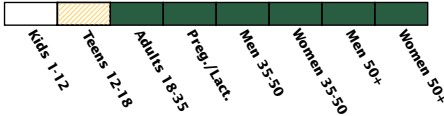


# Essentials

WITH PATENTED



## Essentials™

### Mega Antioxidant

### Chelated Mineral

- Enhanced antioxidant protection with USANA's proprietary, patented Olivol™\*\* olive fruit extract
- Delivers comprehensive formulas that include a full spectrum of essential vitamins, minerals, and cofactors needed for long-term optimal health
- Provides the highest quality ingredients, selected to meet USP specifications for potency, uniformity, and disintegration, and are laboratory tested for guaranteed quality, potency, and bioavailability
- Contains a full range of antioxidants for comprehensive, "full-body protection" from oxidative stress

USANA's Essentials, including Mega Antioxidant, are designed to support general health and well-being and to combat the damaging effects of free radicals (potentially damaging, highly reactive molecules). Together with Chelated Mineral, the Essentials provide the advanced nutritional foundation that every adult needs every day for lifelong health.

#### MEGA ANTIOXIDANT

Daily stress and environmental pollutants bombard us with ever-more free radicals. Diets high in processed foods and fewer whole, unrefined foods have further increased the

need for antioxidant supplementation. Mega Antioxidant offers advanced levels of high-quality, highly bioavailable antioxidants to meet this increased need.

#### ADVANCED ANTIOXIDANT FORMULA

The Mega Antioxidant carotenoid complex contains advanced amounts of lutein, zeaxanthin, and lycopene. Lycopene provides strong health maintenance support.<sup>1,2</sup> For even broader support, USANA has also added turmeric extract, another powerful antioxidant. The result is the most potent antioxidant supplement on the market. The Essentials now contain a diverse selection of antioxidants.

## **Olivol™—OLIVE FRUIT EXTRACT\*\***

USANA's proprietary, patented extract provides highly bioavailable phenolic antioxidants, giving you a key benefit of the Mediterranean diet without the fat. If it doesn't say **Olivol™** on the label, you are not getting the full spectrum of antioxidants present in the olive.

## **VITAMIN E—THE PREMIER ANTIOXIDANT**

Vitamin E is one of the most important antioxidants in the human body because it helps to maintain strong cell membranes and helps protect LDL from oxidation.<sup>3,4</sup> USANA uses the more active, more bioavailable natural d-alpha form, rather than the synthetic form.

## **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.<sup>4</sup>

## **MIXED CAROTENOID—SUPERIOR SOURCE FOR VITAMIN A**

USANA uses the carotenoid beta-carotene, the safe provitamin form of vitamin A, which naturally converts into vitamin A only as needed. You get the benefits of vitamin A without the risk of toxicity. Vitamin A promotes healthy skin and a strong immune system, and helps maintain good vision. In addition, lycopene, lutein, and zeaxanthin are carotenoid antioxidants involved in protecting against free-radical damage.<sup>1,2,5</sup> USANA uses a mixture of carotenoids, providing a broad spectrum of antioxidant protection.

## **COENZYME Q10**

Coenzyme Q10 (CoQ10) is one of the most researched and well-accepted nutrients for cardiovascular health. A potent antioxidant, it is essential for energy production in our cells.<sup>6</sup> High levels of Coenzyme Q10 are especially important for maintaining a strong cardiovascular system.<sup>7</sup> The body's ability to synthesise or absorb CoQ10 declines with age, but taking USANA's **Mega Antioxidant**

can help you maintain healthy levels of this important nutrient.

## **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 protection against free radicals, both inside and outside the cell.<sup>7,8</sup>

## **BIOFLAVONOID COMPLEX**

Through careful research, USANA has developed a unique bioflavonoid complex designed to provide synergistic antioxidant activity from rutin, quercetin, hesperidin, green tea extract, and bilberry extract, enhancing the protective effectiveness of the **Essentials**.<sup>9</sup>

## **COMPLETE VITAMIN B COMPLEX**

**Mega Antioxidant** contains carefully proportioned B-complex vitamins, which are fundamental to energy production, metabolism, and growth. They help maintain normal homocysteine levels, providing they are normal to begin with.<sup>10</sup> **Mega Antioxidant** contains 1000 µg of folic acid. The U.S. Centres for Disease Control has stated: "All women of childbearing age in the United States who are capable of becoming pregnant should consume 400 µg of folic acid per day for the purpose of reducing their risk of having a pregnancy affected with spina bifida or other neural tube defects."<sup>11</sup> This statement has been echoed by health agencies throughout the world.

\*\* USANA olive fruit extract made under US Patents 6,358,542 or 6,361,803



# Essentials

## CHELATED MINERAL

### CHELATED MINERAL

Chelated Mineral is the perfect complement to **Mega Antioxidant**, providing balanced amounts of important minerals. Minerals and trace elements represent less than one-half of one per cent of the total nutrients we consume everyday, and yet without them, our bodies would be unable to efficiently use the carbohydrates, proteins, and fats in our diet. Minerals play many essential roles in the body. Many vitamins and enzymes need a mineral co-factor for proper function.

