USANA’s Essentials™, including Mega Antioxidant, are designed to support general health and well-being and to combat the damaging effects of free radicals (potentially damaging, highly reactive molecules). Together with MultiMineral, the Essentials provide the advanced nutritional foundation for every adult, every day, to support lifelong health.

**Mega Antioxidant**

Daily stress and environmental pollutants bombard us with ever more free radicals. Diets high in processed foods and fewer whole, unrefined foods may increase our need for antioxidant supplementation. Mega Antioxidant offers advanced levels of high-quality, bioavailable antioxidants to meet this increased need. In addition to comprehensive antioxidant protection, Mega Antioxidant offers nutritional support for healthy circulation and blood vessels, healthy protection from environmental toxins, optimal vision and a sound immune system.

**Advanced Antioxidant Formula**

The Mega Antioxidant formula contains critical ingredients including lycopene, turmeric extract, coenzyme Q10, and alpha-lipoic acid. When combined with the potent antioxidant mixture already present in Mega Antioxidant, the result is complete antioxidant protection.

**Vitamin E—the Premier Antioxidant**

Vitamin E is one of the most important antioxidants in the human body because it helps to maintain strong cell membranes and protects low-density lipoproteins (LDL) from oxidation. USANA uses the more active, more bioavailable natural dl-alpha form, rather than the synthetic form. Emerging science has shown that other tocopherols also provide important biological activities and therapeutic benefits. These mixed tocopherols help leverage the health benefits of alpha tocopherol with other vitamin E compounds to provide a broad spectrum of antioxidant protection. In addition to D-alpha tocopherol, USANA’s advanced formula offers a full range of these natural mixed tocopherols to provide you with additional antioxidant support.

**USANA’s Unique Poly C™**

USANA’s Poly C™ is a complex of mineral ascorbates that helps to prolong vitamin C activity in the body. (See Poly C chart on page 41.) Vitamin C is the master water-soluble antioxidant, offering protection throughout the body.2

**Mixed Carotenoids— Superior Source for Vitamin A**

USANA uses a mixture of several carotenoids, including beta-carotene and lycopene to provide a broad spectrum of antioxidant activity. The body converts beta-carotene into vitamin A as needed, thus avoiding any risk of vitamin A toxicity. Vitamin A promotes healthy skin, a strong immune system, and is important for good vision.

**Coenzyme Q10**

Coenzyme Q10 (CoQ10) is a potent antioxidant that plays a vital role for energy production in our cells.3 The body’s ability to synthesise or absorb CoQ10 declines with age, but taking USANA’s Mega Antioxidant can help you maintain healthy levels of this important nutrient.

**Alpha Lipoic Acid**

Alpha lipoic acid is a vitamin-like antioxidant that is both fat- and water-soluble. Easily absorbed through the gut and transported across cell membranes, it offers protection against free radicals, both inside and outside the cell.4,5

**Bioflavonoid Complex**

Through careful research, USANA has developed a unique bioflavonoid complex designed to provide synergistic antioxidant activity from citrus bioflavonoids, rutin, green tea extract, and bilberry extract, enhancing the protective effectiveness of the Essentials.6

**Complete Vitamin B Complex**

**Mega Antioxidant** contains carefully proportioned B-complex vitamins, which are fundamental to energy production, metabolism, and growth. **Mega Antioxidant** contains, when taken as recommended, a daily amount of 500 μg of folic acid, which if taken prior to and during pregnancy may reduce the risk of spina bifida and other neural tube defects.6

**The Heart of the Olive**

The benefits of olive fruit and olive oil consumption are extensive. The phenolic compounds, a group of structurally distinctive antioxidants, are rich in olives that have been the staple food in Mediterranean culture. Phenolic antioxidants have been shown to protect low-density lipoproteins (LDL) from oxidation.

**Mega Antioxidant** is laboratory tested, quality guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable.

**Using Mega Antioxidant**

Take four (4) Mega Antioxidant tablets daily, preferably with meals. USANA recommends taking two (2) in the morning and two (2) in the evening.

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*USANA® Olive Oil, Protected Under US Pat. 6,558,542 or 6,569,803.*

**References**

2. Cart AD et al., Curr Res, 2000; 87:549-54.
10. CDTA 1998, pp 71-76.

**Disclaimer:**

Do not take while on warfarin therapy without medical advice. Do not exceed the stated dose except on medical advice. Seek expert medical advice if your child has neural tube defect OR spina bifida/neural tube defects.

Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.
**Essentials™:**

**MultiMineral**

MultiMineral is the perfect complement to Mega Antioxidant, providing balanced amounts of important minerals. Minerals and trace elements represent less than one-half of one percent of the total nutrients we consume every day, and yet without them, our bodies would be unable to efficiently use the carbohydrates, proteins, and fats in our diet. Minerals play an essential role in the body. Many vitamins and enzymes need a mineral cofactor for proper function.

**Zinc**

Zinc is a component of hundreds of enzymes. It is associated with enzymes involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. Zinc functions as an antioxidant, aids in maintaining healthy bone structure development; maintains healthy immune functions, maintains healthy vision, and supports normal foetal growth.

**Selenium**

Selenium is an essential component of the glutathione peroxidase antioxidant system and also plays an important role in thyroid hormone metabolism. Many studies have shown that selenium is important for maintaining prostate health. Selenium has also been shown to help a healthy immune system.

Studies have shown a decline in serum selenium level in healthy South Australian adults. The selenium intake status of New Zealanders remains low compared with populations of many other countries. Ensuring adequate intake of selenium in highly bioavailable form is of paramount importance.

**Magnesium**

Magnesium is essential for the formation and maintenance of healthy bones and teeth where 70 percent of the body’s magnesium is found. It is involved in the metabolism of carbohydrates and amino acids, and plays an important role in neuromuscular contractions. It is also an activator of hundreds of enzymes essential to life’s processes.

**Chromium**

Chromium is an important component of the glucose tolerance factor (GTF) that helps to regulate insulin levels and thus retain healthy glucose metabolism. Today’s poor diets and unhealthy lifestyles often put stress on the body’s blood glucose control mechanisms. Healthy insulin and glucose levels are critical for weight management and sustained energy levels throughout the day.

**Iodine**

Iodine is a crucial component in the synthesis of thyroid hormones, which regulate metabolism, growth, reproduction, and the synthesis of protein. Supplemental iodine is especially important for people on a vegetarian diet, those who avoid seafood, or those who must restrict their salt intake.

**Copper**

Copper is essential for enzymes that help to synthesise collagen. Also, copper is a critical component of the enzyme superoxide dismutase (SOD), an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin.

**Manganese**

Manganese is an important cofactor in the production of glycosaminoglycans, compounds that make up connective tissues, bones, arteries, and other organs. Manganese is an activator of numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity.

**Completeness and Bioavailability**

Not all mineral forms are created equal. USANA uses minerals in forms that are readily absorbed by the body. USANA has carefully formulated a balance of essential minerals—in bioavailable forms—and has added trace minerals for balance and completeness. USANA continually strives to use ingredients with proven quality, purity, and bioavailability. Minerals are sourced from the highest quality suppliers and only those that meet USANA’s strict guidelines.

**USANA’s Micronutrition Promise**

- Delivers a comprehensive, high-potency formula that includes a broad spectrum of essential minerals and cofactors that support optimal health
- Provides high quality ingredients
- Contains a balanced blend of minerals and trace minerals
- Contains advanced level of selenium at 150μg / day
- Vegetable safe

**MultiMineral** is laboratory tested, quality guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable.

**Using MultiMineral**

Take four (4) MultiMineral tablets daily, preferably with meals. USANA recommends taking two (2) in the morning and two (2) in the evening.

**Each Tablet Contains:**

- **Calcium** 131 mg
- **Calcium Citrate, Monohydrate** 99.8 mg
- **Magnesium** 181.4 mg
- **Magnesium Citrate** 290.5 mg
- **Potassium (as Potassium Acetate 94.4 μg)** 94.4 μg
- **Zinc Citrate (Bioavailable 15.7 μg Zinc)** 93.9 μg
- **Selenium (as Selenium Monohydrate 11.4 μg)** 3.6 μg
- **Manganese (as Manganese Gluconate 11.4 μg)** 104.2 μg
- **Copper (as Copper Gluconate 11.4 μg)** 18.8 μg
- **Iodine (as Potassium Iodide 12.5 μg)** 98.4 μg
- **Chromium** 104.2 μg
- **Micronutrient Trifex (as Trifex 12.5 μg Micronutrient)**

**For your convenience, order both of the Essentials™ MultiAntioxidant and MultiMineral— in a single package.**

**References**


This product contains selenium which is toxic in high doses. A daily dose of 150 μg for adults of selenium from dietary supplements should not be exceeded.

Vitamin supplements should not replace a balanced diet.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.