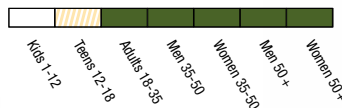




ITEM# 103
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Essentials™: Mega Antioxidant



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 **MultiMineral**, the **Essentials** provide the advanced nutritional foundation for every adult, every day, to support 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 may increase the need for antioxidant supplementation. **Mega Antioxidant** offers advanced levels of high-quality, highly bioavailable antioxidants to meet this increased need.

In addition to comprehensive antioxidant protection, **Mega Antioxidant** offers nutritional support for healthy circulation and blood vessels, healthy protection from environmental toxins, optimal vision and a sound immune system.

Advanced Antioxidant Formula

The **Mega Antioxidant** formula contains critical ingredients including lycopene, turmeric extract, coenzyme Q10, and alpha lipoic acid. When combined with the potent antioxidant mixture already present in **Mega Antioxidant** the result is complete antioxidant protection.

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 protects low-density lipoproteins (LDL) from oxidation.^{1,2} USANA uses the more active, more bioavailable natural d-alpha form, rather than the synthetic form.

Emerging science has shown that other tocopherols also provide important biological activities and therapeutic benefits.² These mixed tocopherols help leverage the health benefits of alpha tocopherol

with other vitamin E compounds to provide a broad spectrum of antioxidant protection. 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. (See **Poly C** chart on page 41.) Vitamin C is the master water-soluble antioxidant, offering protection throughout the body.²

Mixed Carotenoids—Superior Source for Vitamin A

USANA uses a mixture of several carotenoids, including beta-carotene and lycopene to provide a broad spectrum of antioxidant activity. The body converts beta-carotene into vitamin A as needed, thus avoiding any risk of vitamin A toxicity. Vitamin A promotes healthy skin, a strong immune system, and is important for good vision.

Coenzyme Q10

Coenzyme Q10 (CoQ10) is a potent antioxidant that plays a vital role for energy production in our cells.³ 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.^{4,5}

Bioflavonoid Complex

Through careful research, USANA has developed a unique bioflavonoid complex designed to provide synergistic antioxidant activity from citrus bioflavonoids, rutin, green tea extract, and bilberry extract, enhancing the protective effectiveness of the **Essentials**.⁶

Complete Vitamin B Complex

Mega Antioxidant contains carefully proportioned B-complex vitamins, which are fundamental to energy production, metabolism, and growth. **Mega Antioxidant** contains, when taken as recommended, a daily amount of 500 µg of folic acid, which if taken prior to and during pregnancy, may reduce the risk of spina bifida and other neural tube defects.*

The Heart of the Olive

The benefits of olive fruit and olive oil consumption are extensive. The phenolic compounds, a group of structurally distinctive antioxidants, are rich in olives that have been the staple food in Mediterranean culture. Phenolic antioxidants have been shown to protect low-density lipoproteins (LDL) from oxidation.⁸

Mega Antioxidant is laboratory tested, quality guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable.

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.

EACH TABLET CONTAINS:	
BETACAROTENE	2.25 mg
VITAMIN C (325 MG ASCORBIC ACID) FROM:	
CALCIUM ASCORBATE 204.1 MG, POTASSIUM ASCORBATE 138.8 mg,	
MAGNESIUM ASCORBATE MONOHYDRATE 61.2 mg,	
ZINC ASCORBATE 4.1 mg	
VITAMIN D3 (200 IU; CHOLECALCIFEROL)	5 µg
VITAMIN E (100 IU; D-ALPHA TOCOPHERYL ACID SUCCINATE)	82.6 mg
NATURAL MIXED TOCOPHEROLS CONCENTRATE (LOW-ALPHA TYPE)	28.3 mg
VITAMIN K (PHYTOMENADIONE)	15 µg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	6.75 mg
VITAMIN B2 (RIBOFLAVINE)	6.75 mg
NICOTINAMIDE	7.5 mg
VITAMIN B3 (NICOTINIC ACID)	2.5 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	8 mg
FOLIC ACID	125 µg
VITAMIN B12 (CYANOCOBALAMIN)	50 µg
BIOTIN	75 µg
CALCIUM PANTOTHENATE	25 mg
RUTIN 30 mg	
QUERCETIN	6 mg
CITRUS BIOFLAVONOIDS EXTRACT (6 mg HESPERIDIN)	17.1 mg
HERBAL EXTRACTS EQUIVALENT TO:	
OLIVE (OLEA EUROPAEA) FRESH FRUIT*	168.75 mg
GREEN TEA (CAMELLIA SINENSIS) DRY LEAF	37.5 mg
BILBERRY (VACCINIUM MYRTILLUS) FRESH FRUIT	25 mg
POMEGRANATE (PUNICA GRANATUM) FRESH FRUIT	125 mg
CINNAMON (CINNAMOMUM CASSIA) DRY TWIG BARK	10 mg
CURCUMIN	3.75 mg
INOSITOL	37.5 mg
CHOLINE BITARTRATE	25 mg
CYSTEINE HYDROCHLORIDE	25 mg
BROMELAINS	12.5 mg
R,S - ALPHA LIPOIC ACID	5 mg
UBIDECARENONE (COENZYME Q10)	3 mg
LUTENIN	150 µg
LYCOPENE	75 µg
BROCCOLI (BRASSICA OLERACEA) FLOWER POWDER	3.75 mg

*USANA Olivo™ Protected Under US Patents 6,358,542 or 6,361,803.

References

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Contains sorbic acid and sodium benzoate.

Do not take while on warfarin therapy without medical advice.

*Do not exceed the stated dose except on medical advice. Seek expert medical advice if your child has neural tube defect OR spina bifida/neural tube defects.

Vitamin supplements should not replace a balanced diet.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

USANA
HEALTH SCIENCES

Essentials
Micronutrition

Essentials™: Mega Antioxidant

- Delivers a comprehensive, high-potency formula that includes a broad spectrum of essential vitamins and cofactors important for long-term optimal health
- Provides high quality ingredients
- Contains a broad range of antioxidants for comprehensive, "wide-ranging protection" from oxidative stress
- Contains olive fruit extract, a unique USANA patented extract
- Vegetarian safe

