Vita-Antioxidant is part of the USANA® CellSentials™ cellular nutrition system with U.S. patent-pending InCelligence cell-signalling technology. The CellSentials are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and mitochondrial renewal support for the health of your cells. Vita-Antioxidant supplies carefully balanced levels of high-quality vitamins and antioxidants plus the proprietary InCelligence Complex. Because vitamins and other micronutrients require mineral cofactors to function properly, Vita-Antioxidant should be taken with Core Minerals for best results.

THE BENEFITS OF VITA-Antioxidant

By combining optimal amounts of dozens of vitamins, phytoneutrients, and enzyme cofactors into one product, Vita-Antioxidant helps fill nutritional gaps to provide whole-body nutritional support. The formula contains micronutrients that support multiple metabolic functions throughout the body.

With the addition of the InCelligence Complex, Vita-Antioxidant goes beyond delivering optimal nourishment to also initiate your cells’ innate antioxidant protection and renewal processes, enhancing the formula’s effectiveness for supporting vibrant health.

THE SCIENCE OF VITA-Antioxidant

The InCelligence Complex is a unique blend of ingredients that can broadly support the activation of a network of cell-signalling pathways to support optimal cellular resilience, which supports your body’s ability to meet your individual health needs. While there are many health-optimizing pathways that the InCelligence Complex supports, there are two key processes it was designed to promote:

- **Endogenous antioxidant protection.** Vita-Antioxidant provides antioxidants for the maintenance of good health. Further, our bodies are also equipped with a naturally powerful defence system that can protect cells against damaging oxidative stress: antioxidants that are produced within our cells, such as glutathione and superoxide dismutase (SOD). The InCelligence Complex contains nutrients that proactively stimulate the production of these endogenous antioxidants in addition to providing their own antioxidant activity. When combined with the additional antioxidants in the formula, including coenzyme Q10, beta carotene, and vitamins C, and E, Vita-Antioxidant with the InCelligence Complex provides significantly higher levels of protection.

- **Mitochondrial renewal through mitophagy.** Vita-Antioxidant helps the body to metabolize carbohydrates, fats, and protein. After those macronutrients are broken down into smaller components, the mitochondria within our cells use them to produce cellular energy (ATP). During this process, high amounts of free radicals may also be generated. While antioxidants help protect the cell against oxidative damage caused by free radicals, some mitochondria will be damaged over time. Damaged mitochondria within the cell can cause it to work inefficiently. They will produce less ATP and more damaging free radicals. To maintain efficiency, the cell initiates a natural response called mitophagy to degrade, remove, or recycle damaged mitochondria. However, age or other lifestyle factors may slow this process. The InCelligence Complex helps activate mitophagy at the end of the metabolism cycle to renew healthy cellular function.

The InCelligence Complex includes quercetin, hesperidin, rutin, Meriva® Bioavailable Curcumin, alpha lipolic acid, resveratrol, EGCG from green tea, and USANA’s patented Olivo™ olive fruit extract. The cell-signalling processes it supports require a foundation of a full-spectrum of nourishing micronutrients, which are also essential to whole-body well-being.
Vita-Antioxidant is a source of vitamin A for the maintenance of good health. The vitamin A is obtained from a blend of retinyl acetate (for those who don’t convert beta-carotene to vitamin A efficiently), mixed carotenoids, and beta-carotene, which converts to vitamin A in the body only as needed. Beta-carotene, also known as provitamin A, helps maintain skin, membranes, and immune function. It also helps in the development and maintenance of bones and teeth. Along with the additional carotenoids in the formula—natural mixed carotenoids, lutein, and zeaxanthin—beta-carotene also helps maintain eyesight, including night vision.

With optimal amounts of vitamins B6 and B12, thiamin, riboflavin, niacin, biotin, pantothenic acid, and folate, Vita-Antioxidant helps to prevent deficiency of these vital micronutrients. The B vitamins, which also include inositol, are essential to many aspects of our health, including the following:

- Maintaining cardiovascular health
- Metabolizing fats, proteins, and carbohydrates, which plays a role in maintaining energy levels
- Supporting normal formation of red blood cells and tissue
- Supporting normal growth
- Folate helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy
- Growth of healthy skin

Usually grouped with the B vitamins, though not technically a vitamin, choline is an essential nutrient that a developing bodys of research has shown is important for the maintenance of good health.

Vita-Antioxidant is rich in vitamin C. USANA uses a unique Poly C® vitamin C blend, which provides higher levels of vitamin C in plasma than ascorbic acid alone. Vitamin C helps in tissue formation because it is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues. Vitamin C supports the metabolizing of fats and proteins. It is especially important for the retina for eye-sight, where concentrations are significantly higher than in the blood. And it also supports healthy production of immune cells. Additional vitamin C is also found in Core Minerals.

Vita-Antioxidant contains advanced amounts of vitamin D, which plays a role in many aspects of good health. It is necessary for proper calcium absorption, helping to support healthy bone density. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

Vita-Antioxidant helps to prevent vitamin E deficiency by providing 50 IU of vitamin E plus 20 mg of mixed tocopherols in each tablet. The mixed tocopherols, though not technically vitamin E, offer similar functions. This is a comprehensive blend with broad-spectrum support that more closely reflects what would come from a healthy diet.

For easy swallowing, Vita-Antioxidant is coated with a soy-free, sunflower-based coating.

THE USANA DIFFERENCE
Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Vita-Antioxidant offers excellent completeness, potency, quality, and safety. Vita-Antioxidant with the InCelligence Complex is uniquely formulated to go beyond providing the best possible vitamins and antioxidants to nourish your cells. It also helps to activate the natural intelligence of your cells to proactively promote cellular resilience, so your body is better able to meet your health needs. Together as the USANA CellSentials daily vitamin, mineral, and antioxidant supplements with U.S. patent-pending InCelligence™ cell-signalling technology—you can trust that Core Minerals and Vita-Antioxidant are the best comprehensive micronutrient supplement you can choose to nourish, protect, and renew your health every day to provide life-long optimal health.

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