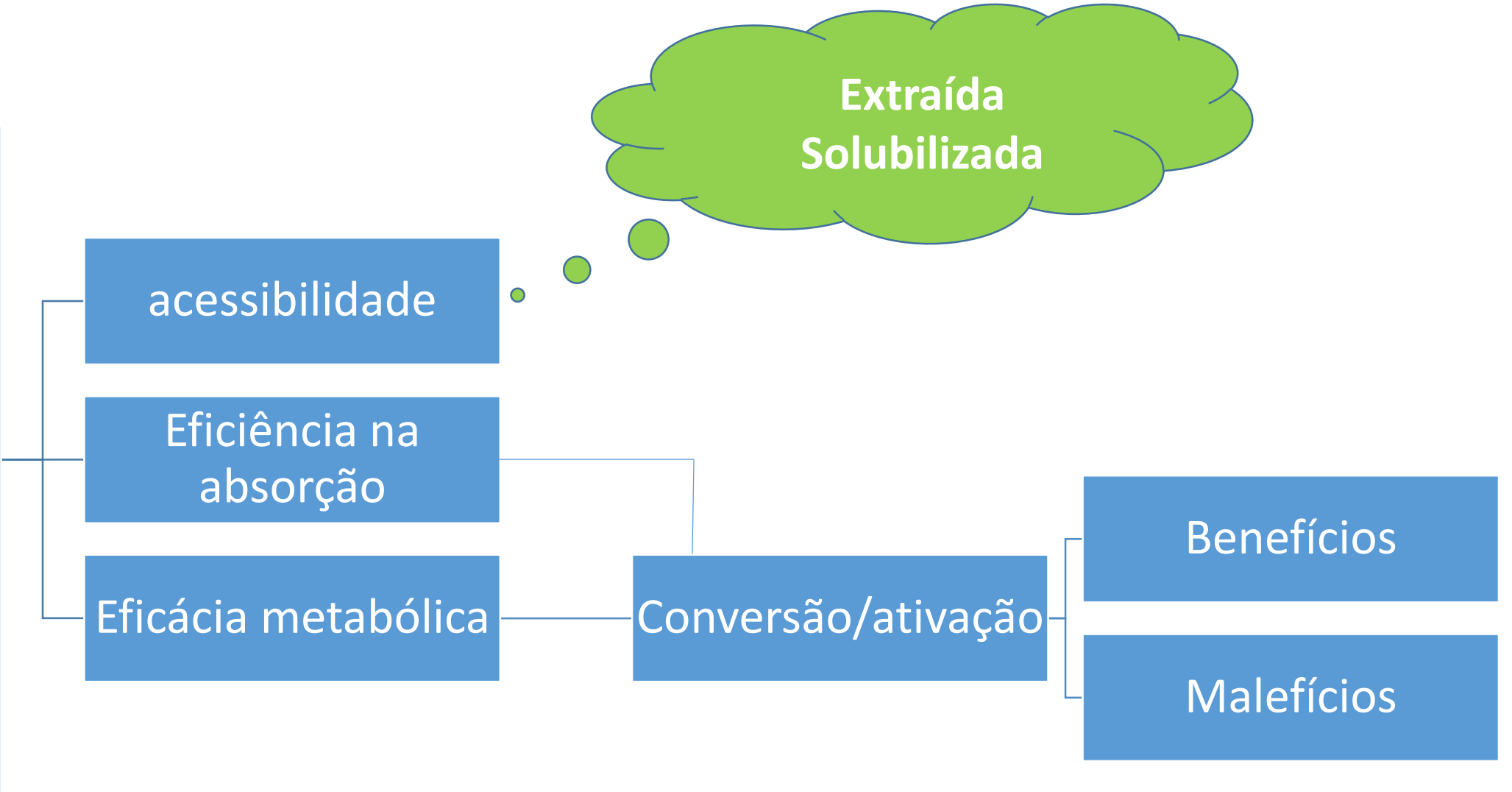


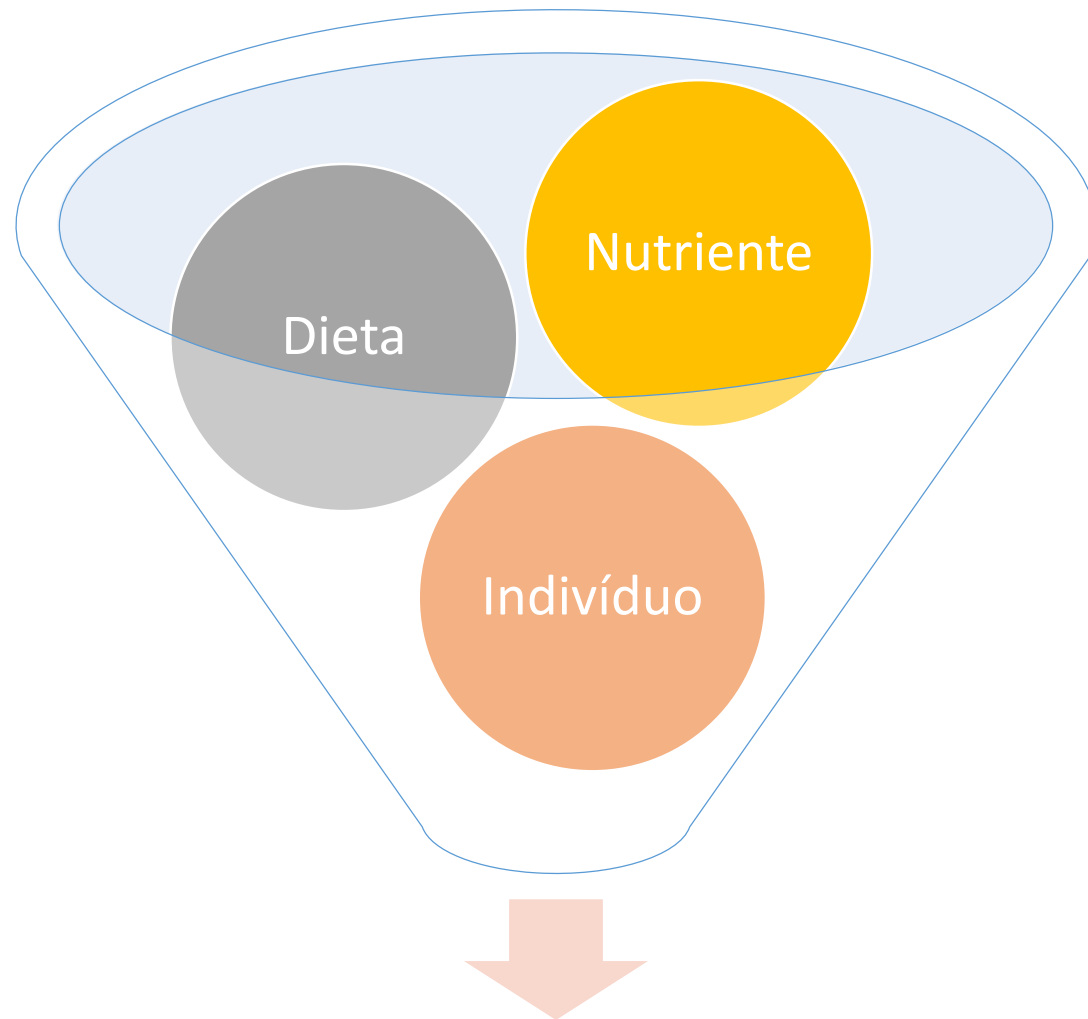


