

# ANZ Vita-Antioxidant

A MULTIVITAMIN SUPPLEMENT TO ASSIST IN THE MAINTENANCE OR IMPROVEMENT OF GENERAL WELL-BEING. CONTAINS A BROAD RANGE OF ANTIOXIDANTS.

## EACH TABLET CONTAINS:

BETACAROTENE	1.35 mg	CALCIUM PANTOTHENATE	25 mg
RETINOL ACETATE (750 IU: VITAMIN A)	258 µg	RUTOSIDE (RUTIN)	10 mg
VITAMIN C (100 mg) FROM:		QUERCETIN DIHYDRATE	15 mg
CALCIUM ASCORBATE	62.5 mg	R,S-ALPHA-LIPOIC ACID	25 mg
POTASSIUM ASCORBATE	42.5 mg	CURCUMIN	3.25 mg
MAGNESIUM ASCORBATE MONOHYDRATE	18.75 mg	HERBAL EXTRACTS CONTAINING:	
ZINC ASCORBATE	1.25 mg	GREEN TEA ( <i>CAMELLIA SINENSIS</i> )	17.5 mg
VITAMIN D3 (200 IU: COLECALCIFEROL)	5 µg	EQUIVALENT DRY LEAF	175 mg
VITAMIN E	41.3 mg	STANDARDISED TO EPIGALLOCATECHIN-3-O-GALLATE	7 mg
(50 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)		OLIVE FRUIT ( <i>OLEA EUROPAEA</i> )*	3.75 mg
TOCOPHEROLS CONCENTRATE -		EQUIVALENT FRESH FRUIT	168.75 mg
MIXED (LOW ALPHA TYPE)	20 mg	<i>FALLOPIA JAPONICA</i>	20 mg
VITAMIN K (135 µg) FROM:		EQUIVALENT DRY ROOT	1.2 g
PHYTOMENADIONE	120 µg	STANDARDISED TO RESVERATROL	10 mg
MENAQUINONE 7	15 µg	HESPERIDIN	10 mg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	7.5 mg	INOSITOL	32 mg
VITAMIN B2 (RIBOFLAVINE)	7.5 mg	CHOLINE BITARTRATE	62.5 mg
NICOTINAMIDE	7.5 mg	COQ10 (UBIDECARENONE)	3 mg
VITAMIN B3 (NICOTINIC ACID)	2.5 mg	LUTEIN	150 µg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	8 mg	LYCOPENE	250 µg
FOLIC ACID	125 µg		
VITAMIN B12 (CYANOCOBALAMIN)	50 µg		
BIOTIN	75 µg		

**DIRECTIONS:** ADULTS TAKE FOUR (4) TABLETS DAILY, PREFERABLY TWO (2) IN THE MORNING AND TWO (2) IN THE EVENING WITH MEALS.

**THE RECOMMENDED DAILY AMOUNT OF VITAMIN A FROM ALL SOURCES IS 700 MICROGRAMS RETINOL EQUIVALENTS FOR WOMEN AND 900 MICROGRAMS RETINOL EQUIVALENTS FOR MEN.**

**IF YOU ARE PREGNANT OR CONSIDERING BECOMING PREGNANT, DO NOT TAKE VITAMIN A SUPPLEMENTS WITHOUT CONSULTING YOUR DOCTOR OR PHARMACIST. WARNING - WHEN TAKEN IN EXCESS OF 3000 MICROGRAMS RETINOL EQUIVALENTS, VITAMIN A CAN CAUSE BIRTH DEFECTS.**

VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET.

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE.

CONTAINS SORBIC ACID AND SODIUM BENZOATE.

DO NOT EXCEED THE STATED DOSE EXCEPT ON MEDICAL ADVICE. IF YOU HAVE A CHILD WITH A NEURAL TUBE DEFECT/ SPINA BIFIDA, SEEK SPECIFIC MEDICAL ADVICE.

BOTTLE SEALED UNDER CAP FOR YOUR PROTECTION. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS BRITISH PHARMACOPOEIA SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

\*USANA® OLIVOL™ PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

USANA AUSTRALIA PTY LTD. 3 HUDSON AVENUE, CASTLE HILL, NSW 2154 AUSTRALIA

STORE BELOW 25°C MADE IN USA

103.030105 LB.001358

SEE BASE FOR EXPIRY DATE & BATCH NUMBER.

# ANZ Core Mineral

A MINERAL SUPPLEMENT TO ASSIST IN THE MAINTENANCE OR IMPROVEMENT OF GENERAL WELL-BEING.

**DIRECTIONS:** ADULTS, TAKE FOUR (4) TABLETS DAILY, PREFERABLY TWO (2) IN THE MORNING AND TWO (2) IN THE EVENING WITH MEALS.

**EACH TABLET CONTAINS:**

CALCIUM (56.25 mg) FROM:	
CALCIUM CITRATE HYDRATE (EQUIV 47 mg CALCIUM)	223.81 mg
CALCIUM ASCORBATE (EQUIV 9.25 mg CALCIUM)	98.6 mg
POTASSIUM IODIDE (EQUIV 75 µg IODINE)	99.3 µg
MAGNESIUM (56.25 mg) FROM:	
MAGNESIUM CITRATE NONAHYDRATE (EQUIV 49 mg MAGNESIUM)	408.33 mg
MAGNESIUM ASCORBATE (EQUIV 7.25 mg MAGNESIUM)	118.85 mg
ZINC CITRATE DIHYDRATE (EQUIV 5 mg ZINC)	15.63 mg
SELENOMETHIONINE (EQUIV 37.5 µg SELENIUM)	93.75 µg
COPPER GLUCONATE (EQUIV 500 µg COPPER)	3.57 mg
MANGANESE GLUCONATE (EQUIV 500 µg MANGANESE)	4.55 mg
CHROMIUM (75 µg) FROM:	
CHROMIC CHLORIDE (EQUIV 62.5 µg CHROMIUM)	320.27 µg
CHROMIUM NICOTINATE (EQUIV 12.5 µg CHROMIUM)	100 µg
MOLYBDENUM TRIOXIDE (EQUIV 12.5 µg MOLYBDENUM)	18.75 µg
CYSTEINE HYDROCHLORIDE MONOHYDRATE	40 mg
VITAMIN C (ASCORBIC ACID) FROM:	150 mg
CALCIUM ASCORBATE 98.6 mg, MAGNESIUM ASCORBATE 118.85 mg	

THIS PRODUCT CONTAINS SELENIUM, WHICH IS TOXIC IN HIGH DOSES. A DAILY DOSE OF 150 µg FOR ADULTS OF SELENIUM FROM DIETARY SUPPLEMENTS SHOULD NOT BE EXCEEDED.

VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET.

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BOTTLE SEALED UNDER CAP FOR YOUR PROTECTION. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

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