Antioxidants: Eat A Fruit, Not a Pill

By Ana-Marija Dolaskie — March 9, 2017

Antioxidants are compounds that occur naturally in many plants, fruits and vegetables. And thanks to the supplement industry — a multi billion dollar one, at that — they also come in the form of pills, despite the lack of scientific evidence that shows their efficacy. It's true your body needs certain vitamins and nutrients. It's also true you can get plenty from your healthy, balanced diet. So why take a pill when you can eat a banana?