Mega Antioxidant supplies precisely balanced levels of high-quality, highly bioavailable vitamins and antioxidants that work together to protect your health. For best results, Mega Antioxidant should be taken with Chelated Mineral.

THE BENEFITS OF MEGA ANTIOXIDANT
As a well-rounded multivitamin supplement, Mega Antioxidant contains a broad range of vitamins and antioxidants that work together to help each of the body’s cells function properly. The formula includes all eight B vitamins, several of which are involved in energy metabolism, helping to convert the carbohydrates, fats, and proteins we eat into fuel for our cells.

The micronutrients in Mega Antioxidant benefit nearly all the body systems, including the cardiovascular system, immune system, skeletal system, as well as brain and nerve function. Many of the key components have multiple benefits. For example, lycopene and the combination of vitamin C and bioflavonoids support health maintenance for many organs.

Additionally, some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.

The SCIENCE OF MEGA ANTIOXIDANT
Instead of adhering to recommended daily values, the levels of micronutrients in Mega Antioxidant are based on cutting-edge research, providing doses that often exceed those of standard multivitamins. This formula provides vitamins and antioxidants in the right amounts for optimal cellular performance.

Antioxidants 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 other antioxidants.
- Flavonoids and phenolic compounds, which are abundant in fruits and vegetables, not only provide important protection against oxidant 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.

Mega Antioxidant also offers broad, balanced nutritional support for many aspects 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. 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.*

- 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 a healthy immune system. Vitamin A, as well as vitamin C and vitamin E are particularly important for maintaining their cell membrane properties.

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.

DETOXIFICATION
- Vitamin C helps the body conserve glutathione, which is produced in the liver. Intracellular glutathione acts as a primary detoxification element. As a mucolytic agent, vitamin C can also help boost glucone.

- Choline and inositol help metabolize fats in the liver.

BRAIN AND NERVE FUNCTION
- B vitamins support healthy brain and nerve function. 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.*

- Choline supports transmission of nerve impulses from the brain throughout the central nervous system, which provides 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 the skin.

- Inositol, biotin, and pantothenic acid are fundamental to the 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 muscles, cartilage, and tendon function).

THE USANA DIFFERENCE
Because it is one half of the USANA® 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 heart, lung, and eye studies also revealed that the Essentials provided increased levels of select nutrients over a longer period of time than some competitive products. USANA also makes its products in its own state-of-the-art facilities and oversees the entire production cycle to ensure that products are safe and effective.

**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.

DIRECTIONS:
[Product Datasheet Details]