

Your Nutrition is Essential

By adding essential nutrients and antioxidants to your daily diet, you can experience an increase in energy and feeling of wellbeing.



Your Essentials™

Mega Antioxidant and MultiMineral, together, are your every day broad spectrum multivitamin and mineral supplement to support lifelong health.

They provide an advanced nutritional foundation for every adult, every day.

Essentials™



ITEM# 101 • AUST L 156625

The USANA® **Essentials™** vitamin, mineral and antioxidant supplements are designed to work together, building a strong foundation of exceptional nutrition.

Getting started: The Essentials™ Plus One

Many begin with the **Essentials**—plus one supplement that complements their specific needs. It's a great way to start on the road to true health.

Essentials contains: **Mega Antioxidant** and **MultiMineral**.

Mega Antioxidant



ITEM# 103 • AUST L 156380

- Offers complete antioxidant protection against oxidative stress
- Comprehensive, high-potency formula that includes a broad spectrum of essential vitamins important for long-term optimal health
- Contains olive fruit extracts (as USANA's patented **Olivol™**), which is rich in unique antioxidants
- Vegetarian safe

*USANA **Olivol™** protected under US Patents 6,358,542 or 6,361,803. Do not take while on warfarin therapy without medical advice. Contains sorbic acid and sodium benzoate.

MultiMineral



ITEM# 102 • AUST L 152485

- Provides balanced amounts of important minerals which allow our bodies to efficiently use the carbohydrates, proteins, and fats in our diet
- Comprehensive, high potency formula that includes a broad spectrum of essential minerals that support optimal health
- Contains an advanced level of selenium at 150 µg per daily dosage
- Vegetarian safe

This product contains selenium which is toxic in high doses. A daily dose of 150 µg for adults of selenium from dietary supplements should not be exceeded.

For more information contact:

For detailed ingredients information, please refer to USANA ANZ Product Information Booklet; or visit our product page at: <http://products.usana.com/en/products/au>
Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.
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