

Mega Antioxidant

Top-rated daily vitamin and antioxidant supplement for adults

Health Basics

- Supports general health and well-being
- Contains a comprehensive range of antioxidants to defend against oxidative stress
- Is most effective when taken together with **MultiMineral Plus**

Mega Antioxidant Difference

- Contains **Olivol™**, a patented ingredient exclusive to USANA that provides unique antioxidants found in olives

Daily stress and environmental pollutants bombard us with increasing levels of free radicals (potentially damaging, highly reactive molecules). Diets high in processed foods and lacking in whole, unrefined foods have further increased the need for vitamins and antioxidant supplementation. **Mega Antioxidant** offers advanced levels of high-quality, highly bioavailable vitamins and antioxidants to meet this increased need. **Mega Antioxidant** also offers nutritional support for optimal vision, a sound immune system, and efficient energy metabolism.

Olivol™—The Heart of the Olive™

USANA's patented extract provides highly bioavailable phenolic antioxidants.

Vitamin E—The Premier Antioxidant

Vitamin E is a family of essential fat-soluble nutrients (tocopherols) that act as powerful antioxidants. D-alpha tocopherol is the natural form shown to have the greatest nutritional and biological value. Vitamin E plays a critical role in protecting LDL and cell membranes from oxidation, and works synergistically with other antioxidants to combat free radical damage.¹ Emerging science has shown that other tocopherols also provide important biological activities and health 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.



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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 35.) Vitamin C is the master water-soluble antioxidant, offering health maintenance throughout the body.²

Mixed Carotenoids

USANA uses a mixture of carotenoids, providing a broad spectrum of antioxidant protection. Beta carotene (provitamin A) promotes healthy skin, a strong immune system, and helps maintain good vision.³⁻⁷ **Mega Antioxidant** includes the safe provitamin form of vitamin A only as needed, giving you the benefits of vitamin A without the risk of toxicity. In addition, lutein and lycopene are carotenoid antioxidants involved in the maintenance of good health.

Coenzyme Q10

A potent antioxidant, coenzyme Q10 (CoQ10) is essential for energy production in our cells.⁸ The body's ability to synthesize 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.^{9,10}

Bioflavonoid Complex

Through our commitment to ongoing research, USANA has developed a unique, broad-spectrum bioflavonoid complex. Bioflavonoids are a diverse group of naturally occurring plant compounds that exhibit a host of biological activities, most notably powerful antioxidant properties that help complement, extend, and synergize the activities of other antioxidants. In addition to synergistic activity from rutin, quercetin, hesperidin, green tea, and bilberry extracts, this diverse complex provides pomegranate and cinnamon extracts to provide broad-spectrum antioxidant support to further enhance and complement the effectiveness of **Mega Antioxidant**.

Complete Vitamin B Complex

Mega Antioxidant contains carefully proportioned B-complex vitamins, which are fundamental to energy production, metabolism, growth, and retention of normal homocysteine levels.

The U.S. Centers for Disease Control has stated, "All women of childbearing age in the United States who are capable of becoming pregnant should consume at least 400 µg of folic acid per day for the purpose of reducing their risk of having a pregnancy affected with spina bifida or other neural tube defects."¹¹ One daily dose of **Mega Antioxidant** contains 1,000 µg of folic acid.

Vitamin B12 is necessary for metabolism and the formation of red blood cells. It has been generally accepted that older adults are at greater risk of developing a vitamin B12 deficiency than younger adults. However, new research suggests that the prevalence of vitamin B12 deficiency in young adults may be greater than previously thought, and 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.¹² **Mega Antioxidant** supplies advanced levels of vitamin B12 at 200 µg in one daily dose.

RECOMMENDED USE: PROVIDES VITAMINS AND ANTIOXIDANTS FOR THE MAINTENANCE OF GOOD HEALTH. / USAGE RECOMMANDÉ : FOURNIT DES VITAMINES ET ANTIOXYDANTS POUR PRÉSERVER UNE BONNE SANTÉ.
RECOMMENDED ADULT DOSE: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD. / DOSE RECOMMANDÉE POUR ADULTES : PRENDRE DEUX (2) COMPRIMÉS DEUX FOIS PAR JOUR, DE PRÉFÉRENCE EN MANGEANT.

