



## Essentials™

To maintain optimal health, we need a variety of vitamins, minerals, bioflavonoids, and other micronutrients in the correct amounts – at optimal levels which far surpass RDIs (recommended dosages defined by government agencies to avoid deficiency diseases) of those ingredients; in the right balance, and in the proper forms - that are of high quality and highly absorbable by the body. But obtaining these nutrients solely from diet has become a struggle with today's hectic lifestyles and nutrient depleted food sources.

USANA understands the importance of providing the right nutrients, in the correct amounts, in the right balance, and in the proper forms for every age group, and has created the **Essentials** product line. Helping you build a strong foundation for exceptional health, the **Essentials** provide a comprehensive spectrum of the necessary vitamins and minerals adults need every day for optimal health and energy levels.

## Nutrition For All Generations

The **Essentials™** for adults are a combination of two products packaged as one:

- **Mega Antioxidant**—a comprehensive formula of high-potency vitamins, antioxidants, and other important nutrients designed for every adult, every day for prevention of nutritional deficiencies and to counteract the damaging effects of free radicals.
- **MultiMineral**—a full-spectrum blend of essential minerals and trace elements in a balanced, highly bioavailable formulation. When taken together with **Mega Antioxidant**, these supplements complete the nutritional foundation for every adult.

The philosophy behind the **Essentials** for adults is carried through in two products for younger age groups:

- **Usanimals™**—a great-tasting chewable vitamin, mineral, and antioxidant supplement designed to provide the high-quality nutrition necessary for children from 2 to 12 years to support normal growth and development.
- **Body Rox™**—advanced and complete vitamins, antioxidants, minerals, and cofactors designed specifically for adolescents 12 to 18 years old for optimal nutritional support through the active teenage years.

## Balanced Formulas

USANA reviews all the available scientific literature to ensure that the micronutrients present in our **Essentials** formulas are balanced to work together. While much is still not known about all the interactions that occur with nutrients in our bodies, USANA continues to keep abreast of the latest research to ensure up-to-date formulations.

The following pages fully describe **Body Rox**; **Usanimals**; the two components of the **Essentials** for adults; and the many ways they can help children, teenagers, and adults achieve optimal health.

## Which USANA Products are Right for You?

Refer to the below bar on each page for important product recommendations for your age group and sex.  
(For example only)