Biodisponibilidade de compostos com ação antioxidante

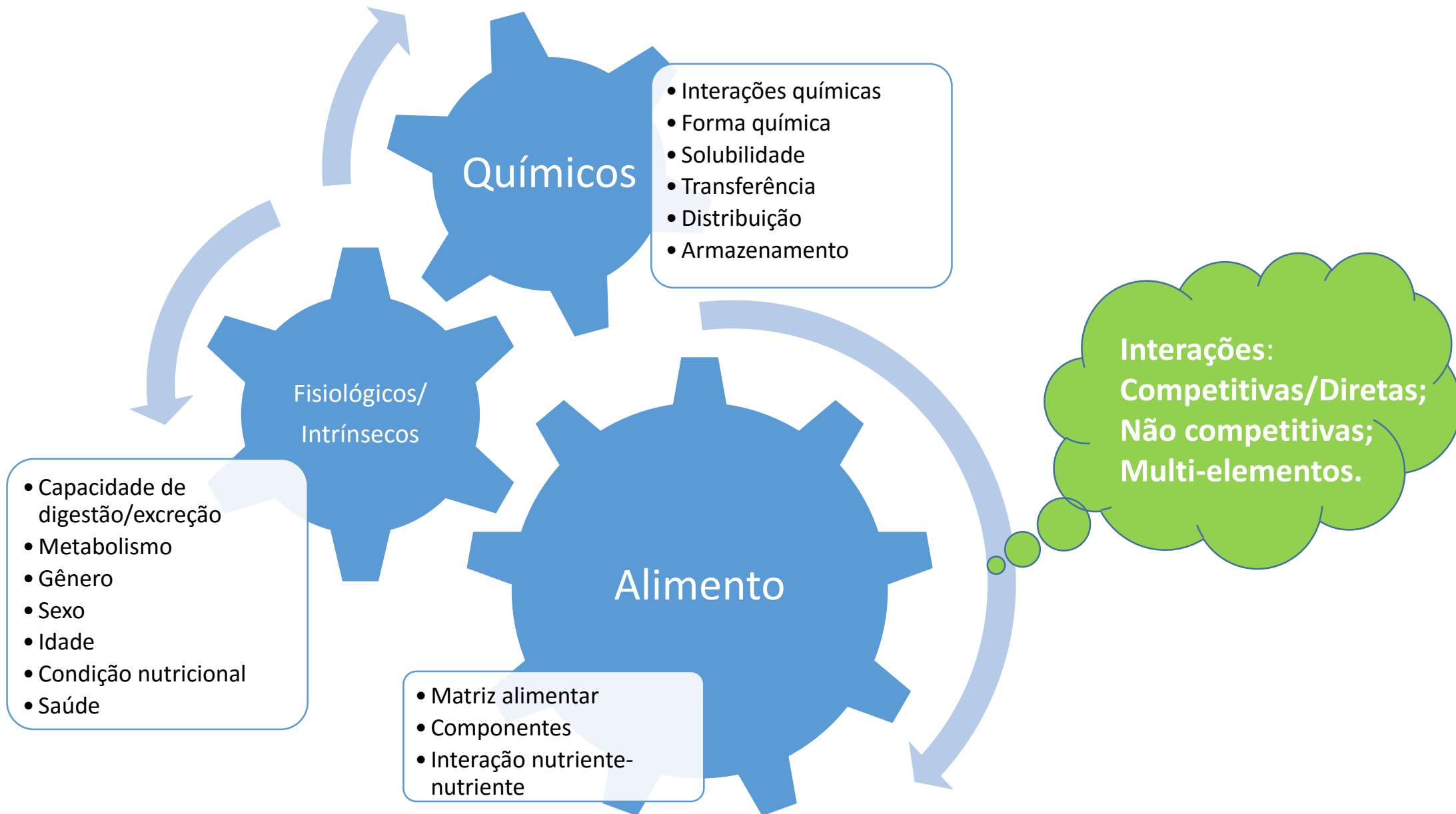
Msc. Mônica Cristine P dos Santos
PPGAN - UNIRIO

