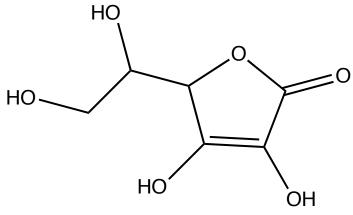
The structure of Vitamin C is below. Using only chemical structures (e.g., no words) visually explain why Vitamin C is an effective antioxidant.



In one sentence explain why Vitamin C is somewhat of a paradox according to Lane.