

ANZ USANA HEALTHPAK

ASSISTS IN THE MAINTENANCE OR IMPROVEMENT OF GENERAL WELL-BEING. HELPS SUPPORT NORMAL GROWTH AND DEVELOPMENT OF STRONG AND HEALTHY BONES. CONTAINS A BROAD RANGE OF ANTIOXIDANTS.

EACH PACKET CONTAINS:

BETACAROTENE	2.7 mg	ZINC CITRATE DIHYDRATE	31.3 mg
RETINYL ACETATE (1500 IU: VITAMIN A ACETATE)	516 µg	(EQUIV 10 mg ZINC)	
VITAMIN C (ASCORBIC ACID) FROM:	500 mg	SELENOMETHIONINE	187.5 µg
CALCIUM ASCORBATE 322.2 mg, POTASSIUM ASCORBATE 85 mg, MAGNESIUM ASCORBATE MONOHYDRATE 275.2 mg, ZINC ASCORBATE 2.5 mg		(EQUIV 75 µg SELENIUM)	
VITAMIN D3 (500 IU: CHOLECALCIFEROL)	12.5 µg	COPPER GLUCONATE	7.1 mg
VITAMIN E (100 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)	82.6 mg	(EQUIV 1 mg COPPER)	
TOCOPHEROLS CONCENTRATE - MIXED (LOW-ALPHA TYPE)	40 mg	MANGANESE GLUCONATE	9.1 mg
VITAMIN K (270 µg) FROM:		(EQUIV 1 mg MANGANESE)	
PHYTOMENADIONE	240 µg	CHROMIUM (150 µg) FROM:	
MENAQUINONE 7	30 µg	CHROMIC CHLORIDE	641 µg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	15 mg	(EQUIV 125 µg CHROMIUM)	
VITAMIN B2 (RIBOFLAVINE)	15 mg	CHROMIC NICOTINATE	200 µg
NICOTINAMIDE	15 mg	(EQUIV 25 µg CHROMIUM)	
VITAMIN B3 (NICOTINIC ACID)	5 mg	MOLYBDENUM TRIOXIDE	37.5 µg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	16 mg	(EQUIV 25 µg MOLYBDENUM)	
FOLIC ACID	250 µg	RUTIN	20 mg
VITAMIN B12 (CYANOCOBALAMIN)	100 µg	QUERCETIN DIHYDRATE	90 mg
BIOTIN	150 µg	R,S-ALPHA-LIPOIC ACID	125 mg
CALCIUM PANTOTHENATE (LOW-ALPHA TYPE) FROM:	50 mg	CURCUMIN	6.5 mg
CALCIUM CITRATE HYDRATE (EQUIV 141 mg CALCIUM)	671.47 mg	HERBAL EXTRACTS CONTAINING:	
CALCIUM CARBONATE (EQUIV 78 mg CALCIUM)	195 mg	GREEN TEA (<i>CAMELLIA SINENSIS</i>)	35 mg
CALCIUM ASCORBATE (EQUIV 31 mg CALCIUM)	322.2 mg	EQUIV DRY LEAF	350 mg
POTASSIUM IODIDE (EQUIV 150 µg IODINE)	198.6 µg	STANDARDISED TO	
MAGNESIUM (240 mg) FROM:		EPIGALLOCATECHIN-3-O- GALLATE	14 mg
MAGNESIUM CITRATE NONAHYDRATE (EQUIV 140 mg MAGNESIUM)	1.2 g	OLIVE (<i>OLEA EUROPAEA</i>)	12.5 mg
MAGNESIUM CARBONATE (EQUIV 83 mg MAGNESIUM)	345.8 mg	EQUIV FRESH FRUIT	562.5 mg
MAGNESIUM ASCORBATE (EQUIV 17 mg MAGNESIUM)	275.2 mg	<i>REYNOUTRIA JAPONICA</i>	40 mg
		EQUIV DRY ROOT	2.4 g
		STANDARDISED TO RESVERATROL	20 mg
		<i>PTEROCARPUS MARSUPIUM</i>	50 mg
		EQUIV DRY TWIG	350 mg
		HESPERIDIN	20 mg
		INOSITOL	64 mg
		CHOLINE BITARTRATE	125 mg
		CYSTEINE HYDROCHLORIDE MONOHYDRATE	80 mg
		COQ10 (UBIDECARENONE)	6 mg
		LUTEIN	300 µg
		LYCOPENE	500 µg

*USANA® OLIVOL® OLIVE EXTRACT PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

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

IF YOU ARE PREGNANT, OR CONSIDERING BECOMING PREGNANT, DO NOT TAKE VITAMIN A SUPPLEMENTS WITHOUT CONSULTING YOUR DOCTOR OR PHARMACIST. WARNING - WHEN TAKEN IN EXCESS OF 3000 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.

VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET.

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.

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. CONTAINS SORBIC ACID AND SODIUM BENZOATE. 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 DRUG, OR HAVE A MEDICAL CONDITION.

DO NOT USE IF PACKET IS TORN OR BROKEN.

STORE IN COOL, DRY CONDITIONS [BELOW 25°C].

USANA AUSTRALIA PTY LTD. 3 HUDSON AVENUE, CASTLE HILL, NSW 2154 AUSTRALIA

STORE BELOW 25°C

MADE IN USA

SEE BASE FOR EXPIRY DATE & BATCH NUMBER.

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