Biodisponibilidade

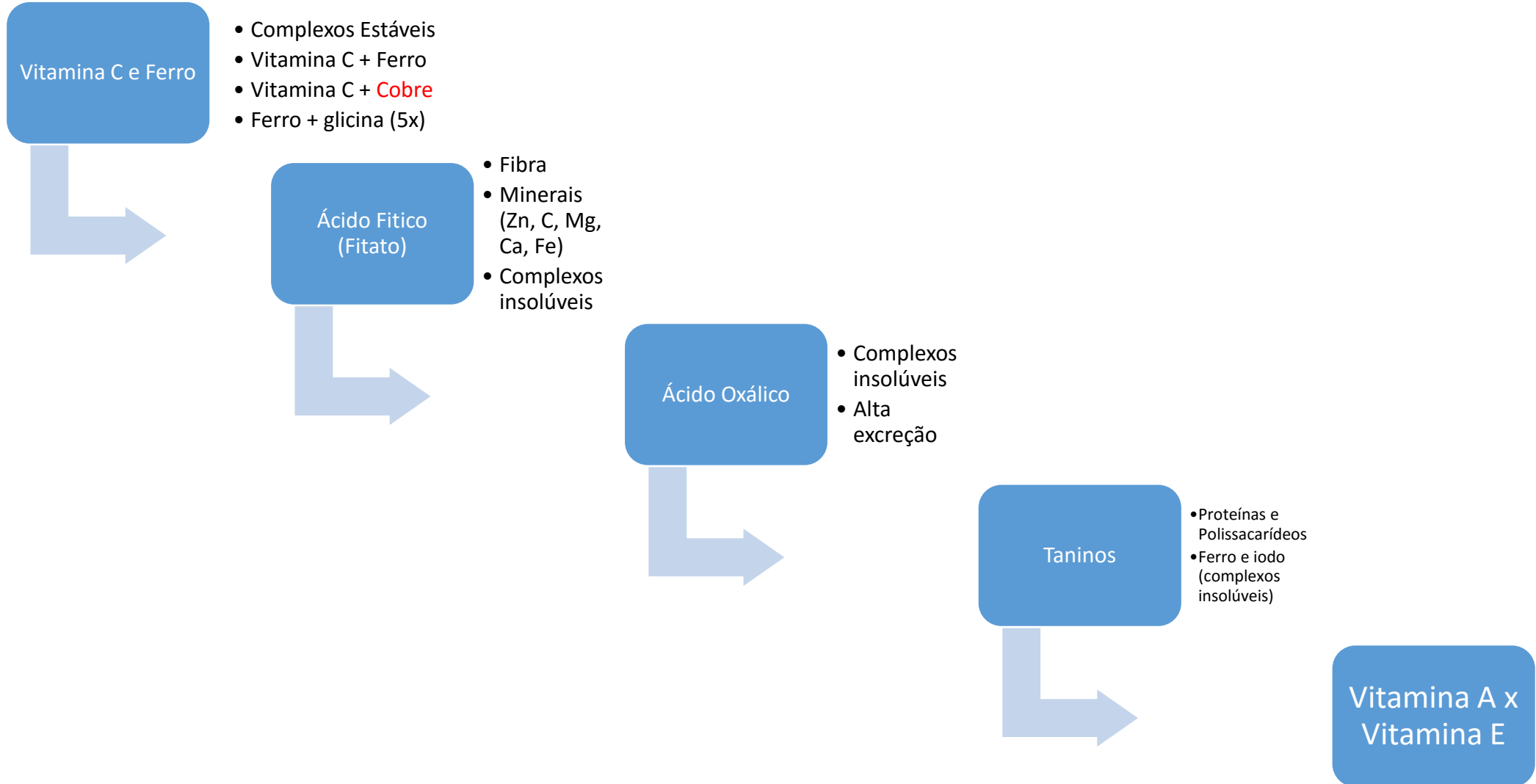




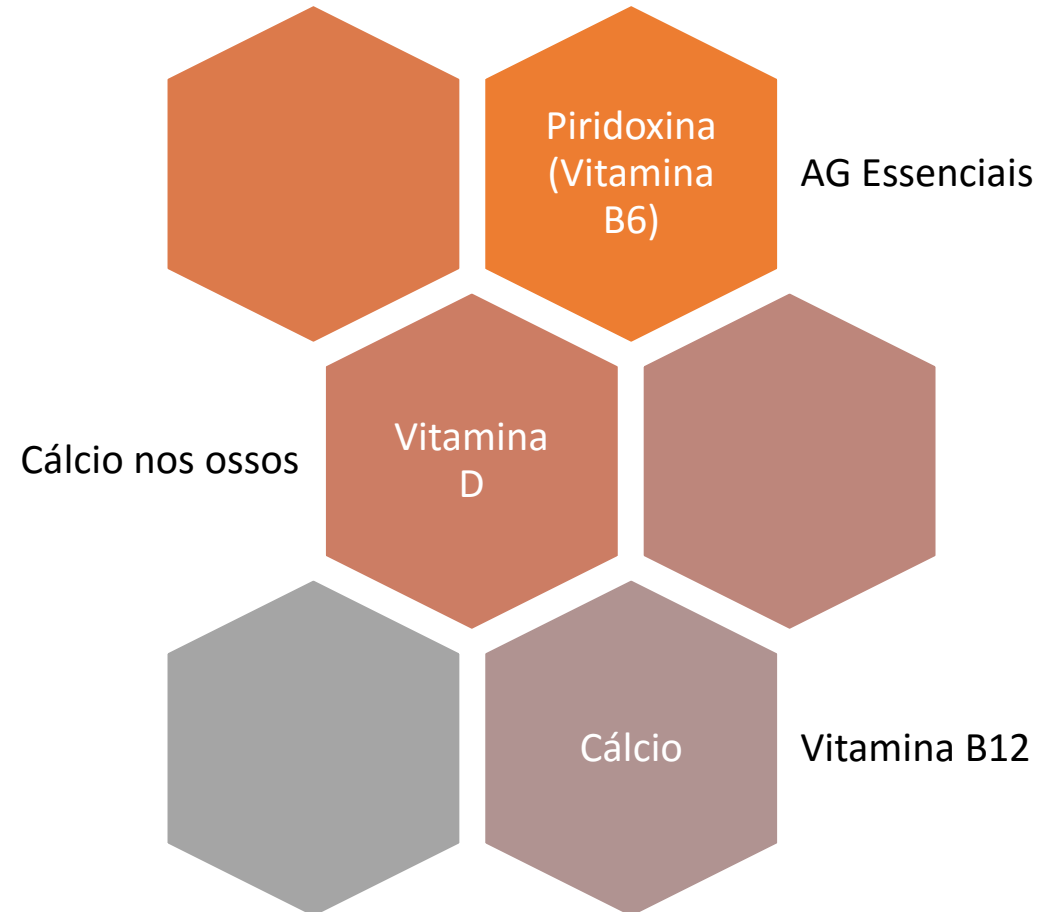
Composto Biodisponível



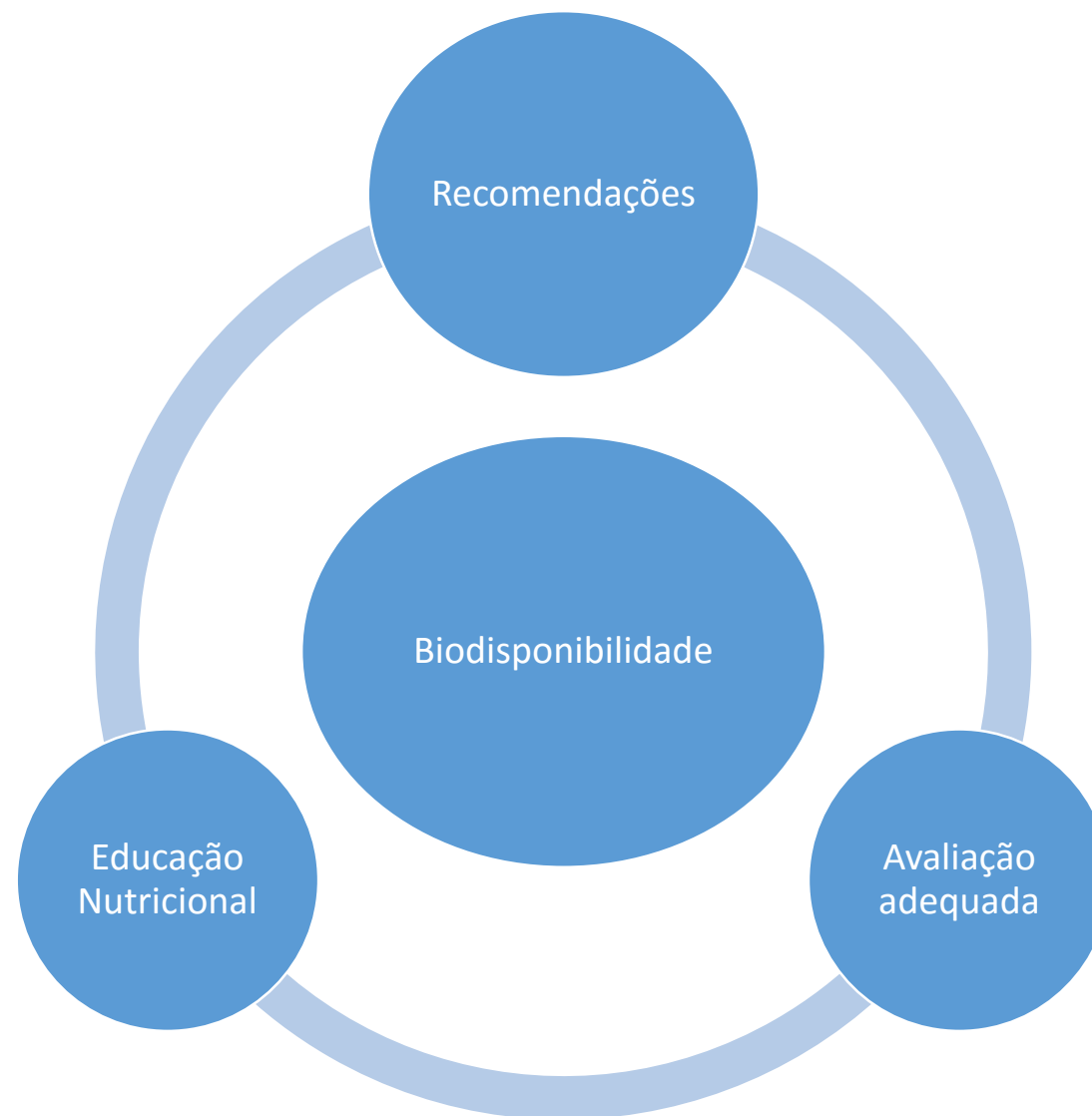
