ConSciencia Sanitaria DNM

# Consumo responsable de antioxidantes

**Actividad anti-oxidante**

Protección ADN, lípidos y proteínas

Repara y/o elimina daños causados por ROS y RNS

Neutraliza o termina reacciones en cadena de radicales libres

**Actividad pro-oxidante**

Transducción celular

Regulación REDOX

Activación de vías de señalización y enzimas

Defensa frente a patógenos

# Antioxidantes en exceso

**Actividad pro-oxidante dañina**


**Factores que modifican actividad anti- a pro- oxidante**


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Donato, A. J., Uberoi, A., Bailey, D. M., Wray, D. W., & Richardson, R. S. (2010). Exercise-induced brachial artery vasodilation: effects of antioxidants and exercise training in elderly men. American journal of physiology. Heart and circulatory physiology, 298(2), H671–H678. https://doi.org/10.1152/ajpheart.00761.2009

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Ristow, M., Zarse, K., Oberbach, A., Klöting, N., Birringer, M., Kiehntopf, M., Stumvoll, M., Kahn, C. R., & Blüher, M. (2009). Antioxidants prevent health-promoting effects of physical exercise in humans. Proceedings of the National Academy of Sciences of the United States of America, 106(21), 8665–8670. https://doi.org/10.1073/pnas.0903485106