Essentials

Mega Antioxidant

Top-rated daily vitamin and antioxidant supplement for adults

Mega Antioxidant supplies precisely balanced levels of high-quality, highly bioavailable vitamins and antioxidants that work together to protect your health.

ANTIOXIDANTS—YOUR CELLS' SUPERHEROES

Cell-damaging oxidative stress is caused by free radicals that come from normal cellular metabolism, exposure to pollution and toxins, stress, and poor diet and lifestyle habits. Free radicals attack our cells, gradually chipping away at their integrity, resulting in an eventual decline in health. Antioxidants neutralize the activity of free radicals to protect the integrity of our cells, which impacts every part of our body. **Mega Antioxidant** provides advanced levels of a wide range of antioxidants:

- Vitamins C and E, along with beta carotene (which naturally converts into vitamin A only as needed, providing the benefits of vitamin A without the risk of toxicity), are each powerful antioxidants that also reinforce the activity of the others.
- Flavonoids and phenolic compounds, which are abundant in fruits and vegetables, not only provide important protection against oxidative stress, they also complement and extend the activities of other antioxidants as well. A unique bioflavonoid complex—including quercetin, rutin, hesperidin, green tea, bilberry, pomegranate, and cinnamon—plus turmeric all work to inhibit the activity of free radicals.*
- Certain polyphenolic antioxidants found in olives are not present in other common dietary sources. They are structurally distinct from the bioflavonoids and other antioxidants found in fruits and vegetables. These antioxidants are found in USANA's patented Olivol® olive-fruit extract.

ESSENTIAL HEALTH

Complete, effective combinations of nutrients are needed to provide a foundation for good health. For the best results, **Mega Antioxidant** should be taken with **Chelated Mineral**. The following are a few examples of how **Mega Antioxidant** offers broad, balanced nutritional support for every aspect of optimal health.*

HEART HEALTH

- High levels of antioxidants in the blood have been shown to help maintain cardiovascular health.*
- Vitamin E and mixed tocopherols play a critical role in protecting LDL and cell membranes from oxidation, keeping arteries healthy. Vitamin C is also helpful in maintaining healthy veins and arteries by supporting healthy tissue growth and strengthening collagen.*
- The B vitamins, especially riboflavin, folate, and vitamins B6 and B12, are fundamental to the maintenance of healthy levels of the amino acid homocysteine, provided they are healthy to begin with. Homocysteine levels have been linked to heart health.*
- Vitamin B12 is also necessary for the health of red blood cells and DNA, the genetic material in all cells. Those who do not take a supplement containing vitamin B12 are twice as likely to be vitamin B12 deficient as supplement users, regardless of age group. Coenzyme Q10 plays a key role in producing cellular energy, demand for which is especially high in the heart, making this an important nutrient for cardiovascular health. In addition, cellular-energy production requires a full spectrum of B vitamin activities.*
- Vitamin D deficiency has been linked to an increased risk of heart disease.*
- USANA's patented Olivol® helps protect low-density lipoproteins (LDL) from oxidation.*

VISION

- Mixed carotenoids, including beta carotene, lutein, and other antioxidants, help maintain good vision.* Lutein selectively accumulates in tissues in the eye to help protect against damaging UV rays.
- Vitamin C is especially important for the retina, where concentration of this essential nutrient is significantly higher than in the blood.

IMMUNITY

- By helping to maintain the integrity of all cell membranes, along with the digestive system and lungs, beta carotene is important for strong immunity.
- Vitamins B6, B12, and folate are critical for producing immune cells.
- Vitamin E, vitamin D, as well as vitamin C are well known for their immune-cell supporting properties.