Interações: Nível pré-absortivo



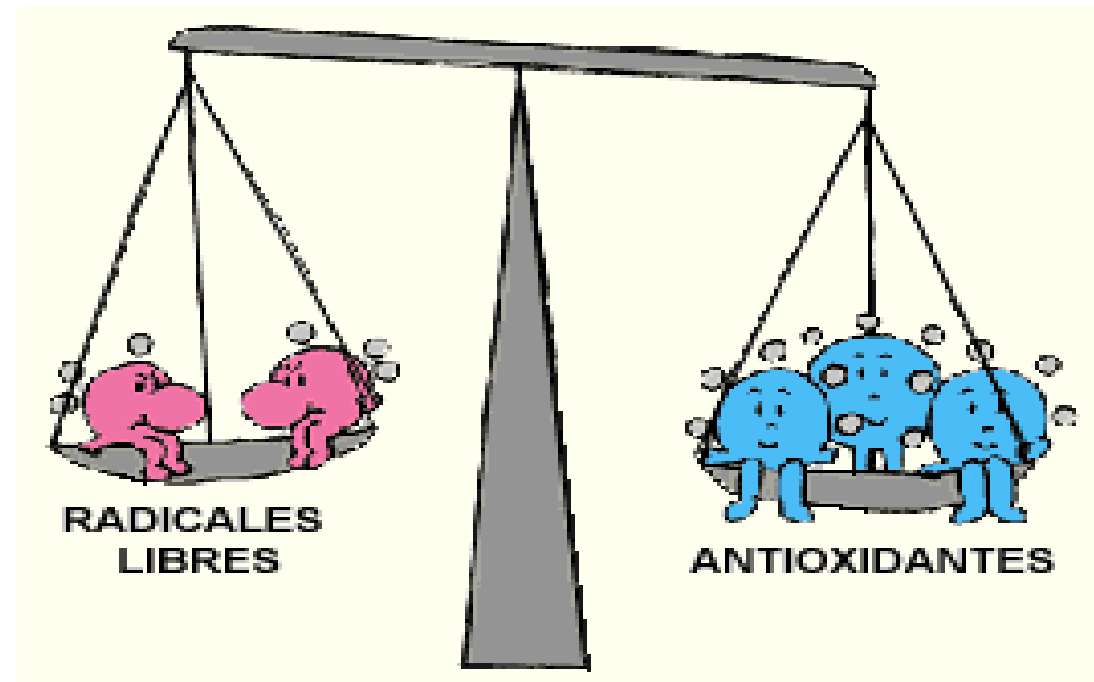
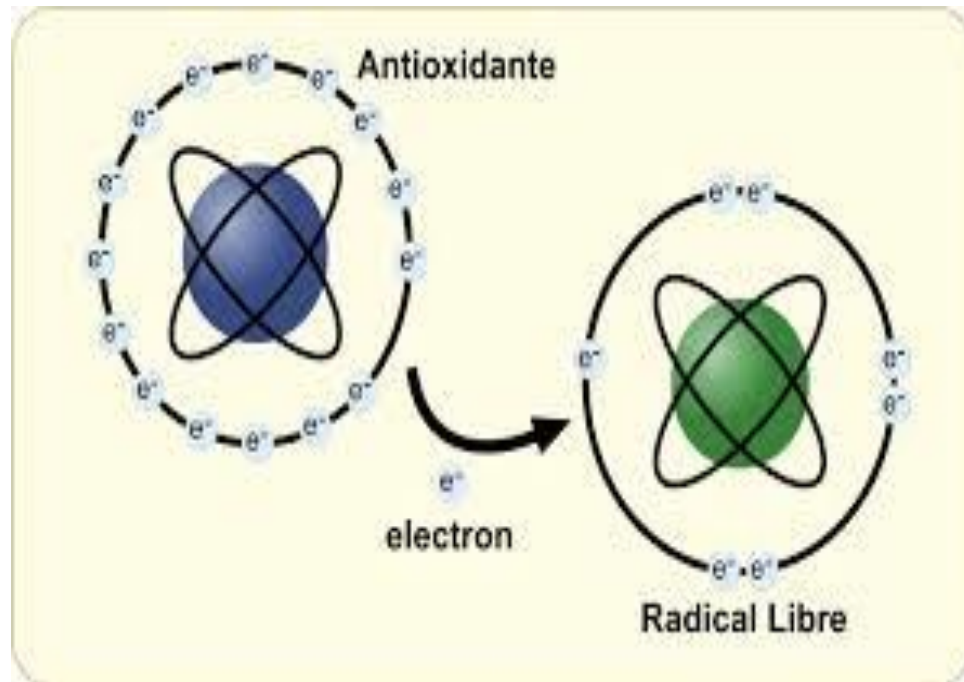
Interações: Nível pós-absortivo



Importância da biodisponibilidade



Radicais Livres X Antioxidantes



Antioxidantes

Biológicos

Naturais (não-enzimáticos)

Sintéticos (aditivos)

Tabela 1. Compostos com ação antioxidante

Vitamina E	Glutathiona
Beta-Caroteno	Proteínas do plasma
Ácido Ascórbico (Vitamina C)	Curcumina
Flavonóides	
Clorofila	
Selênio	
L-Cisteína	

**COMO MELHORAR A
BIODISPONIBILIDADE
??**

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Fim!!