



# Top Health Benefits of Astaxanthin Supplements

Your body needs help fighting free-radicals and the aging process. Antioxidants, such as those found in Astaxanthin supplements, could be the key to help you do that!

We are constantly on the job when it comes to taking proper care of our bodies. After all, healthy bodies mean a healthy self, right? One of those things that you often hear so much about when it comes to turning over a new leaf – health wise - is antioxidants. You know they're good, sure, but what do they actually do? And why is that job so important when it comes to a health makeover?



## The cycle and role of antioxidants

Other than just being one of those active ingredients that you look for, most people don't really focus on the specific task of antioxidants. However, when consider adding [the best Astaxanthin supplements to your diet](#), understanding why their core focus, antioxidants, matters so much. Here's a helpful guide!

- **Oxidation creates free-radicals:** The human body oxidizes naturally, as part of its chemical process. This oxidation process can create molecules called free-radicals. These are unstable molecules that are a byproduct from other structures, and they can go around your body causing damage by stealing electrons.
- **Free-radicals can impact lifelong health:** These unstable molecules can float around and cause problems over time. For instance, leading to vision loss, arthritis, Alzheimer's disease and even heart disease. While these aren't the only cause, of course, they can help speed up a lot of these health conditions.
- **Antioxidants neutralize free-radicals:** Since these free-radicals can be hard to flush out on their own, and can build up over time naturally, having a proper dose of antioxidants is going to be important. They'll seek out these free-radicals and get rid of them so that your body can keep humming along as normal. Of course, antioxidants also help give your body a boost, too, so their mission to rid you of free-radicals is not the only reason to add them to your diet regularly.
- **Prevent premature aging:** Because a lot of these conditions and problems are often associated with aging and natural degeneration, many see antioxidants as being a serious option to prevent aging. While there is no such thing as stopping aging in its tracks, the right focus on your overall nutrition will certainly help you prevent it prematurely and help ease its effects when it does set in, as it does for all of us.



Astaxanthin is the richest antioxidant on the planet and the body cannot produce Astaxanthin on its own; you can only get it through food or dietary supplements.

6000x Stronger than Vitamin C

800x Stronger than Co-Q10

550x Stronger than Green Tea

100x more powerful than Vitamin E



#### 1 HELPS WITH DIABETES

Astaxanthin has potent antioxidant properties which help to protect pancreatic beta cells by reducing oxidative stress and toxicity in blood sugar.

## 5 Health Benefits of ASTAXANTHIN



### 2

#### HELPS WITH HEART DISEASE

It enhances blood flow and circulation, also its compound cell help to regulate blood pressure and strengthen the arterial wall to prevent heart failure due to hypertension.



### 3

#### IMPROVES YOUR IMMUNE RESPONSE

Astaxanthin can naturally reduce oxidative stress and rescue your immune system also ensuring the functionality of the immune system is at an optimal state.



### 4

#### HELPS MANAGE YOUR ULCERS

Astaxanthin is a strong antioxidant that reduces oxidative stress and helps to keep H. pylori at bay for good which helps to protect the lining wall of the intestine and prevent ulcer formation.



### 5

#### BOOSTS YOUR SKIN CARE

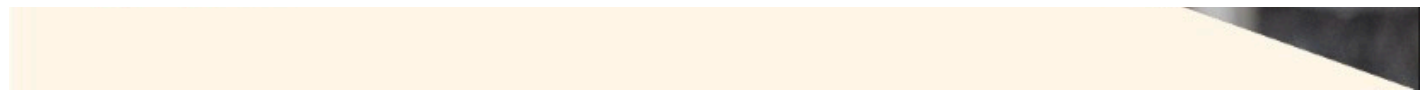
Antioxidative properties of astaxanthin are great for skin health when applied topically.

  
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## Be careful in your selection

By rights, you would think that you could get all your [antioxidants](#) from natural food, right, wrong, that world is long gone, most food is grown in contaminated toxic soil that is devoid of all the minerals that once existed and the crops have been sprayed with GMO's and fertilizers. However, there are safe alternative options out there, choose carefully researched and created supplements. For example, [FREZZOR Astaxanthin Black](#) supplements are 100% all-natural from a clean source.

When your focus is to protect your body on the inside, antioxidants are going to be core pieces to help you do just that. It's surprising how many of us don't realize how something so simple in our diet can make such a huge, positive difference!

Resource: <https://jackarthur2021.medium.com/top-health-benefits-of-astaxanthin-supplements-97fe45f66745>