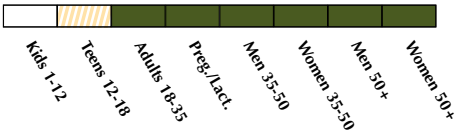
Essentials™: Mega Antioxidant



WITH PATENTED Olivol™ The Heart of the Olive®

- Supports general health and well-being*
- Delivers a wide spectrum of essential vitamins and co-factors to support long-term optimal health, when combined with a healthy diet*
- Contains a comprehensive range of antioxidants
- Is most effective when taken together with Chelated Mineral

Daily stress and environmental pollutants bombard us with increasing levels of free radicals (potentially damaging, highly reactive molecules). Diets high in processed foods and fewer whole, unrefined foods have further increased the need for vitamins and antioxidant supplementation. **Mega Antioxidant** offers advanced levels of high-quality, highly bioavailable vitamins and antioxidants to meet this increased need if taken as part of a healthy diet. **Mega Antioxidant** also offers nutritional support for retaining sound cardiovascular function, optimal vision, a sound immune system, and efficient energy metabolism.*

Olivol™—THE HEART OF THE OLIVE™

USANA's patented Olivol olive-fruit extract provides highly bioavailable phenolic antioxidants that have been shown to protect low-density lipoproteins (LDL) from oxidation.[1,2]*

VITAMIN E—THE PREMIER ANTIOXIDANT

Vitamin E is a family of essential fat-soluble nutrients (tocopherols) that act as powerful antioxidants. D-alpha tocopherol is the natural form shown to have the greatest nutritional and biological value. Studies show that vitamin E plays a critical role in protecting LDL and cell membranes from oxidation, and it works synergistically with other antioxidants to combat free-radical damage.[3] Emerging science has shown that other tocopherols also provide important biological activities and therapeutic benefits.[4] These mixed tocopherols help leverage the health benefits of alpha tocopherol with other vitamin E compounds to provide a broad spectrum of antioxidants for optimal health. In addition to D-alpha tocopherol, USANA's advanced formula offers a full range of these natural mixed tocopherols to provide you with additional antioxidant support.*

USANA'S UNIQUE POLY C™

USANA's **Poly C™** is a complex of mineral ascorbates that helps to prolong vitamin C activity in the body. Vitamin C is the master water-soluble antioxidant, offering health maintenance throughout the body.[4]*

MIXED CAROTENOID

USANA uses a mixture of carotenoids, providing a broad spectrum of antioxidants. **Mega Antioxidant** includes the safe provitamin form of vitamin A, beta carotene, which naturally converts into vitamin A only as needed. Beta carotene (provitamin A) promotes healthy skin, a strong immune system, and helps maintain good vision.[5-9]

Lutein and lycopene are considered carotenoid antioxidants involved in maintaining eye health.[10-13] Lycopene supports health maintenance for many organs, including the lungs, skin, cervix, and prostate gland.[10,11]*

COENZYME Q10

A potent antioxidant, coenzyme Q10 (CoQ10) is one of the components that may be essential for energy production in our cells.[14] One of the most researched and well-accepted nutrients for cardiovascular health, CoQ10 is especially important in support of a healthy cardiovascular system.[15] The body's ability to synthesise or absorb CoQ10 declines with age, but taking USANA's **Mega Antioxidant** may help you maintain healthy levels of this important nutrient if taken as part of a healthy diet.*

ALPHA LIPOIC ACID

Alpha lipoic acid is a vitamin-like antioxidant that is both fat- and water-soluble. Easily absorbed through the gut and transported across cell membranes, it offers antioxidant support, both inside and outside the cell.[15,16]*

BIOFLAVONOID COMPLEX

Through our commitment to ongoing research, USANA has developed a unique broad spectrum bioflavonoid complex. Bioflavonoids are a diverse group of naturally occurring plant compounds that exhibit a host of biological activities, most notably for their powerful antioxidant properties that help complement, extend, and synergise the activities of other antioxidants. Diets high in bioflavonoids are associated with maintaining health, confirming that these powerful nutrients are an important part of a healthy diet. In addition to synergistic activity from rutin, quercetin, and hesperidin, this diverse complex provides green-tea, bilberry, pomegranate, and cinnamon extracts to provide broad-spectrum antioxidant support to further enhance and complement the effectiveness of **Mega Antioxidant**.*

COMPLETE VITAMIN B COMPLEX

Mega Antioxidant contains carefully proportioned B-complex vitamins, which support energy production, metabolism, growth, and maintenance of normal homocysteine levels, provided they are normal to begin with.*

The UK Food Standards Agency recommends "if you are pregnant or thinking of having a baby you should take a daily 0.4 mg (400 microgram) folic acid supplement from the time you stop using contraception until the 12th week of pregnancy."[17] In addition, the UK Committee on Medical Aspects of Food and Nutrition Policy (COMA) folic acid report concluded that women who could become pregnant should continue to be advised to take folic acid dietary supplements.[18] One daily dose of **Mega Antioxidant** contains 1,000 µg of folic acid.*

Vitamin B12 has been shown to be involved in supporting the health of nerve cells, red blood cells, and DNA, the genetic material in all cells.[19] It has been generally accepted that older adults are at greater risk of developing a vitamin B12 deficiency than younger adults. However, new research suggests that the prevalence of vitamin B12 deficiency in young adults may be greater than previously thought, and those who do not take a supplement containing vitamin B12 are twice as likely to be vitamin B12 deficient as supplement users, regardless of age group.[20] **Mega Antioxidant** supplies advanced levels of vitamin B12 at 200 µg in one daily dose.*

References

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DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD. DO NOT EXCEED STATED RECOMMENDED DAILY DOSE.

