

ANTIOXIDANTS PRESENT IN DIET AS ANTI ATHEROSCLEROSIS FACTORS

S u m m a r y

This review presents the role of different antioxidants present in human diet and their effect on blood platelets. Blood platelet activation plays a crucial role in haemostasis and in pathomechanisms of several arterial disorders, including atherosclerosis. Antioxi-

dants such as selenium compounds, "classical" vitamins (vitamin E and C), various phenolics (particularly resveratrol, a natural compound present in wine) and n-3 fatty acid counteract aggregation and adhesion of platelets and may reduce atherosclerosis.