

## Health Basics

- Supports general health and well-being
- Provides balanced nutrition
- Contains a delicious antioxidant blend of all-natural fruit powders
- Small, easy-to-eat animal shapes

## Did You Know?

- **Usanimals** provides one of the best antioxidant complexes available.



ITEM# 105

Good nutrition plays a critical role in everyone's health, and taking a multivitamin/mineral supplement every day is a sensible choice. **Usanimals™**, one of USANA's **Essentials™** products, are an advanced formulation of important nutrients beneficial for the maintenance of good health. In addition to a phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders, **Usanimals** contain a comprehensive array of antioxidants, vitamins, and minerals.

## Beta Carotene

Beta carotene is an antioxidant that is converted to vitamin A in the body. Vitamin A helps in the maintenance of eyes, skin, and the proper function of the immune system.

## B Vitamins

**Usanimals** contain carefully proportioned B-complex vitamins, which are fundamental to energy production and metabolism. B vitamins are also important for the health of nerve cells, red and white blood cells, and the formation of DNA and RNA, the genetic material in all cells.

## Vitamin D

Vitamin D is an essential nutrient found in only a limited number of foods. Since experts now widely believe that many people do not get adequate amounts of vitamin D, it has become an increasingly important component of a healthy diet. In addition to its important role in supporting bone health, recent research links vitamin D to an impressive and diverse array of other potential health benefits.

## Vitamin C

Critical to maintaining good health, vitamin C supports many important functions within the body and is vital for collagen synthesis. Collagen is the most abundant structural protein in the body and is essential for healthy skin, muscles, teeth, bones, skin, and blood vessels. It is also a co-factor for many enzyme systems within the body, helps regenerate other antioxidants such as vitamin E, and is a highly effective antioxidant. Vitamin C protects cells from damage by free radicals that can be generated during normal metabolism as well as through exposure to toxins and pollutants.

## Vitamin E

Vitamin E is an important antioxidant essential to the structure and protection of cells. Vitamin E helps produce new blood cells, protects against free-radical damage, and helps maintain healthy body tissue.

## Calcium

In addition to its role in helping to build strong healthy bones and teeth, calcium also helps maintain muscle and nerve function, blood clotting, and cell division and helps activate enzymes needed to convert food to energy.

## Zinc

Zinc is a necessary element in more than 100 enzymes that are essential to digestion and metabolism, as well as wound repair and healthy eye function. Zinc also functions as an antioxidant.

## Being Healthy Can Be Fun

**Usanimals** have a great-tasting natural berry flavour without artificial flavours or sweeteners, and their fun animals shapes make staying healthy a blast.

**RECOMMENDED USE:** A BROAD-SPECTRUM VITAMIN AND MINERAL FORMULATION FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ:** UNE FORMULE A LARGE SPECTRE DE VITAMINES ET MINÉRAUX POUR PRÉSERVER LA SANTÉ.

**RECOMMENDED ADULT DOSE:** CHEW 1-2 TABLETS DAILY, PREFERABLY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES:** CROQUER UN OU DEUX COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE EN MANGEANT.

EACH TABLET CONTAINS:		CHAQUE COMPRIMÉ CONTIENT :	
BETA CAROTENE (PROVITAMIN A, 0.75 mg RAE)	1.5 mg	BÉTA-CAROTÈNE (PROVITAMINE A, 0.75 mg EAR)	
VITAMIN D (CHOLECALCIFEROL)	200 IU	VITAMINE D (CHOLECALCIFÉROL)	
VITAMIN E (D-ALPHA-TOCOPHERYL SUCCINATE)	50 IU	VITAMINE E (SUCCINATE D-ALPHA-TOCOPHÉROL)	
VITAMIN C (ASCORBIC ACID, SODIUM ASCORBATE)	125 mg	VITAMINE C (ACIDE ASCORBIQUE, ASCORBATE DE SODIUM)	
VITAMIN B1 (THIAMINE MONONITRATE)	1.25 mg	VITAMINE B1 (MONONITRATE DE THIAMINE)	
VITAMIN B2 (RIBOFLAVIN)	1.25 mg	VITAMINE B2 (RIBOFLAVINE)	
NIACIN (NIACINAMIDE)	10 mg	NIACINAMIDE	
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	1.25 mg	VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)	
FOLIC ACID	200 µg	ACIDE FOLIQUE	
VITAMIN B12 (CYANOCOBALAMIN)	6 µg	VITAMINE B12 (CYANOCOBALAMINE)	
PANTOTHENIC ACID	5 mg	ACIDE PANTOTHÉNIQUE	
BIOTIN	75 µg	BIOTINE	
INOSITOL	15 mg	INOSITOL	
POLYENYLPHOSPHATIDYL CHOLINE (SOY LECITHIN)	25 mg	POLYÉNYLPHOSPHATIDYLCHOLINE (LÉCITHINE DE SOJA)	
CALCIUM (CARBONATE)	75 mg	CALCIUM (CARBONATE)	
MAGNESIUM (CITRATE, HVP* CHELATE, OXIDE)	25 mg	MAGNÉSIUM (CITRATE, CHÉLATE PH*, OXYDE)	
IODINE (POTASSIUM IODIDE)	50 µg	IODÉ (IODURE DE POTASSIUM)	
ZINC (HVP* CHELATE)	5 mg	ZINC (CHÉLATE DE PH*)	
SELENIUM (HVP* CHELATE)	15 µg	SÉLÉNIUM (CHÉLATE DE PH*)	
COPPER (CITRATE)	0.5 mg	CUVRE (CITRATE)	
MANGANESE (GLUCONATE)	0.5 mg	MANGANESE (GLUCONATE)	
CHROMIUM (POLYNICOTINATE)	25 µg	CHROME (POLYNICOTINATE)	
MOLYBDENUM (HVP* CHELATE)	12.5 µg	MOLYBDÈNE (CHÉLATE DE PH*)	
VANADIUM (CITRATE)	5 µg	VANADIUM (CITRATE)	
SILICON (HVP* CHELATE)	1 mg	SILICIUM (CHÉLATE DE PH*)	

\* HYDROLYZED VEGETABLE PROTEIN / PROTÉINES VÉGÉTALES HYDROLYSÉES.

**NON-MEDICINAL INGREDIENTS:** FRUCTOSE, DRIED HONEY POWDER, CELLULOSE, XYLITOL, NATURAL FLAVOURS, ASCORBYL PALMITATE, NATURAL SWEETENERS, BLACKBERRY POWDER, RASPBERRY POWDER, CRANBERRY POWDER, BLUEBERRY POWDER, SALT, CITRIC ACID, MALIC ACID / **INGRÉDIENTS NON MÉDICINAUX:** FRUCTOSE, MIEL SÈCH EN POUVRE, CELLULOSE, XYLITOL, ARÔMES NATURELS, PALMITATE D'ASCORBYLE, EDULCORANTS NATURELS, MÛRES, FRAMBOISES, CANNEBERGES ET BLEUETS EN POUVRE, SEL, ACIDE CITRIQUE, ACIDE MALIQUE.