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Peningkatan senyawa radikal bebas yang disebabkan oleh polusi udara atau konsumsi makanan tinggi asam lemak bebas berbahaya bagi tubuh manusia. Senyawa radikal bebas dalam jumlah berlebih dapat menyebabkan stress oksidatif pada tubuh manusia dan peningkatan reactive oxygen species (ROS) yang menimbulkan kerusakan sel, jaringan atau organ yang berbahaya bagi kesehatan (Moller, 1996 dalam Youssef, 2015). Antioksidan yang diproduksi dalam tubuh atau berasal dari luar tubuh dibutuhkan untuk menetralkan senyawa radikal bebas. Antioksidan berfungsi dalam mencegah radikal bebas seperti asam lemak bebas atau sebagai inhibitor dalam menghambat autooksidasi dengan tiga langkah yaitu: inisiasi, propagasi, dan terminasi. Antioksidan juga mampu bereaksi cepat dengan