

USANA ESSENTIALS™

CHELATED MINERAL

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV*
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	135 mg	15%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM AMINO ACID CHELATE)	150 mg	35%
ZINC (AS ZINC CITRATE)	10 mg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	125%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND CHROMIUM PICCOLINATE†)	150 µg	130%
SELENIUM (AS L-SELENOMETHIONINE AND SELENIUM AMINO ACID COMPLEX)	100 µg	140%
BORON (AS BORON CITRATE)	1500 µg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

†DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, CALCIUM SILICATE, RICE PROTEIN HYDROLYSATE, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SODIUM CMC, SODIUM CITRATE.

*LICENSED UNDER U.S. PATENT 4,315,927.

CONTAINS SOY.

MEGA ANTIOXIDANT

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV*
VITAMIN A (100% AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM & ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	900 IU	225%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg	900%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
VITAMIN K (AS PHYLLQUINONE)	30 µg	40%

OLIVOL® (OLIVE EXTRACT, <i>OLEA EUROPAEA</i> L., FRUIT)†	15 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN [CITRUS SPP. L., FRUIT], GREEN TEA EXTRACT-DECAFFEINATED [CAMELLIA SINENSIS HUNT. LEAVES], POMEGRANATE EXTRACT [PUNICA GRANATUM L., FRUIT], CINNAMON EXTRACT [CINNAMOMUM CASSIA L., BARK], BILBERRY EXTRACT [VACCINIUM MYRTILLUS L., FRUIT])	99 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (<i>CURCUMA LONGA</i> L., ROOT)	7.5 mg	†
LUTEIN (<i>TAGETES ERRECTA</i> L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†

†DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, ALPHALIPOIC ACID, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, SODIUM CMC, SODIUM CITRATE.

CONTAINS SOY.

