

# **Dietary Antioxidants and their Sources**

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**Abstract:** *Dietary antioxidants play a vital role in protecting the human body against oxidative stress by neutralizing Reactive Oxygen Species. These bioactive compounds, widely found in plant-based foods, help prevent cellular damage caused by free radicals, thereby reducing the risk of chronic diseases such as cancer, cardiovascular disorders, and neurodegenerative conditions.*

*This study examines the major categories of dietary antioxidants, including vitamins, carotenoids, and polyphenols, along with their natural food sources. It also highlights the mechanisms through which these compounds maintain cellular integrity, enhance immune function, and regulate oxidative balance.*

**Keywords:** Dietary Antioxidants, Vitamin C, Vitamin E, Beta-Carotene, Polyphenols, Oxidative Stress, Nutrition, Cancer Prevention