EACH TABLET CONTAINS:		%EC RDA*
BETA CAROTENE	2.25mg	†
VITAMIN D	3.75µg (150 I.U.)	75%
VITAMIN E	67mg α-TE (100 I.U.)	670%
VITAMIN C	325mg	542%
THIAMIN (VITAMIN B1)	6.75mg	482%
RIBOFLAVIN (VITAMIN B2)	6.75mg	422%
NIACIN	10mg NE	56%
PANTOTHENIC ACID	22.5mg	375%
VITAMIN B6	8mg	400%
VITAMIN B12	50µg	5000%
FOLIC ACID	250µg	125%
BIOTIN	75µg	50%
VITAMIN K	15µg	†
OLIVE EXTRACT (*OLEA EUROPAEA*) (FRUIT)	7.5mg	†
MIXED NATURAL TOCOPHEROLS	8.5mg	†
BIOFLAVONOID COMPLEX CONTAINING: RUTIN, QUERCETIN, CITRUS BIOFLAVONOIDS (*CITRUS SPP.L.*) (FRUIT), GREEN TEA EXTRACT (*CAMELLIA SINENSIS*) (LEAVES), POMEGRANATE EXTRACT (*PUNICA GRANATUM*) (FRUIT), CINNAMON POWDER (*CINNAMOMUM CASSIA*) (BARK), BILBERRY EXTRACT (*VACCINIUM MYRTILLUS*) (FRUIT)	60.5mg	†
INOSITOL	37.5mg	†
CHOLINE BITARTRATE	25mg	†
N-ACETYL L-CYSTEINE	25mg	†
BROMELAIN	12.5mg	†
ALPHA LIPOIC ACID	5mg	†
COENZYME Q10	3mg	†
TURMERIC (*CURCUMA LONGA*) (ROOT)	3.75mg	†
LUTEIN	150µg	†
LYCOPENE	250µg	†
BROCCOLI CONCENTRATE (*BRASSICA OLERACEA*) (FLOWER)	3.75mg	†

*RDA = Recommended Daily Allowance
†No RDA Established
**Olivol™ olive extract is protected under US Patents 6,358,542 or 6,361,803.

A MULITVITAMIN SUPPLEMENT CONTAINING A BROAD RANGE OF NUTRIENTS AND ANTIOXIDANTS.

INGREDIENTS: VITAMIN C [AS POLY C™ (CALCIUM ASCORBATE, POTASSIUM ASCORBATE, MAGNESIUM ASCORBATE, ZINC ASCORBATE)], BULKING AGENT (MICROCRYSTALLINE CELLULOSE), VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE), INOSITOL, STARCH, RUTIN, MIXED NATURAL TOCOPHEROLS, BULKING AGENT (SODIUM CARBOXYMETHYLCELLULOSE), PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE), CHOLINE BITARTRATE, N-ACETYL L-CYSTEINE, CITRUS BIOFLAVONOIDS, BETA CAROTENE, BROMELAIN, ANTI-CAKING AGENT (ASCORBYL PALMITATE, VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE), BIOTIN, NIACIN (AS NIACINAMIDE), VITAMIN B1 (AS THIAMIN HYDROCHLORIDE), GLAZING AGENT (DEXTRIN), OLIVE FRUIT EXTRACT, RIBOFLAVIN (VITAMIN B2), VITAMIN B12 (AS CYANOCOBALAMIN), QUERCETIN, LYCOPENE, ALPHA LIPOIC ACID, ANTI-CAKING AGENT (SILICON DIOXIDE), TURMERIC ROOT, GREEN TEA LEAF EXTRACT, BROCCOLI FLOWER CONCENTRATE, LUTEIN, COENZYME Q10, NIACIN (AS NICOTINIC ACID), FOLIC ACID, POMEGRANATE FRUIT EXTRACT, VITAMIN D (AS CHOLECALCIFEROL), VITAMIN K (AS PHYTONADIONE), GLAZING AGENTS (DEXTROSE, SOYA, LECITHIN), CINNAMON POWDER, BILBERRY FRUIT EXTRACT, ACIDITY REGULATOR (SODIUM CITRATE).

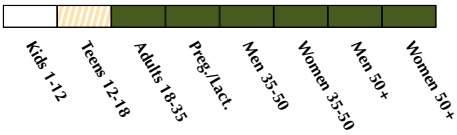
ALLERGY ADVICE: CONTAINS SOYA.

KEEP OUT OF REACH OF YOUNG CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED DIET.