### ZINC

Zinc is a component of hundreds of enzymes. It is associated with enzymes involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. Zinc functions as an antioxidant, aids in maintaining healthy bone structure development,<sup>12</sup> maintains healthy immune functions, and maintains healthy vision.<sup>13</sup>

### SELENIUM

Selenium is an essential component of the glutathione peroxidase antioxidant system and also plays an important role in thyroid hormone metabolism.<sup>14</sup> Many studies have shown that selenium may be important for maintaining men's health.<sup>15</sup> Selenium has also been shown to help a healthy immune system.<sup>16</sup>

### MAGNESIUM

Magnesium is essential for the formation and maintenance of healthy bones and teeth where 70 per cent of the body's magnesium is found.<sup>17</sup> It is involved in the metabolism of carbohydrates and amino acids, and plays an important role in neuromuscular contractions. It is also an activator of hundreds of enzymes essential to life.

### CHROMIUM

Chromium is an important component of the glucose tolerance factor (GTF) that helps to



regulate insulin levels and thus maintain healthy glucose metabolism. Today's poor diets and unhealthy lifestyles often put stress on the body's blood glucose control mechanisms. Healthy insulin and glucose levels are critical for weight management and sustained energy levels throughout the day.

### IODINE

Iodine is a crucial component in the synthesis of 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.

### COPPER

Copper is essential for enzymes that help to synthesise collagen. Also, copper is a critical component of the enzyme superoxide dismutase (SOD), an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin.<sup>18, 19</sup>

### MANGANESE

Manganese is an important co-factor in the production of glycosaminoglycans, compounds that make up connective tissues, bones, and arteries.<sup>12</sup> Manganese is an activator of numerous enzymes,<sup>20</sup> and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity.<sup>21</sup>

### VANADIUM

Vanadium helps support healthy serum glucose levels.<sup>22,23</sup>

## COMPLETENESS AND BIOAVAILABILITY

Not all mineral forms are created equal. USANA uses minerals in forms that are readily absorbed by the body. USANA has carefully formulated an ideal balance of essential minerals—all in highly bioavailable forms—and has added ultra trace minerals for balance and completeness. USANA continually strives to use ingredients with proven quality, purity, and bioavailability. Minerals are sourced from the highest quality suppliers and only those that meet USANA's strict pharmaceutical GMP guidelines.

## USING CHELATED MINERAL

Take four (4) **Chelated Mineral** tablets daily, preferably with meals. USANA recommends taking two (2) in the morning and two (2) in the evening.

## USING MEGA ANTIOXIDANT

Take four (4) **Mega Antioxidant** tablets daily, preferably with meals. USANA recommends taking two (2) in the morning and two (2) in the evening.

May cause stomach irritation if not taken with food.

## Supplement Facts

Serving Size 2 tablets

	Amount per serving	%DV*
CALCIUM (AS CALCIUM CITRATE AND CARBONATE)	135 mg	15%
MAGNESIUM (AS MAGNESIUM CITRATE AND AMINO ACID CHELATE)	150 mg	40%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
ZINC (AS ZINC CITRATE)	7.5 mg	50%
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	50 µg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2 mg	100%
CHROMIUM (AS CHROMIUM POLYNICOTINATE)	120 µg	100%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Pregelatinized Starch, Croscarmellose Sodium, Ascorbyl Palmitate, Colloidal Silicon Dioxide, Dextrin, Dextrose, Soy Lecithin.

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## Supplement Facts

Serving Size 2 tablets

	Amount per serving	%DV*
VITAMIN A (AS BETA CAROTENE)	5,000 IU	100%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, & ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	500 IU	130%
VITAMIN E (AS D-ALPHA-TOCOPHERYL SUCCINATE)	200 IU	670%
THIAMIN (AS THIAMIN HCL)	13.5 mg	900%
RIBOFLAVIN	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	17 mg	850%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	50 µg	830%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
OLIVOL®	15 mg	†
OLIVE EXTRACT, ( <i>OLEA EUROPAEA</i> L., FRUIT) **		
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN, RESVERATROL [ <i>CITRUS SPP</i> L., FRUIT], GREEN TEA EXTRACT-DECAFFEINATED [ <i>CAMELIA SINENSIS</i> HUNT, LEAVES], CINNAMON EXTRACT [ <i>CINNAMOMUM CASSIA</i> L., BARK], BILBERRY EXTRACT [ <i>VACCINIUM MYRTILLUS</i> L., FRUIT])	109 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
GLUTATHIONE	5 mg	†
BROMELAIN	25 mg	†
ALPHA LIPIC ACID	10 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT ( <i>CURCUMA LONGA</i> L., ROT)	7.5 mg	†
LUTEIN (TAGETES ERRECTA L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
BROCCOLI CONCENTRATE ( <i>BRASSICA OLERACEA V. BOTRYTIS</i> L., FLOWER)	7.5 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not estab. lished.

\*\* Olivol is a trademark of USANA HEALTH SCIENCES Inc. in the USA & protected under US Pat ents 6,358,542 or 6,361,803.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Pregelatinized Starch, Croscarmellose Sodium, Ascorbyl Palmitate, Colloidal Silicon Dioxide, Dextrin, Dextrose, Soy Lecithin.