

## Oxidative Stress and Antioxidant Supplements

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Human body is just like a machine which needs sufficient amount of energy on daily basis. Lacking of energy may cause various health problems. On daily basis, one have to perform a variety of activities. To perform the activity without any problem or to maintain the health while performing, one need to take nutritional supplements. It is because of this reason that during physical activity, reactive oxygen species and antioxidants are produced in the body. The main function of antioxidant is to reduce the reactive oxygen species. If the body failed to produce antioxidants than the level of reactive oxygen species are increased which may cause oxidative stress.

Oxidative stress adversely affect the overall functional capacity of the body. Oxidative stress always found in unexperienced athletes. Regular exercise and training activities reduce the health problems. Castro (2006) stated that the level of oxidative stress is found less in trained athletes as compare to untrained athletes. Exercise may cause oxidative stress if it is performed for a longer period without training. Lacking of experience in term of proper training adversely affect the whole body functions because long-term exercise caused oxidative stress [1].

According to Castro., *et al.* [2] to maintain health and to reduce the health problems, one need to take antioxidant supplements. If one take nutritional supplements on regular basis than it can help him/her to perform the activities of daily life without oxidative stress because nutritional supplements or antioxidants supplements helps in producing antioxidants that maintain the level of reactive oxygen species.

Doni [3] stated that Anti-oxidants supplements helps to produce antioxidants which reduce reactive oxygen species. Lacking of antioxidants may cause to increase the reactive oxygen species in the body which leads toward oxidative stress. Majority of the peoples, always have the problem of oxidative stress because body need nutritional supplements or antioxidants for maintain the body function and avoiding the problem of oxidative stress.

As a result of all the above discussion, now it is clear to say that nutritional supplements or antioxidants may be taken for avoiding oxidative stress and maintaining the body function while performing the routine activities.

### Bibliography

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