AMOUNTS GREATER THAN 1000MG OF VITAMIN C DAILY MAY CAUSE MILD STOMACH UPSET IN SENSITIVE INDIVIDUALS. BETA CAROTENE SHOULD NOT BE TAKEN BY HEAVY SMOKERS. LONG-TERM INTAKES OF GREATER THAN 10MG OF VITAMIN B6 DAILY MAY LEAD TO MILD TINGLING AND NUMBNESS.

***These statements have not been evaluated by the Food Standards Agency. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Essentials™: Chelated Mineral



- **Supports general health and well-being***
- **Delivers a full spectrum of essential minerals and co-factors to help support long-term optimal health when combined with a healthy diet***
- **Provides a balanced blend of important minerals and ultra trace minerals that play many crucial roles in the body***
- **Is most effective when taken with Mega Antioxidant**

Minerals and trace elements represent less than one-half of one per cent of the total nutrients we consume every day. Yet without them, our bodies would be unable to efficiently use the carbohydrates, proteins, and fats in our diet. Many vitamins and enzymes need a mineral co-factor to function properly. **Chelated Mineral** is a carefully formulated balance of essential minerals and ultra trace minerals that are sourced from the highest quality suppliers in forms that may be more readily absorbed by the body.*

ZINC

A component of hundreds of enzymes, zinc is involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. Zinc functions as an antioxidant; aids in retaining healthy bone structure development, healthy immune function, and healthy vision; and supports normal foetal growth.[1,2]*

SELENIUM

Selenium is an essential component of the glutathione peroxidase antioxidant system, which helps combat the effects of free radicals and plays an important role in thyroid hormone metabolism.[3] Selenium has also been shown to help support a healthy immune system.[4] In addition, studies have shown that selenium is important for retaining prostate health.[5]*

MAGNESIUM

Magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 70 per cent of the body's magnesium is found.[6] It is involved in the metabolism of carbohydrates and amino acids and plays an important role in neuromuscular function.[7] It is also an activator of hundreds of enzymes that are essential to life.*

CHROMIUM

Today's poor diets and unhealthy lifestyles often put stress on the body's blood glucose control mechanisms. Chromium is an important component of the glucose tolerance factor (GTF), which helps normal, healthy glucose metabolism.[8] Healthy insulin and glucose levels have been shown to be beneficial for weight management and sustained energy levels throughout the day.*

IODINE

Iodine is a crucial component in the production of thyroid hormones, which regulate metabolism, growth, reproduction, and the synthesis of protein. Supplemental iodine is especially important for people on a vegetarian diet, those who avoid seafood, or those who must restrict their salt intake.[9,10]*

COPPER

Copper is a critical component of the enzyme superoxide dismutase (SOD), is an important antioxidant in cell cytoplasm, and it acts as a catalyst in the formation of hemoglobin.[11,12] Copper is also essential for collagen synthesis.[13]*

MANGANESE

Manganese is an important co-factor in the production of glycosaminoglycans, compounds that make up connective tissues, bones, arteries, and other organs.[1] Manganese is an activator of numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity.[14,15]*

VANADIUM

Vanadium helps support healthy serum glucose levels, provided they are healthy to begin with, and may potentially help retain healthy thyroid function.[16,17]*

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EACH TABLET CONTAINS:		%EC RDA*
CALCIUM	67.5mg	9%
MAGNESIUM	75mg	25%
IODINE	56.25µg	38%
ZINC	5mg	34%
SELENIUM	50µg	†
COPPER	500ug	†
MANGANESE	1.25mg	†
CHROMIUM	37.5µg	†
MOLYBDENUM	12.5µg	†
BORON	0.75mg	†
SILICA	1mg	†
VANADIUM	10µg	†
ULTRA TRACE MINERALS	0.75mg	†

*RDA = Recommended Daily Allowance †No RDA Established

INGREDIENTS: MAGNESIUM AMINO ACID CHELATE, MAGNESIUM CITRATE, CALCIUM CITRATE, CALCIUM CARBONATE, BULKING AGENT (MICROCRYSTALLINE CELLULOSE), BORON CITRATE, STARCH, ZINC CITRATE, BULKING AGENT (SODIUM CARBOXYMETHYLCELLULOSE), ANTI-CAKING AGENT (ASCORBYL PALMITATE), MANGANESE GLUCONATE, SELENIUM AMINO ACID CHELATE, POTASSIUM IODIDE, STARCH, ANTI-CAKING AGENT (SILICON DIOXIDE), GLAZING AGENT (DEXTRIN), L-SELENOMETHIONINE, CALCIUM SILICATE (SOURCE OF SILICA), COPPER GLUCONATE, RICE PROTEIN HYDROLYSATE, VANADIUM CITRATE, FLAVOUR (VANILLA EXTRACT), MOLYBDENUM CITRATE, GLAZING AGENT (DEXTROSE), SOYA LECITHIN, SEA SALT, CHROMIUM POLYNICOTINATE, SODIUM CITRATE, CHROMIUM PICOLINATE**.

**LICENSED UNDER US PATENT 4,315,927.

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Item #101

For your convenience, order both of the ESSENTIALS™–MEGA ANTIOXIDANT and CHELATED MINERAL–in a single package.

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