



CellSentials™

# Vita-Antioxidant



Broad-spectrum daily vitamin and antioxidant supplement with the proprietary InCelligence™ Complex

Vita-Antioxidant is part of the USANA® CellSentials™ cellular nutrition system with U.S. patent-pending InCelligence cell-signalling technology. The CellSentials are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and mitochondrial renewal support for the health of your cells. Vita-Antioxidant supplies carefully balanced levels of high-quality vitamins and antioxidants plus the proprietary InCelligence Complex. Because vitamins and other micronutrients require mineral cofactors to function properly, Vita-Antioxidant should be taken with Core Minerals for best results.

## THE BENEFITS OF VITA-ANTIOXIDANT

By combining optimal amounts of dozens of vitamins, phytonutrients, and enzyme cofactors into one product, Vita-Antioxidant helps fill nutritional gaps to provide whole-body nutritional support. The formula contains micronutrients that support multiple metabolic functions throughout the body.

With the addition of the InCelligence Complex, Vita-Antioxidant goes beyond delivering optimal nourishment to also initiate your cells' innate antioxidant protection and renewal processes, enhancing the formula's effectiveness for supporting vibrant health.

## THE SCIENCE OF VITA-ANTIOXIDANT

The InCelligence Complex is a unique blend of ingredients that can broadly support the activation of a network of cell-signalling pathways to support optimal cellular resilience, which supports your body's ability to meet your individual health needs. While there are many health-optimizing pathways that the InCelligence Complex supports, there are two key processes it was designed to promote:

- Endogenous antioxidant protection. Vita-Antioxidant provides antioxidants for the maintenance of good health. Further, our bodies are also equipped with a naturally powerful defence system that can protect cells against damaging oxidative stress: antioxidants that are produced within our cells, such as glutathione and superoxide dismutase (SOD). The InCelligence Complex contains nutrients that proactively stimulate the production of these endogenous antioxidants in addition to providing their own antioxidant activity. When combined with the additional antioxidants in the formula, including coenzyme Q10, beta carotene, and vitamins C, and E, Vita-Antioxidant with the InCelligence Complex provides significantly higher levels of protection.
- Mitochondrial renewal through mitophagy. Vita-Antioxidant helps the body to metabolize carbohydrates, fats, and protein. After those macronutrients are broken down into smaller components, the mitochondria within our cells use them to produce cellular energy (ATP). During this process, high amounts of free radicals may also be generated. While antioxidants help protect the cell against oxidative damage caused by free radicals, some mitochondria will be damaged over time. Damaged mitochondria within the cell can cause it to work inefficiently. They will produce less ATP and more damaging free radicals. To maintain efficiency, the cell initiates a natural response called mitophagy to degrade, remove, or recycle damaged mitochondria. However, age or other lifestyle factors may slow this process. The InCelligence Complex helps activate mitophagy at the end of the metabolism cycle to renew healthy cellular function.

The InCelligence Complex includes quercetin, hesperidin, rutin, Meriva®\* Bioavailable Curcumin, alpha lipoic acid, resveratrol, EGCG from green tea, and USANA's patented Olivol™ olive fruit extract. The cell-signalling processes it supports require a foundation of a full-spectrum of nourishing micronutrients, which are also essential to whole-body well-being.



ITEM #103

**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 MEALS PROVIDING PROTEIN. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE DEUX (2) COMPRIMÉS DEUX FOIS PAR JOUR AVEC REPAS FOURNISSANT DES PROTÉINES.

