

Endogenous antioxidants	Exogenous antioxidants
catalases glutathione peroxidases glutathione reductases glutathione transferases superoxide dismutases albumin α-lipoic acid bilirubin coenzyme Q10 coeruloplasmin glutathione transferrin uric acid, <i>etc.</i>	β-carotene N-acetylcysteine polyphenols sulphides vitamin C vitamin E flavonoids (Carduus marianus, Ginkgo biloba, Quercetin, <i>etc.</i>)
	Adjuvant substances
	manganese selenium zinc, <i>etc.</i>