



LESTER PACKER, PH.D.

ADJUNCT PROFESSOR, SCHOOL OF PHARMACY,
UNIVERSITY OF SOUTHERN CALIFORNIA HEALTH
SCIENCE CENTER

Dr. Packer has published more than 800 scientific papers and more than 100 books on every aspect of antioxidants and health.

DEGREES AND AWARDS:

- Ph.D., microbiology and biochemistry from Yale University
- Professor and senior researcher at the University of California at Berkeley for 40 years

AREAS OF EXPERTISE:

- Antioxidants
- Free radicals

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Dr. Lester Packer, the world's foremost antioxidant research scientist, received his Ph.D. in microbiology and biochemistry from Yale University and was a professor and senior researcher at the University of California at Berkeley for 40 years. Dr. Packer established a research laboratory in the Department of Pharmacology and Pharmaceutical Sciences within the School of Pharmacy at the University of Southern California in 2000 to pursue studies on the biological action of antioxidants and their benefits for preventive medicine.

In addition to his membership in many professional research societies, Dr. Packer has held offices as President of the International Society of Free Radical Research, President of the Oxygen Club of California, and Vice President of UNESCO—the United Nations Global Network on Molecular and Cell Biology. Dr. Packer is also the recipient of numerous scientific achievement awards including three honorary doctoral degrees. In 2007, he was honored as a Chevalier (Knight) of the French National Order of Merit. He serves on editorial advisory boards for scientific journals related to biochemistry, antioxidant metabolism and nutrition.

Dr. Packer has published over 800 scientific papers and more than 100 books on every aspect of antioxidants and health, including the standard references "Vitamin E in Health and Disease," "Vitamin C in Health and Disease," "The Handbook of Natural Antioxidants," "Understanding the Process of Aging: The Roles of Mitochondria, Free Radicals, and Antioxidants," "Carotenoids and Retinoids: Molecular Aspects and Health Issues" and "Oxidative Stress and Inflammatory Mechanisms in Obesity, Diabetes, and the Metabolic Syndrome."

The Antioxidant Miracle, published in 1999 by John Wiley & Sons, is his first book for non-scientists. Dr. Lester Packer has an unmatched scientific record on antioxidants, now considered key components in achieving healthy aging and extending the human lifespan.



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