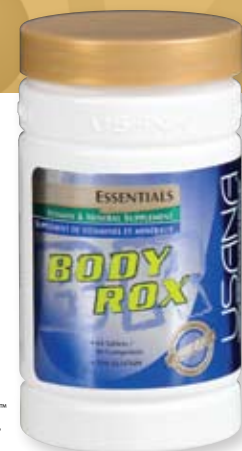


## Health Basics

- Provides essential vitamins and minerals during a critical stage of growth and development
- Offers an unparalleled range of antioxidants for protection against oxidative stress
- Supports healthy immune function
- Helps compensate for young adults' erratic eating habits

## Did You Know?

- **Body Rox** is one of the few formulas on the market specifically formulated for young adults



ITEM# 104

*Good nutrition is especially important during the transition into young-adulthood. However, young adults' busy lifestyles almost inevitably lead to irregular eating habits—missing meals and binging on junk food. The fast food that they love to eat tends to be high in calories, fat, and sodium, but low in fibre, vitamins, minerals, and antioxidants.<sup>1</sup>*

## Balanced Nutrition for Young Adults

With their active lifestyles, young adults need a balanced nutritional plan with advanced levels of antioxidants, vitamins, minerals, and other nutrients to achieve and maintain optimal health. **Body Rox™** is specially formulated to help meet the nutritional needs of young adults. When combined with balanced meals, **Body Rox** helps provide essential nutrients needed during young adulthood, setting the stage for lifelong health.<sup>2</sup>

## Antioxidants

An important—and sometimes primary—function of certain vitamins and minerals, such as vitamin E and vitamin C, is to protect cells from free-radical damage. The body produces antioxidants to counteract this damage, but today's environmental pollutants can make it more difficult for the active body to handle. This situation can be compounded for young athletes whose increased use of oxygen can further increase oxidative stress.

**Body Rox** provides a comprehensive combination of antioxidants

that help young bodies maintain ideal health, including Olivol™, rutin, quercetin, hesperidin, grape-seed extract, green-tea extract, turmeric extract, lutein, and lycopene.

## Vitamins

**Body Rox** contains balanced amounts of essential vitamins and co-factors that young people need: provitamin A from beta carotene is important for vision and healthy skin.<sup>3,4</sup> Vitamin B, in advanced amounts, meets the extra demands of growth, energy metabolism, and muscle tissue development.<sup>5</sup>

Vitamin D is essential for uptake and utilization of calcium. Additional vitamin A and C are often necessary to compensate for erratic eating patterns.<sup>6</sup>

## Minerals

**Body Rox** contains a balance of highly bioavailable essential minerals that play key roles in maintaining optimal health. For example, zinc is important in supporting a healthy immune system. Calcium assimilation during the developing years is essential for bone health later in life. **Body Rox** also includes vanadium and silicon.

## References

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4. Age-Related Eye Disease Study Research Group. Arch Ophthalmol 2001;119(10):1417-36.
5. Miller EC, Meropis CG. Primary Care 1998;25:193-210.
6. Krebs-Smith SM, et al. Arch Pediatr Adolesc Med 1996;150(1):81-6.

