

ANZ Core Minerals

A mineral supplement to assist in the maintenance or improvement of general well-being.

Directions: Adults take four (4) tablets daily, preferably two (2) in the morning and two (2) in the evening with meals.

Each Tablet Contains:

Calcium (56.25 mg) from:

Calcium Citrate Tetrahydrate (equiv. 47 mg Calcium)	223.81 mg
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Calcium Ascorbate (equiv. to 9.25 mg Calcium)	98.6 mg
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Potassium Iodide (equiv. to 75 µg Iodine)	99.4 µg
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Magnesium (56.25 mg) from:

Magnesium Citrate Nonahydrate (equiv. to 49 mg Magnesium)	408.33 mg
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Magnesium Ascorbate (equiv. to 7.25 mg Magnesium)	118.85 mg
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Zinc Citrate Dihydrate (equiv. to 5 mg Zinc)	15.63 mg
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Selenomethionine (equiv. to 37.5 µg Selenium)	93.75 µg
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Copper Gluconate (equiv. to 500 µg Copper)	3.57 mg
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Manganese Gluconate (equiv. to 500 µg Manganese)	4.55 mg
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Chromium (75 µg) from:

Chromic Chloride Hexahydrate (equiv. to 62.5 µg Chromium)	190.32 µg
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Chromium Nicotinate (equiv. to 12.5 µg Chromium)	100 µg
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Sodium Molybdate Dihydrate (equiv. to 12.5 µg Molybdenum)	31.52 µg
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Cysteine Hydrochloride Monohydrate	40 mg
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Vitamin C (Ascorbic Acid) from:	150 mg
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Calcium Ascorbate	98.6 mg
Magnesium Ascorbate	118.85 mg

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.

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

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, have a medical condition, or symptoms persist.

Bottle sealed under cap for your protection. Do not use if the safety seal is broken or missing.

USANA Australia Pty. Ltd., 3 Hudson Avenue, Castle Hill, NSW 2154 Australia

Store below 25 °C. Made in USA.

See base for expiry date and batch number.



ANZ Vita Antioxidant

A multivitamin supplement to help enhance general health and well-being. Contains a broad range of antioxidants to help reduce free-radical damage to body cells.

Directions: Adults take four (4) tablets daily, preferably two (2) in the morning and two (2) in the evening with meals.

Each Tablet Contains:

Betacarotene	1.35 mg
Retinol Acetate (750 IU: Vitamin A)	258 µg
Vitamin C (100 mg) from:	
Calcium Ascorbate	62.5 mg
Potassium Ascorbate	42.5 mg
Magnesium Ascorbate Monohydrate	18.75 mg
Zinc Ascorbate	1.25 mg
Vitamin D3 (200 IU: Colecalciferol)	5 µg
Vitamin E (50 IU: D-alpha-tocopheryl Acid Succinate)	41.3 mg
Mixed (Low Alpha Type) Tocopherols Concentrate	20 mg
Vitamin K (135 µg) from:	
Phytomenadione	120 µg
Menaquinone 7	15 µg
Vitamin B1 (Thiamine Hydrochloride)	7.5 mg
Vitamin B2 (Riboflavin)	7.5 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
Bitoin	75 µg
Calcium Pantothenate	25 mg
Rutoside Trihydrate	10.5 mg
Quercetin Dihydrate	15 mg
Alpha Lipoic Acid	25 mg
Curcumin	3.25 mg
Herbal Extracts containing:	
Green Tea (<i>Camellia sinensis</i>)	17.5 mg
Equivalent Dry Leaf	175 mg
Standardised to Epigallocatechin-3-O-Galate	7 mg
Olive Fruit (<i>Olea europaea</i>)	3.75 mg
Equivalent Fresh Fruit	48.75 mg
<i>Reynotria japonica</i>	20 mg
Equivalent Dry Root	1.2 mg
Standardised to Resveratrol	10 mg
Hesperidin	10 mg
Inositol	32 mg
Choline Bitartrate	62.5 mg
CoQ10 (Ubidecarenone)	3 mg
Lutein	150 µg
Lycopene	250 µg
Astaxanthin esters extracted from:	
<i>Haematococcus pluvialis</i>	1.725 mg
Equivalent Astaxanthin (of <i>Haematococcus pluvialis</i>)	0.3 mg

Contains: Sorbates and Benzoates.

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 amounts 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.

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.

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

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.

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

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