TWO TABLETS CONTAIN:	INGREDIENTS MEDICINAUX
BETA CAROTENE (PROVITAMIN A 1.5 mg RAE**)	BÉTA-CAROTÈNE (PROVITAMINE A 1.5 mg RAE**)
VITAMIN C (POLY C <sup>+</sup> —CALCIUM, POTASSIUM, 650 mg)	VITAMINE C (POLY C <sup>+</sup> —ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIUM ET ZINC, 650 mg)
MAGNESIUM AND ZINC ASCORBATES:	PALMITATE D'ASCORBYLE
ASCORBYL PALMITATE	VITAMINE D3 (10 µg, CHOLECALCIFEROL)
VITAMIN D3 (10 µg, CHOLECALCIFEROL)	VITAMINE E (133.8 mg AT, d-ALPHA TOCOPHERYL SUCCINATE)
VITAMIN E (133.8 mg AT, d-ALPHA TOCOPHERYL SUCCINATE)	VITAMINE K1 (PHYLLQUINONE)
VITAMIN K1 (PHYLLQUINONE)	VITAMINE B1 (CHLORHYDRATE DE THIAMINE)
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	VITAMINE B2 (RIBOFLAVINE)
VITAMIN B2 (RIBOFLAVINE)	NIACINE
NIACIN	NIACINAMIDE
NIACINAMIDE	VITAMIN B6 (CHLORHYDRATE DE PYRIDOXINE)
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	FOLIC ACID
FOLIC ACID	VITAMIN B12 (CYANOCOBALAMINE)
VITAMIN B12 (CYANOCOBALAMINE)	BIOTIN
BIOTIN	PANTOTHENIC ACID
PANTOTHENIC ACID	(CALCIUM d-PANTOTHENATE)
(CALCIUM d-PANTOTHENATE)	OLIVE FRUIT EXTRACT* (OLEA EUROPAEA)
OLIVE FRUIT EXTRACT* (OLEA EUROPAEA)	MIXED NATURAL TOCOPHEROLS
MIXED NATURAL TOCOPHEROLS	RUTIN
RUTIN	QUERCETIN DIHYDRATE
QUERCETIN DIHYDRATE	HESPERIDIN
HESPERIDIN	GREEN TEA LEAF EXTRACT
GREEN TEA LEAF EXTRACT	(DECAFENATE) (CAMELLIA SINENSIS)
(DECAFENATE) (CAMELLIA SINENSIS)	POMEGRANATE FRUIT EXTRACT
POMEGRANATE FRUIT EXTRACT	(PUNICA GRANATUM)
(PUNICA GRANATUM)	CINNAMON BARK EXTRACT
CINNAMON BARK EXTRACT	(CINNAMOMUM CASSIA)
(CINNAMOMUM CASSIA)	BILBERRY FRUIT EXTRACT
BILBERRY FRUIT EXTRACT	(VACCINIUM MYRTILLUS)
(VACCINIUM MYRTILLUS)	INOSITOL
INOSITOL	CHOLINE BITARTRATE
CHOLINE BITARTRATE	N-ACETYL-L-CYSTEINE
N-ACETYL-L-CYSTEINE	DL-ALPHA-LIPOIC ACID
DL-ALPHA-LIPOIC ACID	COENZYME Q10 (UBIQUINONE)
COENZYME Q10 (UBIQUINONE)	TURMERIC ROOT EXTRACT
TURMERIC ROOT EXTRACT	(CURCUMA LONGA)
(CURCUMA LONGA)	LUTEN ESTERS
LUTEN ESTERS	LYCOPENE
LYCOPENE	

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, DEXTRIN, SILICON DIOXIDE, MODIFIED FOOD STARCH, DEXTRIN, SOY LECITHIN, CORN STARCH, SODIUM CITRATE, SODIUM ASCORBATE, DL-ALPHA-TOCOPHEROL, / INGREDIENTS NON MÉDICINAUX: CELLULOSE MICROCRISTALLINE, AMIDON PREGÉLATINISÉ, CROSCARMELOSE SODIQUE, DEXTRINE, DIOXYDE DE SILICUM, AMIDON ALIMENTAIRE MODIFIÉ, DEXTRINE, LÉCITHINE DE SOJA, AMIDON DE MAÏS, CITRATE DE SODIUM, ASCORBATE DE SODIUM, DL-ALPHA-TOCOPHÉROL.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE: CANCER, AN IRON DEFICIENCY, GALLSTONES OR A BILE DUCT OBSTRUCTION, STOMACH ULCERS OR EXCESS STOMACH ACID, CYSTINURIA, A LIVER DISORDER OR DEVELOP SYMPTOMS OF LIVER TROUBLE (SUCH AS ABDOMINAL PAIN, DARK URINE OR JAUNDICE). CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE TAKING: BLOOD THINNERS, BLOOD PRESSURE MEDICATION, NITROGLYCERIN, OR ANTI-BIOTICS. HYPERSENSITIVITY, E.G. ALLERGY, MAY OCCUR, IN WHICH CASE DISCONTINUE USE. DO NOT USE IF YOU ARE ALLERGIC TO PLANTS OF THE ASTERACEAE/COMPOSITACEAE/SYMBIACEAE FAMILY. PEOPLE SENSITIVE TO NICOTINIC ACID MAY EXPERIENCE FLUSHING OF THE SKIN THAT IS GENERALLY MILD AND TRANSIENT. CONSULT A PHYSICIAN FOR USE BEYOND 6 MONTHS. / GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MEDECIN SI VOUS ETES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ. CONSULTEZ AUSSI VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS AVEZ REÇU UN DIAGNOSTIC DE CANCER OU SI VOUS SOUFFREZ D'UN DES PROBLÈMES SUIVANTS: CARENCE EN FER, CALCULS BILIAIRES, OBSTRUCTION DES VOIES BILIAIRES, ULCÈRE D'ESTOMAC, EXCÈS D'ACIDE GASTRIQUE, CYSTINURIE, TROUBLE HÉPATIQUE OU SYMPTÔMES DE TROUBLE HÉPATIQUE (PAR EX. : DOULEUR ABDOMINALE, URINE FONCÉE OU JAUNISSE). CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS PRENEZ UN ANTICOAGULANT, UN ANTIHYPERTENSEUR, DE LA NITROGLYCÉRINE OU UN ANTI-BIOTIQUE. CÉSEZ D'UTILISER CE PRODUIT EN CAS D'HYPERSENSIBILITÉ. PAR EXEMPLE UNE ALLERGIE. NE PAS UTILISER CE PRODUIT EN CAS D'ALLERGIE AUX PLANTES DE LA FAMILLE DES ASTÉRACÉES / COMPOSÉES / MARGUERITES. LES PERSONNES SENSIBLES À L'ACIDE NICOTINIQUE PEUVENT AVOIR DE LÉGÈRES ROUGEURS CUTANÉES PASSAGÈRES. CONSULTEZ UN MÉDECIN POUR UNE UTILISATION AU-DELÀ DE SIX MOIS.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGÉNÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

