



CellSentials™

Vita-Antioxidant



Top-rated, broad-spectrum daily vitamin and antioxidant supplement with the proprietary InCelligence™ Complex

Vita-Antioxidant is part of the USANA® CellSentials™ cellular nutrition system with patent-pending USANA InCelligence Technology™. The CellSentials are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and mitochondrial renewal support for the health and longevity of your cells. Vita-Antioxidant supplies carefully balanced levels of high-quality vitamins and antioxidants plus the proprietary InCelligence Complex with cell-signaling technology. 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.* Some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.

With the addition of the InCelligence Complex, Vita-Antioxidant goes beyond delivering optimal nourishment to also initiate your cells' innate protective 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-signaling pathways to support optimal cellular resilience and longevity, 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: Our bodies are equipped with a naturally powerful defense system that can protect 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: When mitochondria within a cell produce cellular energy (ATP), high amounts of free radicals may also be generated. While the natural antioxidants in the cell will neutralize many of the 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 cellular 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 to renew healthy cellular function.*

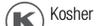
The InCelligence Complex includes quercetin, hesperidin, rutin, Meriva® Bioavailable Curcumin, alpha lipoic acid, resveratrol, EGCG from green tea, and USANA's patented Olivo® olive fruit extract. The cell-signaling processes it supports require a foundation of a full-spectrum of nourishing micronutrients,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

Vita-Antioxidant contains high-potency vitamin A 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 supports cellular integrity and is important for strong heart, immune, and lung health. Along with the additional carotenoids in the formula—natural mixed carotenoids, lutein, and zeaxanthin—beta-carotene also helps preserve skin and eye health by providing oxidative defense against damaging UV rays.*

*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.



Available for MyHealthPak™



ITEM #103

DIRECTIONS: ADULTS TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN A (AS 25% RETINYL ACETATE AND 75% (4500 IU) AS BETA CAROTENE AND MIXED CAROTENOIDS)	6000 IU	120%
VITAMIN C (AS POLY O-BLEND: POTASSIUM, CALCIUM, MAGNESIUM, AND ZINC ASCORBATES)	200 mg	330%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	100 IU	330%
VITAMIN K (AS K1 (PHYTONADIONE) AND K2 (MK-7) (MENAQUINONE))	270 µg	340%
VITAMIN B1 (AS THIAMIN HCL)	15 mg	1000%
VITAMIN B2 (AS RIBOFLAVIN)	15 mg	880%
NIACIN (AS NIACINAMIDE AND NIACIN)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	300 µg	80%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
MIXED TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	40 mg	†
INCELLIGENCE™ COMPLEX		
ALPHA LIPOIC ACID	50 mg	
MERIVA® BIOAVAILABLE CURCUMIN	36 mg	
COMPLEX (CURCUMA LONGA L. ROOT)*		
GREEN TEA EXTRACT (CAMELLIA SINENSIS HUNT, LEAVES)	35 mg	
QUERCETIN DIHYDRATE	30 mg	
RUTIN	20 mg	
HESPERIDIN (CITRUS SPP. L., FRUIT)	20 mg	
RESVERATROL	20 mg	
OLIVO® (OLIVE FRUIT EXTRACT, OLEA EUROPAEA L., FRUIT)**	15 mg	
INOSITOL	64 mg	†
CHOLINE BITARTRATE	125 mg	†
COENZYME Q10	6 mg	†
LUTEIN (TAGETES ERRECTA L. FLOWER)	300 µg	†
LYCOPENE	500 µg	†
†DAILY VALUE NOT ESTABLISHED		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED STARCH, CROSCARMELOSE SODIUM, SILICON DIOXIDE, ASCORBYL PALMITATE, ORGANIC MALTODEXTRIN, VANILLA EXTRACT, ORGANIC SUNFLOWER LECTHIN, ORGANIC PALM OLEIN, ORGANIC GUAR GUM.

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

*MERIVA® IS A REGISTERED TRADEMARK OF INDENA S.p.A.

**PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803

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

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

STORE BELOW 25° C. MADE IN USA

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Vita-Antioxidant is an excellent source of vitamins B6 and B12, thiamin, riboflavin, niacin, biotin, pantothenic acid, and folate. The B vitamins, which also include inositol, are essential to many aspects of our health, including the following:

- As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B6, and vitamin B12 may reduce the risk of vascular disease. The FDA evaluated the above claim and found that while it is known that diets low in saturated fat and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.
- Maintaining healthy homocysteine levels, provided they are healthy to begin with, which is associated with heart health*
- Metabolizing fats, proteins, and carbohydrates, which plays a role in maintaining energy levels*
- Supporting normal formation of red blood cells, tissue, and DNA*
- Supporting healthy immune cell production*
- Healthy brain and nerve function; folate is especially important for women of childbearing age to help support healthy fetal neurocognitive development.*
- Growth of healthy skin, hair, and nails*
- Antioxidants, such as vitamin E, help defend your cells against the oxidative stress caused by sunlight, pollution, and stress, which can all prematurely age the skin.
- Lycopene, lutein, and beta carotene play a role in supporting the skin.
- Inositol, biotin, and pantothenic acid are fundamental to the growth of healthy skin, hair, and nails.
- Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues (also important for maintenance of muscle, joint, and tendon function).

Usually grouped with the B vitamins, though not technically a vitamin, choline is an essential nutrient that supports cell structure and the transmission of nerve impulses from the brain throughout the central nervous system. It supports liver function and also helps maintain healthy homocysteine levels.*

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 is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues, making it helpful in maintaining healthy veins and arteries, muscles, cartilage, tendons, bones, teeth, and skin. Vitamin C supports the metabolizing of fats and proteins. It is especially important for the retina, 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 high-potency vitamin D. Vitamin D supports calcium absorption, helping to support healthy bone density. It also supports healthy cell growth as well as muscle, cardiovascular, and immune function.*

Vita-Antioxidant is a good source of vitamin E, and also contains 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. Benefits include maintaining healthy blood flow, keeping arteries and blood vessels healthy, and supporting immune and cellular function.*

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 longevity and resilience, so your body is better able to meet your health needs. Together as the USANA[®] CellSentials™—the highest-rated supplements in the world—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 and optimize your health span with normal aging.*

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