



The **Essentials™** vitamin, mineral and antioxidant supplements for adults are a combination of two products: Mega Antioxidant™ vitamin and antioxidant supplement and Chelated Mineral™ multi-mineral product. Together, they provide a broad spectrum of vitamins, minerals, and other plant nutrients that form the foundation of USANA's nutritional system.

USANA's patented extract provides highly bioavailable phenolic antioxidants that have been shown to protect low-density lipoproteins (LDL) from oxidation.



Who to Share With

- Every adult, to complement a healthy diet.

Why USANA's Essentials

Comprehensive

- The Essentials™ supplements provide a wide range of vitamins and minerals as well as trace minerals, mixed carotenoids, bioflavonoids, and other plant nutrients and antioxidants.

Potent and Balanced

- They supply a carefully balanced level of nutrients for optimal results.

Bioavailable

- They use high-quality ingredients that are in forms the body can absorb and use.

Patented Olive Extract

- They have the advantage of USANA's patented Olivol® olive-fruit extract that provides the nutritional benefits of the Mediterranean diet.

"Best of the Best"

- The Essential vitamin, mineral, and antioxidant supplements are effective, safe, and manufactured to pharmaceutical quality. They were named "Best of the Best" and one of just four supplements to receive the highest, Gold Medal rating in Lyle MacWilliam's Comparative Guide to Nutritional Supplements, 4th Edition.

How to Use

Take two (2) tablet each of Mega Antioxidant and Chelated Mineral supplements twice daily, preferably with a meal.

Supplement Facts

Serving Size 2 tablets

| | Amount per serving | %DV* |
|--|--------------------|-------|
| VITAMIN A (AS BETA CAROTENE) | 5,000 IU | 100% |
| VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, & ZINC ASCORBATES) | 650 mg | 1080% |
| VITAMIN D3 (AS CHOLECALCIFEROL) | 500 IU | 130% |
| VITAMIN E (AS D-ALPHA-TOCOPHERYL SUCCINATE) | 200 IU | 670% |
| THIAMIN (AS THIAMIN HCL) | 13.5 mg | 900% |
| RIBOFLAVIN | 13.5 mg | 790% |
| NIACIN (AS NIACIN AND NIACINAMIDE) | 20 mg | 100% |
| VITAMIN B6 (AS PYRIDOXINE HCL) | 17 mg | 850% |
| FOLATE (AS FOLIC ACID) | 500 µg | 130% |
| VITAMIN B12 (AS CYANOCOBALAMIN) | 50 µg | 830% |
| BIOTIN | 150 µg | 50% |
| PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE) | 45 mg | 450% |
| OLIVOL® OLIVE EXTRACT, (OLEA EUROPAEA L., FRUIT) ** | 15 mg | † |
| BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN, RESVERATROL (CITRUS SPP. L., FRUIT), GREEN TEA EXTRACT-DECAFFEINATED (CAMELIA SINENSIS HUNT, LEAVES), CINNAMON EXTRACT (CINNAMOMUM CASSIA L., BARK), BILBERRY EXTRACT (VACCINIUM MYRTILLUS L., FRUIT)) | 109 mg | † |
| MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL) | 17 mg | † |
| INOSITOL | 75 mg | † |
| CHOLINE BITARTRATE | 50 mg | † |
| GLUTATHIONE | 5 mg | † |
| BROMELAIN | 25 mg | † |
| ALPHA LIPOIC ACID | 10 mg | † |
| COENZYME Q10 | 6 mg | † |
| TURMERIC EXTRACT (CURCUMA LONGA L., ROT) | 7.5 mg | † |
| LUTEIN (TAGETES ERRECTA L., FLOWER) | 300 µg | † |
| LYCOPENE | 500 µg | † |
| BROCCOLI CONCENTRATE (BRASSICA OLERACEA V. BOTRYTIS L., FLOWER) | 7.5 mg | † |

★ Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

★★ Olivol is a trademark of USANA HEALTH SCIENCES Inc. in the US & protected under US Pat ents 6,358,542 or 6,361,803.

OTHER INGREDIENTS: Microcrystalline Cellulose, Pregelatinized Starch, Croscarmellose Sodium, Ascorbyl Palmitate, Colloidal Silicon Dioxide, Dextrin, Dextrose, Soy Lecithin.

Supplement Facts

Serving Size 2 tablets

| | Amount per serving | %DV* |
|---|--------------------|------|
| CALCIUM (AS CALCIUM CITRATE AND CARBONATE) | 135 mg | 15% |
| MAGNESIUM (AS MAGNESIUM CITRATE AND AMINO ACID CHELATE) | 150 mg | 40% |
| IODINE (AS POTASSIUM IODIDE) | 150 µg | 100% |
| ZINC (AS ZINC CITRATE) | 7.5 mg | 50% |
| SELENIUM (AS SELENIUM AMINO ACID COMPLEX) | 50 µg | 70% |
| COPPER (AS COPPER GLUCONATE) | 1 mg | 50% |
| MANGANESE (AS MANGANESE GLUCONATE) | 2 mg | 100% |
| CHROMIUM (AS CHROMIUM POLYNICOTINATE) | 120 µg | 100% |
| MOLYBDENUM (AS MOLYBDENUM CITRATE) | 25 µg | 35% |
| VANADIUM (AS VANADIUM CITRATE) | 20 µg | † |
| ULTRA TRACE MINERALS | 1.5 mg | † |

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Item# 101 224Tablets/Box