\*USANA OLIVOL™ PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803. / \*OLIVOL™ D'USANA, MARQUE PROTÉGÉE EN VERTU DES BREVETS AMÉRICAINS 6,358,542 OU 6,361,803.

\*\*RETINOL ACTIVITY EQUIVALENT / ÉQUIVALENT ACTIVITÉ RÉTINOL. USANA HEALTH SCIENCES, INC. SALT LAKE CITY, UTAH 84120

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STORE BELOW 25° C / CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25° C

LB 00683

Vita-Antioxidant is a source of vitamin A for the maintenance of good health. The vitamin A is obtained from a blend of retinyl acetate (for those who don't convert beta-carotene to vitamin A efficiently), mixed carotenoids, and beta-carotene, which converts to vitamin A in the body only as needed. Beta-carotene, also known as provitamin A, helps maintain skin, membranes, and immune function. It also helps in the development and maintenance of bones and teeth. Along with the additional carotenoids in the formula—natural mixed carotenoids, lutein, and zeaxanthin—beta-carotene also helps maintain eyesight, including night vision.

With optimal amounts of vitamins B6 and B12, thiamin, riboflavin, niacin, biotin, pantothenic acid, and folate, Vita-Antioxidant helps to prevent deficiency of these vital micronutrients. The B vitamins, which also include inositol, are essential to many aspects of our health, including the following:

- Maintaining cardiovascular health
- Metabolizing fats, proteins, and carbohydrates, which plays a role in maintaining energy levels
- Supporting normal formation of red blood cells and tissue
- Supporting normal growth
- Folate helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy
- Growth of healthy skin

Usually grouped with the B vitamins, though not technically a vitamin, choline is an essential nutrient that a growing body of research has shown is important for the maintenance of good health.

Vita-Antioxidant is rich in vitamin C. USANA uses a unique Poly C® vitamin C blend, which provides higher levels of vitamin C in plasma than ascorbic acid alone. Vitamin C helps in tissue formation because it is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues. Vitamin C supports the metabolizing of fats and proteins. It is especially important for the retina for eye-sight, where concentrations are significantly higher than in the blood. And it also supports healthy production of immune cells. Additional vitamin C is also found in Core Minerals.

Vita-Antioxidant contains advanced amounts of vitamin D, which plays a role in many aspects of good health. It is necessary for proper calcium absorption, helping to support healthy bone density. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

Vita-Antioxidant helps to prevent vitamin E deficiency by providing 50 IU of vitamin E plus 20 mg of mixed tocopherols in each tablet. The mixed tocopherols, though not technically vitamin E, offer similar functions. This is a comprehensive blend with broad-spectrum support that more closely reflects what would come from a healthy diet.

For easy swallowing, Vita-Antioxidant is coated with a soy-free, sunflower-based coating.

#### THE USANA DIFFERENCE

Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Vita-Antioxidant offers excellent completeness, potency, quality, and safety. Vita-Antioxidant with the InCelligence Complex is uniquely formulated to go beyond providing the best possible vitamins and antioxidants to nourish your cells. It also helps to activate the natural intelligence of your cells to proactively promote cellular resilience, so your body is better able to meet your health needs. Together as the USANA CellSentials daily vitamin, mineral, and antioxidant supplements with U.S. patent-pending InCelligence™ cell-signalling technology—you can trust that Core Minerals and Vita-Antioxidant are the best comprehensive micronutrient supplement you can choose to nourish, protect, and renew your health every day to provide life-long optimal health.

\*All trademarks are the property of their respective owners.

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