

# Antioxidants Cocktail

## Components

1 Vitamin A  
1 Vitamin C  
1 Vitamin E  
3 Glutathione  
2 Selenium  
1 Zinc



## Dosage chart

	Vitamin A	Vitamin C	Vitamin E	Glutathione	Selenium	Zinc
Morning	1 capsule	1 capsule	1 capsule	-	-	-
Noon	-	-	-	1 capsule	-	-
Evening	-	-	-	-	1 capsule	1 capsule

- Take the daily dosage of all capsules with a glass of water after meals.
- The program lasts for 100 days. Glutathione will last for 90 days.
- The program can be repeated as needed.
- In case of adverse effects or if you have questions regarding this program, please consult a physician or a therapist.