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## Asthashine capsules: World's most powerful antioxidant on earth

Govind Shukla, Nagalakshmi Yaparthy, D Sruthi Rao, C J Sampath Kumar  
Lactonova Nutripharm (P) Ltd, India

Antioxidants are our first line of defense against free radical damage, and are critical for maintaining optimum health and wellbeing. The need for antioxidants becomes even more critical with increased exposure to free radicals. Pollution, cigarette smoke, drugs, illness, stress, and even exercise can increase free radical exposure. Because so many factors can contribute to oxidative stress, individual assessment of susceptibility becomes important. As part of a healthy lifestyle and a well-balanced, wholesome diet, antioxidant supplementation is now being recognized as an important means of improving free radical protection. Based on these facts a Super Antioxidant ASTASHINE Capsules has been developed by R&D Centre, Lactonova Nutripharm (P) Ltd, Hyderabad. The present paper Reviews the Role of Astashine capsules in maintaining optimum health and wellbeing.

govindbbd@gmail.com