

### Health Basics

- Provides essential vitamins and minerals during a critical stage of growth and development\*
- Offers a broad range of antioxidants for protection against oxidative stress\*
- Supports healthy immune function\*
- Helps compensate for teens' erratic eating habits

### Did You Know?

- **Body Rox** is one of the few formulas on the market specifically formulated for teenagers.

Good nutrition is especially important during adolescence and the teenage years of growth, development, and physical maturation. The fast food that teenagers love to eat tends to be high in calories, fat, and sodium, but low in fiber, vitamins, minerals, and antioxidants.<sup>1</sup> The **Body Rox**™ supplement is specially formulated to help meet the nutritional needs of growing adolescents.

### Antioxidants

An important—and sometimes primary—function of certain vitamins and minerals, such as vitamin E and selenium, 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 teenage body to handle.\*

**Body Rox** provides a comprehensive combination of antioxidants for helping young bodies maintain good health, including Olivol®, rutin, quercetin, hesperidin, grape-seed extract, green-tea extract, turmeric extract, lutein, and lycopene.\*

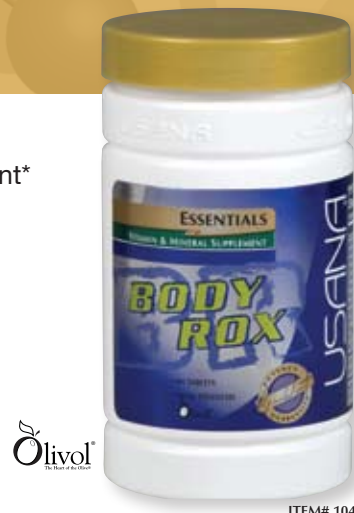
### Vitamins

**Body Rox** contains balanced amounts of essential vitamins and co-factors that young people need: Provitamin A, as beta carotene, is important for vision and healthy skin.<sup>2,3</sup> Vitamin B, in advanced amounts, meets the extra demands of growth, energy metabolism, and muscle tissue development.<sup>4</sup> Vitamin E helps to maintain healthy cell membranes.<sup>5</sup> Vitamin D is essential for the 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, copper is important in supporting a healthy immune system.<sup>7-9</sup> Calcium assimilation during the developing years is essential for bone health later in life. **Body Rox** also includes vanadium, silicon, and ultra trace minerals.\*



ITEM# 104

### References

1. Lucas B, Pipes PL. Nutrition in infancy and childhood. St. Louis: Mosby; 1989.
2. Eicker J, et al. Photochem Photobiol Sci 2003;2(6):655-9.
3. Age-Related Eye Disease Study Research Group. Arch Ophthalmol 2001;119(10):1417-36.
4. Miller EC, Meropis CG. Primary Care 1998;25:193-210.
5. van Aalst JA, et al. J Vasc Surg 2004;39(1):229-37.
6. Krebs-Smith SM, et al. Arch Pediatr Adolesc Med 1996;150(1):81-6.
7. Percival SS. Am J Clin Nutr 1998;67(5 Supp):1064S-1068S.
8. Olivares M, Uauy R. Am J Clin Nutr 1996;63(5):791S-6S.
9. Bonham M, et al. Br J Nutr 2002;87(5):393-403.

**DIRECTIONS:** TAKE THREE (3) TABLETS SPREAD EVENLY THROUGHOUT THE DAY, PREFERABLY WITH MEALS.

## Supplement Facts

Serving Size 3 Tablets

	AMOUNT PER SERVING	%DV*
VITAMIN A (AS BETA CAROTENE)	9,000 IU	180%
VITAMIN C (AS CALCIUM ASCORBATE)	500 mg	830%
VITAMIN D3 (AS CHOLECALCIFEROL)	400 IU	100%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLOQUINONE)	60 µg	80%
THIAMIN (AS THIAMIN HYDROCHLORIDE)	9 mg	600%
RIBOFLAVIN	9 mg	530%
NIACIN (AS NIACIN AND NIACINAMIDE)	15 mg	80%
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	9 mg	450%
FOLATE (AS FOLIC ACID)	800 µg	200%
VITAMIN B12 (AS CYANOCOBALAMIN)	60 µg	1000%
BIOTIN	300 µg	100%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	30 mg	300%
CHOLINE BITARTRATE	45 mg	†
INOSITOL	30 mg	†
N-ACETYL L-CYSTEINE	30 mg	†
ANTIOXIDANT PHYTONUTRIENT COMPLEX	90 mg	†
(RUTIN QUERCETIN, HESPERIDIN [CITRUS SPP L. FRUIT], OLIVOL® [OLIVE EXTRACT, OLEA EUROPAEA L. FRUIT]**, GRAPE SEED EXTRACT [VITIS VINIFERA L. SEED], GREEN TEA EXTRACT-DECAFFEINATED [CAMELLIA SINENSIS HUNT, LEAVES], TURMERIC EXTRACT [CURCUMA LONGA L., ROOT])		
LUTEIN (TAGETES ERECTA L., FLOWER)	225 µg	†
LYCOPENE	450 µg	†
BROCCOLI CONCENTRATE (BRASSICA OLERACEA V. BOTRYTIS L., FLOWER)	15 mg	†
CALCIUM (AS CALCIUM ASCORBATE, CITRATE AND CARBONATE)	225 mg	25%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, OXIDE AND AMINO ACID CHELATE)	112.5 mg	30%
ZINC (AS ZINC CITRATE)	12 mg	80%
SELENIUM (AS AMINO ACID COMPLEX)	120 µg	170%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	3 mg	150%
CHROMIUM (AS CHROMIUM POLYNICOTINATE)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	45 µg	60%
VANADIUM (AS VANADYL SULFATE)	30 µg	†
BORON (AS BORON CITRATE)	1 mg	†
SILICON (AS AMINO ACID COMPLEX)	3 mg	†
ULTRA TRACE MINERALS	1 mg	†

\* PERCENT DAILY VALUE IS BASED ON A 2,000 CALORIE DIET.

† DAILY VALUE NOT ESTABLISHED

**OTHER INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, CROSCARMELOSE SODIUM, PREGELATINIZED STARCH, COLLOIDAL SILICON DIOXIDE, DEXTRIN, ASCORBYL PALMITATE, DEXTROSE

\*OLIVOL IS A TRADEMARK OF USANA HEALTH SCIENCES, INC., AND IS PROTECTED UNDER U.S. PATENTS 6,358,542 OR 6,361,803.

**LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.**

\*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.