

# ANZ HealthPak

## Each Packet Contains:

|                                 |           |                                        |          |
|---------------------------------|-----------|----------------------------------------|----------|
| Betacarotene                    | 2.7 mg    | Zinc Citrate Dihydrate                 | 31.3 mg  |
| Retinyl Acetate                 | 516 µg    | (equiv. 10 mg Zinc)                    |          |
| (1500 IU: Vitamin A Acetate)    |           | Selenomethionine                       | 187.5 µg |
| Vitamin C (Ascorbic Acid) from: | 500 mg    | (equiv. 75 µg Selenium)                |          |
| Calcium Ascorbate 322.2 mg,     |           | Copper Gluconate                       | 7.1 mg   |
| Potassium Ascorbate 85 mg,      |           | (equiv. 1 mg Copper)                   |          |
| Magnesium Ascorbate             |           | Manganese Gluconate                    | 9.1 mg   |
| Monohydrate 275.2 mg,           |           | (equiv. 1 mg Manganese)                |          |
| Zinc Ascorbate 2.5 mg           |           | Chromium (150 µg) from:                |          |
| Vitamin D3                      | 12.5 µg   | Chromic Chloride                       | 380.6 µg |
| (500 IU: Cholecalciferol)       |           | Hexahydrate                            |          |
| Vitamin E                       | 82.6 mg   | (equiv. 125 µg Chromium)               |          |
| (100 IU: D-Alpha Tocopheryl     |           | Chromic Nicotinate                     | 200 µg   |
| Acid Succinate)                 |           | (equiv. 25 µg Chromium)                |          |
| Mixed (Low-Alpha Type)          | 40 mg     | Sodium Molybdate                       | 63.04 µg |
| Tocopherols Concentrate         |           | Dihydrate (equiv. 25 µg                |          |
| Vitamin K (270 µg) from:        |           | Molybdenum)                            |          |
| Phytomenadione                  | 240 µg    | Rutoside Trihydrate                    | 21 mg    |
| Menaquinone 7                   | 30 µg     | Quercetin Dihydrate                    | 90 mg    |
| Vitamin B1                      | 15 mg     | Alpha Lipoic Acid                      | 125 mg   |
| (Thiamine Hydrochloride)        |           | Curcumin                               | 6.5 mg   |
| Vitamin B2 (Riboflavine)        | 15 mg     | Herbal Extracts containing:            |          |
| Nicotinamide                    | 15 mg     | Green Tea ( <i>Camellia sinensis</i> ) | 35mg     |
| Vitamin B3 (Nicotinic Acid)     | 5 mg      | equiv. Dry Leaf                        | 350 mg   |
| Vitamin B6                      | 16 mg     | Standardised to                        | 14 mg    |
| (Pyridoxine Hydrochloride)      |           | Epigallocatechin-3-O- Gallate          |          |
| Folic Acid                      | 250 µg    | Olive ( <i>Olea europaea</i> )         | 12.5 mg  |
| Vitamin B12 (Cyanocobalamin)    | 100 µg    | equiv. Fresh Fruit                     | 562.5 mg |
| Biotin                          | 150 µg    | <i>Reynoutria japonica</i>             | 40 mg    |
| Calcium Pantothenate            | 50 mg     | equiv. Dry Root                        | 2.4 g    |
| Calcium (250 mg) from:          |           | Standardised to Resveratrol            | 20 mg    |
| Calcium Citrate Tetrahydrate    | 671.47 mg | <i>Pterocarpus marsupium</i>           | 50 mg    |
| (equiv. 141 mg Calcium)         |           | equiv. Dry Twig                        | 350 mg   |
| Calcium Carbonate               | 195 mg    | Hesperidin                             | 20 mg    |
| (equiv. 78 mg Calcium)          |           | Inositol                               | 64 mg    |
| Calcium Ascorbate               | 322.2 mg  | Choline Bitartrate                     | 125 mg   |
| (equiv. 31 mg Calcium)          |           | Cysteine Hydrochloride                 | 80 mg    |
| Potassium Iodide                | 198.8 µg  | Monohydrate                            |          |
| (equiv. 150 µg Iodine)          |           | CoQ10 (Ubidecarenone)                  | 6 mg     |
| Magnesium (240 mg) from:        |           | Lutein                                 | 300 µg   |
| Magnesium Citrate               | 1.2 g     | Lycopene                               | 500 µg   |
| Nonahydrate (equiv.             |           | Astaxanthin esters extracted from:     |          |
| 140 mg Magnesium)               |           | Haematococcus pluvialis                | 3.45 mg  |
| Magnesium Carbonate             | 345.8 mg  | Equivalent Astaxanthin (of             |          |
| (equiv. 83 mg Magnesium)        |           | Haematococcus pluvialis)               | 0.6 mg   |
| Magnesium Ascorbate             | 275.2 mg  |                                        |          |
| (equiv. 17 mg Magnesium)        |           |                                        |          |

Helps enhance general health and well-being. Contains a broad range of antioxidants to help reduce free-radical damage to body cells. Supports healthy growth and development of strong bones.

**WARNING: If you are pregnant or considering becoming pregnant, do not take vitamin A supplements without consulting your doctor or pharmacist. When taken in excess of 3,000 micrograms retinol equivalents, vitamin A can cause birth defects.**

**The recommended daily amount of vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men.**

**WARNING - Stop taking this medication if you experience tingling, burning, or numbness, and see your healthcare practitioner as soon as possible. [Contains vitamin B6]**

In rare cases, *Camellia sinensis* or *Curcuma* species may harm the liver. Stop use and see a doctor if you have yellowing skin/eyes, or unusual: fatigue, nausea, appetite loss, abdominal pain, dark urine, or itching.

Contains: Sorbates and Benzoates.

Vitamins and/or mineral supplements should not replace a balanced diet.

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.

Do not take while on warfarin therapy without medical advice.

Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek specific medical advice.

Laboratory tested. Quality guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration, where applicable.

Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking a prescription medication, or have a medical condition.

**DIRECTIONS:** ADULTS TAKE ONE (1) PACKET IN THE MORNING AND ONE (1) PACKET IN THE EVENING, PREFERABLY WITH MEALS.

Do not use if packet is torn or broken.

Store in cool, dry conditions below 25 °C.

Made in USA.

See base for expiry date and batch number.

**Dietary Supplement 56 packets 4-week supply**

**Manufactured by:**

USANA Health Sciences, Inc.

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