



Important for fat and carbohydrate metabolism, manganese is necessary for maintaining a healthy, normal blood-glucose balance as well as proper brain function. It is an important co-factor in the production of glycosaminoglycans, compounds that make up cartilage and connective tissues, bones, arteries, and other organs. It activates numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity and help reduce damaging effects of free radicals.*

Reference

1. *Age-Related Eye Disease Study Research Group.* The Age-Related Eye Disease Study. A clinical trial of zinc and antioxidants in age-related macular degeneration. *Arch Ophthalmol* 2001;119:1413-40.
2. *Sanford SL, Kozlowski AT, Falcuy WJ, Mochelton R.* Effect of a multivitamin and mineral supplement on infection and quality of life in a randomized, double-blind, placebo-controlled trial. *Arch Intern Med* 1998;158:103-10.
3. *Wang J, O'Keefe JH, Gorman JM, Chansins K.* Intake of antioxidants in the prevention of prostate cancer: a systematic review and meta-analysis. *Sexual Cancer Control* 1998;116-21.
4. *Wang J, O'Keefe JH, Gorman JM, Chansins K.* Link between the integrity of the Immune System and Zinc Status. *Am J Med* 1996;100:395-405.
5. *Jacobson TF, Lewontin JC, Trudis S, Krug-Melton L.* International study of vitamin E and vitamin calcium trials on cancer among populations at risk: statistics, and clinical implications. *2005. American Journal of Clinical Oncology* 29:293-301.
6. *Jalwani JK, Coates RJ, Isaac AH.* 2001. *Prostate* 9:357-63.
7. *Wang J, O'Keefe JH.* Zinc and prostate cancer: epidemiology and human disease. *2004. Front Biosci* 9:502-7.
8. *MacDonald HS.* The role of zinc in growth and cell proliferation. *2000. J Nutr* 130(Suppl):1500S-6S.
9. *Wang J, O'Keefe JH.* Zinc and Immunity Reference Intake: The Essential Source for Nutrient Professionals. *2006. The National Academies Press, Washington DC.*
10. *Silberman PJ.* Zinc: the role of zinc balance in oncogenesis. *2005. J Nutr* 135:284S-9S.

Because it is one half of the **Essentials**—the top-rated supplements in the world—you can trust that **Chelated Mineral** is the best mineral supplement you can use to protect your health every day. Formulated by a team of nutritional-science experts using highly bioavailable forms of each nutrient, the **USANA Essentials** surpass virtually every competitor for completeness, potency, and quality. **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.