



Karl Seff earned his Ph.D. from M.I.T. and has been a professor of chemistry at U.H., Manoa for 39 years. He has authored more than 240 scientific papers that have appeared in leading chemistry journals. He has been on the Board of Directors of the VSH since 1992.

OUR HUNGER FOR ANTIOXIDANTS

A PRESENTATION BY

KARL SEFF, PH.D.

In all plants and animals the chemical reactions of life are a little tricky. Dangerous mistakes happen at a steady rate, and the very reactive molecules that are produced, mostly free radicals, need to be pacified as quickly as possible before they do serious damage. The best defenses that nature has managed to muster are the antioxidants, in place in each living cell, ready to react. Among the antioxidants that will be discussed are vitamins C and E, the carotenoids, including lutein and lycopene, and the polyphenols and flavonoids.

SATURDAY, MARCH 10, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK

Dr. Seff will also be speaking on Maui: Tues., Mar. 13, at 7 p.m., Cameron Center, 95 Mahalani St, Wailuku.



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