TWO TABLETS CONTAIN:	INGRÉDIENTS MÉDICINAUX :
BETA CAROTENE (PROVITAMIN A, 1.5 mg RAE**)	3 mg BÉTA-CAROTÈNE (PROVITAMINE A, 1.5 mg EAR**)
VITAMIN C (POLY C®)—CALCIUM, POTASSIUM MAGNESIUM AND ZINC ASCORBATES)	650 mg VITAMINE C (POLY C®)—ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIE ET ZINC
VITAMIN D3 (CHOLECALCIFEROL)	400 IU VITAMINE D3 (CHOLECALCIFÉROL)
VITAMIN E (d-ALPHA TOCOPHERYL SUCCINATE)	200 IU VITAMINE E (SUCCINATE d-ALPHA TOCOPHÉRYL)
VITAMIN K (PHYLOQUINONE)	30 µg VITAMINE K (PHYLOQUINONE)
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	13.5 mg VITAMINE B1 (CHLORHYDRATE DE THIAMINE)
VITAMIN B2 (RIBOFLAVIN)	13.5 mg VITAMINE B2 (RIBOFLAVINE)
NIACIN (NIACIN, NIACINAMIDE)	20 mg NIACINE (NIACINE, NIACINAMIDE)
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	16 mg VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)
FOLIC ACID	500 µg ACIDE FOLIQUE
VITAMIN B12 (CYANOCOBALAMIN)	100 µg VITAMINE B12 (CYANOCOBALAMINE)
BIOTIN	150 µg BIOTINE
PANTOTHENIC ACID (CALCIUM d-PANTOTHENATE)	45 mg ACIDE PANTOTHÉNIQUE (d-PANTOTHÉNATE DE CALCIUM)
OLIVE FRUIT EXTRACT* (OLEA EUROPAEA)	15 mg EXTRAIT D'OLIVE* (OLEA EUROPAEA)
MIXED NATURAL TOCOPHEROLS	17 mg MÉLANGE DE TOCOPHÉROLS NATURELS
RUTIN	60 mg RUTINE
QUERCETIN	12 mg QUERCÉTINE
HESPERIDIN	12 mg HESPÉRIDINE
GREEN TEA LEAF EXTRACT - DECAFFEINATED (CAMELLIA SINENSIS)	7.5 mg EXTRAIT DE FEUILLE DE THÉ VERT - DÉCAFFÉINÉ (CAMELLIA SINENSIS)
POMEGRANATE FRUIT EXTRACT (PUNICA GRANATUM)	5 mg EXTRAIT DE GRENADE (PUNICA GRANATUM)
CINNAMON BARK EXTRACT (CINNAMOMUM CASSIA)	2 mg EXTRAIT D'ÉCORCE DE CANNELLE (CINNAMOMUM CASSIA)
BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS)	500 µg EXTRAIT DE MYRTILLE (VACCINIUM MYRTILLUS)
INOSITOL	75 mg INOSITOL
CHOLINE BITARTRATE	50 mg CHOLINE BITARTRATE
N-ACETYL L-CYSTEINE	50 mg N-ACÉTYL L-CYSTEINE
BROMELAIN (ANANAS COMOSUS)	25 mg BROMÉLAÏNE (ANANAS COMOSUS)
ALPHA LIPOIC ACID	10 mg ACIDE ALPHA-LIPOÏQUE
COENZYME Q10 (UBIQUINONE)	6 mg COENZYME Q10 (UBIQUINONE)
TURMERIC ROOT EXTRACT (CURCUMA LONGA)	7.5 mg EXTRAIT DE RACINE DE CURCUMA (CURCUMA LONGA)
LUTEIN	300 µg LUTEÏNE
LYCOPENE	500 µg LYCOPÈNE
BROCCOLI FLOWER CONCENTRATE (BRASSICA OLERACEA)	7.5 mg CONCENTRÉ DE FLEUR DE BROCOLI (BRASSICA OLERACEA)

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX : CELLULOSE MICROCRISTALLINE, AMIDON, CROSCARMELLOSE SODIQUE, PALMITATE D'ASCORBYLE, DEXTRINE, DIOXYDE DE SILICIUM, 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'HOMOGENÉITÉ ET DE DISINTEGRATION, LE CAS ÉCHÉANT.

*USANA olive fruit extract made under US Patents 6,358,542 or 6,361,803

**RETINOL ACTIVITY EQUIVALENT / EQUIVALENT ACTIVITÉ RÉTINOL