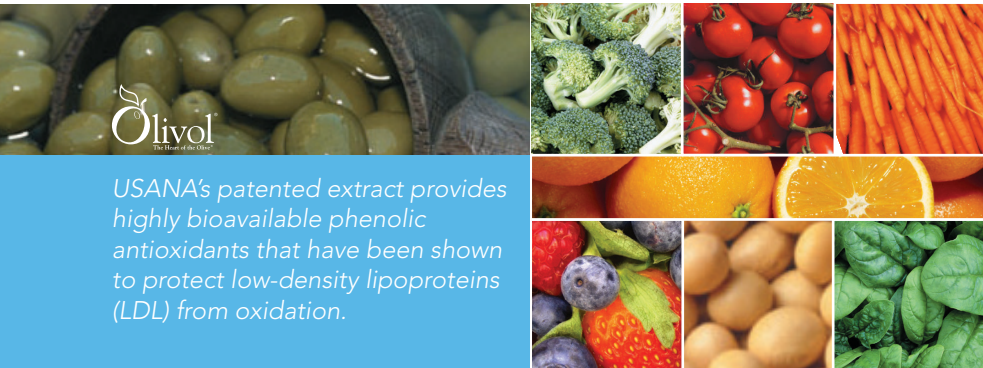




The **Essentials™** vitamin, mineral and antioxidant supplements for adults are a combination of two products: Mega Antioxidant™ vitamin and antioxidant supplement and Chelated Mineral™ multi-mineral product. Together, they provide a broad spectrum of vitamins, minerals, and other plant nutrients that form the foundation of USANA's nutritional system.



USANA's patented extract provides highly bioavailable phenolic antioxidants that have been shown to protect low-density lipoproteins (LDL) from oxidation.

Who to Share With

- Every adult, to complement a healthy diet.

Why USANA's Essentials

Comprehensive

- The Essentials supplements provide a wide range of vitamins and minerals as well as trace minerals, mixed carotenoids, bioflavonoids, and other plant nutrients and antioxidants.

Potent and Balanced

- They supply a carefully balanced level of nutrients for optimal results.

Bioavailable

- They use high-quality ingredients that are in forms the body can absorb and use.

Patented Olive Extract

- They have the advantage of USANA's patented Olivol® olive-fruit extract that provides the nutritional benefits of the Mediterranean diet.

"Best of the Best"

- The Essentials™ vitamin, mineral, and antioxidant supplements* are effective, safe, and manufactured to pharmaceutical quality. They were named "Best of the Best" and one of just four supplements to receive the highest, Gold Medal rating in Lyle MacWilliam's Comparative Guide to Nutritional Supplements, 4th Edition.

* U.S. / Canadian formulations.

How to Use

Take two (2) tablet each of Mega Antioxidant and Chelated Mineral supplements a day, preferably with a meal.

Mega Antioxidant™

EACH TABLET CONTAINS			
CALCIUM ASCORBATE	213.30mg	RIBOFLAVIN (VITAMIN B2)	7.20mg
POTASSIUM ASCORBATE	145.04mg	CYANOCOBALAMIN (VITAMIN B12)	6.50mg
MAGNESIUM ASCORBATE	63.99mg	QUERCETIN	6.00mg
ZINC ASCORBATE	4.27mg	CHOLECALCIFEROL (VITAMIN D)	5.85mg
D-ALPHA TOCOPHERYL SUCCINATE (VITAMIN E)	87.60mg	ALPHA-LIPOIC ACID	5.00mg
INOSITOL	38.66mg	GREEN TEA (CAMELLIA SINENSIS) LEAVES	3.75mg
RUTHINm	30.00 g	TURMERIC (CURCUMA LONGA L.) ROOT EXTRACT	3.75mg
D-ALPHA-TOCOPHEROL (VITAMIN E)	29.75mg	BROCCOLI (BRASSICA OLERACEA V. BOT. L.) FLOWER	3.75mg
PANTOTHENIC ACID (VITAMIN B5)	26.25mg	COENZYME Q10	3.00mg
CHOLINE BITARTRATE	25.32mg	LUTEINm	3.0 g
N-ACETYL L-CYSTEINE	25.00mg	NIACINm	2.6 g
HESPERIDIN	17.10mg	FOLIC ACID (VITAMIN B9)	2.62mg
BETA CAROTENE (VITAMIN A)	12.93mg	POMEGRANATE	2.50mg
BROMELAIN	12.50mg	(PUNICA GRANATUM L.) FRUIT	
PYRIDOXINE HYDROCHLORIDE (VITAMIN B6)	8.48mg	LYCOPENE	2.50mg
BIOTINm	8.2 g	PHYTOMENADIONE (VITAMIN K)	1.65mg
NIACINAMIDE (VITAMIN B3)	7.87mg	CINNAMON (CINNAMOMUM CASSIA L.) FRUIT	1.00mg
THIAMINE HYDROCHLORIDE (VITAMIN B1)	7.77mg	BILBERRY (VACCINIUM MYRTILLUS L.) FRUIT	250mg
OLIVE (OLEA EUROPAEA L.) FRUIT	7.50mg		

USANA MEGA ANTIOXIDANT TABLET VITAMIN

Chelated Mineral™

EACH TABLET CONTAINS:	
MAGNESIUM AMINO ACID COMPLEX	250.00 mg
MAGNESIUM CITRATE	181.867 mg
CALCIUM CITRATE	130.952 mg
CALCIUM CARBONATE	111.110 mg
MAGNESIUM AMINO ACID CHELATE	40.00 mg
BORON CITRATE	30.00 mg
ZINC CITRATE	16.488 mg
MANGANESE GLUCONATE	11.932 mg
SELENIUM AMINO ACID COMPLEX	11.813 mg
POTASSIUM IODIDE	10.855 mg
L-SELENOMETHIONINE	5.828 mg
CALCIUM SILICATE	4.444 mg
COPPER GLUCONATE	3.750 mg
VANADIUM CITRATE	2.00 mg
MOLYBDENUM CITRATE	1.315 mg
CHROMIUM POLYNICOTINATE	0.735 mg
CHROMIUM PICOLINATE	0.044 mg

USANA CHELATED MINERAL TABLET MINERAL

112 Tablets/Bottle

Item# 101