The Body Rox supplement is specially formulated to help fill the gaps in a poor diet and help meet certain nutritional needs.

THE BENEFITS OF BODY ROX

Establishing healthy dietary habits that will last for a lifetime and getting optimal nutrition are especially important for young adults. And while there is no substitute for a balanced diet, Body Rox is a convenient way to ensure that they are getting the nutrients they need to perform at their mental and physical best every day.

Additionally, healthy lifestyle habits and maintaining optimal levels of essential vitamins and minerals in the body help maintain overall health and keep the body’s immune system working as it should. Body Rox powers health with advanced levels of antioxidant vitamins A, E, and C, as well as a full complement of B vitamins, vitamin D, zinc, and selenium.

THE SCIENCE OF BODY ROX

In addition to helping normal growth and development, proper nutrition is the key to staying energized throughout the entire day. Body Rox is an exceptional formula to ensure daily nutrient requirements are met. Many of the nutrients in Body Rox are essential for energy production because they help turn the foods we eat into useable fuel by supporting protein, fat, carbohydrate, and glucose metabolism.

The ingredients in Body Rox also support the needs of athletes. In addition to providing antioxidants for the maintenance of good health, it also helps in the development and maintenance of bones and helps to maintain proper muscle function. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may also reduce the risk of developing osteoporosis later in life. Body Rox helps in connective tissue formation and the maintenance of cartilage, as well as in formation of red blood cells.

By providing consistent levels of optimal nutrition, Body Rox will also help keep the brain working at its best and will help maintain healthy skin and teeth. As a source of vitamin A, it also helps maintain eyesight.

THE USANA DIFFERENCE

In three tablets a day, USANA’s Body Rox provides nutrients that young adults need to be their best every day. Only Body Rox offers USANA’s exclusive Antioxidant Phytonutrient Complex, which includes a special blend of antioxidant-rich phytourniters, including our U.S. patented Olivol™ formula. It also contains a generous amount of vitamin D to help prevent vitamin D deficiency, which has become increasingly common.

References
- Dayer J. Starting down the right path: nutrition connections with chronic diseases of later life. AJCN 83(2):415S-20S.