RECOMMENDED USE: A BROAD SPECTRUM VITAMIN AND MINERAL SUPPLEMENT FOR THE MAINTENANCE OF GOOD HEALTH. / USAGE RECOMMANDÉ: SUPPLÉMENT DE VITAMINES ET MINÉRAUX À LARGE SPECTRE POUR LE MAINTIEN D'UNE BONNE SANTÉ.			
RECOMMENDED ADULT DOSE: TAKE THREE (3) TABLETS DAILY. / DOSE RECOMMANDÉE POUR ADULTES: PRENDRE TROIS (3) COMPRIMÉS PAR JOUR.			
EACH TABLET CONTAINS: / MÉDICINAUX INGREDIENTS	CHAUQUE COMPRIMÉ CONTIENT: / INGRÉDIENTS MÉDICINAUX:		
BETA CAROTENE (PROVITAMIN A)	1.8 mg	BÉTA-CAROTÈNE (PROVITAMINE A)	1.8 mg
VITAMIN C (ASCORBATE OF CALCIUM)	167 mg	VITAMINE C (ASCORBATE DE CALCIUM)	167 mg
VITAMIN D3 (CHOLECALCIFEROL)	133 IU	VITAMINE D3 (CHOLECALCIFÉROL)	133 IU
VITAMIN E (D-ALPHA TOCOPHERYL SUCCINATE)	66.7 IU	VITAMINE E (SUCCINATE D-ALPHA-TOCOPHÉROL)	66.7 IU
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	3 mg	VITAMINE B1 (CHLORHYDRATE DE THIAMINE)	3 mg
VITAMIN B2 (RIBOFLAVIN)	3 mg	VITAMINE B2 (RIBOFLAVINE)	3 mg
NIACIN	1.67 mg	NIACINE	1.67 mg
NIACINAMIDE	3.33 mg	NIACINAMIDE	3.33 mg
PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE)	10 mg	ACIDE PANTOTHÉNIQUE (D-PANTOTHÉNATE DE CALCIUM)	10 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	3 mg	VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)	3 mg
VITAMIN B12 (CYANOCOBALAMINE)	20 µg	VITAMINE B12 (CYANOCOBALAMINE)	20 µg
FOLIC ACID	267 µg	ACIDE FOLIQUE	267 µg
BIOTIN	100 µg	BIOTINE	100 µg
CHOLINE (BITARTRATE)	15 mg	BITARTRATE DE CHOLINE	15 mg
INOSITOL	10 mg	INOSITOL	10 mg
N-ACETYL-L-CYSTEINE	10 mg	N-ACÉTYL-L-CYSTEINE	10 mg
RUTIN	12 mg	RUTINE	12 mg
QUERCETIN	5 mg	QUERCÉTINE	5 mg
HESPERIDIN	5 mg	HESPÉRIDINE	5 mg
GREEN TEA LEAF EXTRACT (CAMELLIA SINENSIS, 4:1)	2 mg	EXTRAIT DE FEUILLE DE THÉ VERT - DÉCAFÉINÉ (CAMELLIA SINENSIS, 4 : 1)	2 mg
GRAPE SEED EXTRACT (VITIS VINIFERA L.)	2 mg	EXTRAIT DE PÉPINS DE RAISIN (VITIS VINIFERA L.)	2 mg
OLIVE FRUIT EXTRACT (OLEA EUROPAEA, 400:1)	2 mg	EXTRAIT D'OLIVE (OLEA EUROPAEA, 400 : 1)	2 mg
TURMERIC ROOT EXTRACT (CURCUMA LONGA, 50:1)	2 mg	EXTRAIT DE RACINE DE CURCUMA (CURCUMA LONGA, 50 : 1)	2 mg
BROCCOLI FLOWER POWDER (BRASSICA OLERACEA, 20:1)	5 mg	POUDRE DE FLEUR DE BROCOLI (BRASSICA OLERACEA, 20 : 1)	5 mg
LUTEIN	75 µg	LUTEÏNE	75 µg
LYCOPENE	150 µg	LYCOPÈNE	150 µg
CALCIUM ASCORBATE CITRATE AND CARBONATE	75 mg	CALCIUM ASCORBATE CITRATE ET CARBONATE	75 mg
MAGNESIUM CITRATE, HVP* CHELATE, OXIDE	37.5 mg	MAGNÉSIMUM (CITRATE, CHÉLATE DE PVH*, OXYDE)	37.5 mg
ZINC CITRATE	4 mg	ZINC (CITRATE)	4 mg
IODINE (POTASSIUM IODIDE)	50 µg	IODE (IODURE DE POTASSIUM)	50 µg
COPPER (GLUCONATE)	0.33 mg	CUivre (GLUCONATE)	0.33 mg
MANGANESE (GLUCONATE)	1 mg	MANGANESE (GLUCONATE)	1 mg
CHROMIUM (HVP* CHELATE)	50 µg	CHROME (CHÉLATE DE PVH*)	50 µg
SELENIUM (HVP* CHELATE)	40 µg	SÉLÉNIUM (CHÉLATE DE PVH*)	40 µg
MOLYBDENUM (CITRATE)	15 µg	MOLYBDÈNE (CITRATE)	15 µg
VANADIUM (VANADYL SULFATE)	10 µg	VANADIUM (SULFATE DE VANADYLE)	10 µg
SILICON (HVP* CHELATE)	1 mg	SILICIUM (CHÉLATE DE PVH*)	1 mg

\*HYDROLYZED VEGETABLE PROTEIN / PROTÉINES VÉGÉTALES HYDROLYSÉES.

**NON-MEDICINAL INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, CROSCARMELLOSE SODIUM, PREGELATINISED STARCH, SILICON DIOXIDE, DEXTRIN, ASCORBYL PALMITATE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX:** CELLULOSE MICROCRISTALLINE, CROSCARMELLOSE SODIQUE, AMIDON PRÉGÉLATINISÉ, DIOXYDE DE SILICIUM, DEXTRINE, PALMITATE D'ASCORBYLE, DEXTROSE, LÉCITHINE DE SOYA, CITRATE DE SODIUM.

**LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY AND DISINTEGRATION WHERE APPLICABLE. / CE PRODUIT EST TESTÉ EN LABORATOIRE ET SA QUALITÉ EST GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGÉNÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.**

\*\*USANA OLIVOL™ PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803. / OLIVOL™ D'USANA, PROTÉGÉ EN VERTU DES BREVETS AMÉRICAINS 6,358,542 OU 6,361,803.

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