NSF Kosher Available for MyHealthPak™

ITEM #113

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN A (AS BETA CAROTENE)	7,000 IU	140%
VITAMIN C (AS ASCORBIC ACID, CALCIUM, MAGNESIUM & ZINC ASCORBATES)	500 mg	1000%
VITAMIN D3 (AS CHOLECALCIFEROL)	*7.5 mcg	200%
VITAMIN E (AS D-ALPHA TOCOPHEROL, TOCOPHEROLS SUCCINATE)	200 IU	667%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg	900%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg	795%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	20 mg	1000%
FOLATE (AS FOLIC ACID)	400 mcg	100%
VITAMIN B12 (AS CYANOCOBALAMIN)	198 mcg	3300%
BIOTIN	100 mcg	33%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
VITAMIN K (AS PHYTONADIONE)	36 mcg	45%
SODIUM (AS SODIUM ASCORBATE)	15 mg	†
ZINC (AS ZINC OXIDE, ZINC ASCORBATE)	17 mg	†
MIXED NATURAL TOCOPHEROLS (GAMMA, DELTA, ALPHA ISOMERS)	*5	†
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN, CITRUS BIOFLAVONOIDS, POMEGRANATE (CITRUS SPP.), FRUIT, GREEN TEA EXTRACT (CAMELLIA SINENSIS), BILBERRY EXTRACT (VACCINIUM MYRTILLUS), TURMERIC (CURCUMA LONGA), CINNAMON EXTRACT (CINNAMOMUM CASSIA), GRAPE SEED EXTRACT (VITIS VINIFERA), FRUIT)	38 mg	†
OLIVOL® (OLIVE FRUIT EXTRACT)	25 mg	†
CHELATED MINERALS	50 mg	†
CHOLINE BITARTRATE	50 mg	†
CHLOROPHYLL	6 mg	†
TURMERIC EXTRACT (CURCUMA LONGA) (ROOT)	7.5 mg	†
LUTEIN (TAGETES ERECTA) (FLOWER)	300 mcg	†
LYCOPENE	300 mcg	†

*DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, ALPHA-LIPOIC ACID, SORBITOL, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

*PROTECTED UNDER US PATENTS 6,398,342 OR 6,361,803.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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STORE BELOW 25° C MADE IN USA

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BONE HEALTH

- Vitamin D helps in the development and maintenance of mineral-rich bones and teeth. Healthy levels of this important nutrient are a key part of minimizing age-related bone loss. It also supports muscle strength.

RESPIRATORY FUNCTION

- Lycopene and the combination of vitamin C and bioflavonoids support health maintenance for many organs.

ENERGY, NUTRIENT METABOLISM

- Several B vitamins are involved in energy metabolism, helping to convert the carbohydrates, fats, and proteins we eat into fuel for our cells.

DETOXIFICATION

- Vitamin C helps to conserve glutathione, which is produced in the liver. The natural detoxification process can create a great deal of oxidative stress, especially in the liver. Intracellular glutathione is one of the most important antioxidants for defending cell health, and it acts as a primary detoxification element.
- N-acetyl l-cysteine can also help boost glutathione.
- Choline and inositol help metabolize fats in the liver.

BRAIN AND NERVE FUNCTION

- B vitamins are important for brain and nerve support. Folate is especially important for women who may have children. Women who consume healthful diets with adequate folate throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord. Sources of folate include fruits, vegetables, whole grain products, fortified cereals, and dietary supplements.*
- Choline supports transmission of nerve impulses from the brain throughout the central nervous system. It is also important for memory support.

SKIN, HAIR, NAILS

- Antioxidants, such as vitamin E, help defend your cells against the oxidative stress caused by sunlight, pollution, and stress, which can all prematurely age the skin.
- Lycopene, lutein, and beta carotene play a role in supporting healthy, glowing skin.
- Inositol as well as biotin and pantothenic acid are fundamental to growth of healthy skin, hair, and nails.
- Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues (also important for maintenance of muscle, joint, and tendon function).

WHY MEGA ANTIOXIDANT?

Because it is one half of the **Essentials**—the top-rated supplements in the world—you can trust that **Mega Antioxidant** is the best multivitamin and antioxidant supplement you can use to protect your health every day. Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, the **USANA Essentials** surpass virtually every competitor for completeness, potency, and quality. Our own in-house study also revealed that the **Essentials** provided increased levels of select nutrients over a longer period of time than some competitive products. USANA is proud to be one of only a handful of manufacturers who makes our products in our own state-of-the-art facility, which allows us to oversee the entire production cycle to ensure that our products deliver only the safest, most effective formulas for you and your family.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.