restore a proper balance.