

protecting the eyes from oxidative damage and reducing the risk of age-related macular degeneration.

Role of Antioxidants in the Body:

- **Neutralizing Free Radicals:** Free radicals are unstable molecules with unpaired electrons, and they can cause cellular damage by stealing electrons from other molecules, leading to a chain reaction. Antioxidants, such as those found in kiwi, neutralize free radicals by donating electrons, preventing this chain reaction and reducing the potential for cell damage.

Reducing Oxidative Stress: Oxidative stress occurs when there is an imbalance between the production of free radicals and the body's ability to neutralize them. Chronic oxidative stress is associated with various health conditions, including inflammation, cardiovascular diseases, and neurodegenerative disorders. Antioxidants in kiwi help counteract oxidative stress, contributing to overall health and well-being.

- **Anti-Inflammatory Effects:** Chronic inflammation is linked to the development of many diseases, including heart disease, diabetes, and certain cancers. Antioxidants help quell inflammation by reducing the production of pro-inflammatory