



ITEM #104

Body Rox™

Complete daily vitamin, mineral, and antioxidant supplement for teenagers

Establishing healthy dietary habits that will last for a lifetime and getting optimal nutrition are especially important during adolescence and the teenage years of growth, development, and physical maturation. Most teens know what they should eat; however, busy schedules, the inconvenience of preparing healthy meals, and the belief that they can focus on improving their diets later in life often get in the way of eating better. If they aren't skipping meals, the fast food that teens tend to eat is usually high in calories, fat, and sodium, but low in fiber, vitamins, minerals, and antioxidants. While there is no substitute for a balanced diet based on healthy foods, the **Body Rox** supplement is specially formulated to help fill the gap in a poor diet and help meet the nutritional needs of growing adolescents. It is a convenient way to ensure teens do something positive for themselves by getting the nutrients they need to perform at their mental and physical best every day.*

Everyday Healthy

Teens need to stay healthy to keep up with their demanding schedules, making immune support especially important. Healthy lifestyle habits and maintaining optimal levels of all of the essential vitamins and minerals in the body is the best way to maintain overall health and keep the body's immune system working as it should. **Body Rox** powers immune health with advanced levels of antioxidant vitamins A, E, and C, as well as a full complement of B-vitamins, vitamin D, zinc, and selenium.*

Power Up

Whether you're cramming in late-night homework sessions or participating in after-school activities, getting proper nutrition is the key to staying energized throughout the day. Necessary for turning the foods we eat into useable fuel, the B vitamins, especially B12, thiamin, and niacin, are essential for energy production. Magnesium, copper, and zinc also help the body get the energy it needs by supporting nutrient metabolism.*

All-Star Sports Nutrition

A fit body depends on good general health. Antioxidants are helpful for handling increased free-radical production caused by intense exercise. Strong bones, good muscle function, and a healthy heart all depend on calcium and many other minerals. Calcium assimilation, supported by vitamin K, during the developing years is also essential for bone health later in life. Vitamins C, D, and E play a role in respiratory and cardiovascular function. Protein metabolism, supported by riboflavin, folic acid, B6 and B12, and molybdenum, is essential for muscle tissue development. Vitamin C also plays a key role in synthesizing collagen, a structural protein that is a major component of connective tissue and muscle.*

School Smarts

There may not be a magic pill to make you smarter, but giving your brain consistent levels of optimal nutrition will keep it working at its best. Many B vitamins, including biotin, niacin, thiamin, and folate, are essential to healthy brain activity. A number of minerals, including manganese, also are needed to influence neural activity. Choline is involved in memory function. Some studies also suggest multivitamin/mineral supplementation has been beneficial for improvements in "mental tiredness" after complex tasks as well as in mood regulation, which is also controlled in the brain.*

Healthy Skin

Inner health will be reflected in your outer appearance, helping you put your best face (and hair and nails) forward. Beta carotene (safe provitamin A) and carotenoids, such as lutein and lycopene, along with vitamins C and E are all crucial for skin health. Zinc and copper play a role in protein structure, which can impact skin appearance. USANA's exclusive Antioxidant Phytonutrient Complex includes a special blend of antioxidant-rich phytonutrients, including our patented Olivol®, that defend the body's cells, including especially vulnerable skin cells, from oxidative damage caused by pollution, stress, poor diets, and sunlight.*

Why Body Rox™?

In three tablets a day, USANA's **Body Rox** provides optimal levels of nutrients that adolescents and teens need to be their best every day. Only **Body Rox** offers the exclusive Antioxidant Phytonutrient Complex with Olivol. And a tasty fruit-flavored coating helps make swallowing each tablet just a little bit easier.*

- Cardiovascular Health
- Cellular Metabolic Health
- Skeleton/Structural Health
- Endocrine Health
- Brain/Nervous Health
- Digestion/Detox Health
- Immune Health

HP In HealthPak™

My Available for MyHealthPak™

H Hybrid



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.