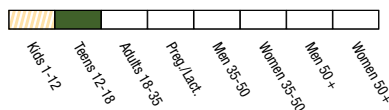




BODY ROX™



ITEM# 104
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Nutrition plays a critical role in everyone's health, but good nutrition is especially important during adolescence and the teenage years of growth, development, and physical maturation. With their active lifestyles and growing bodies, adolescents need advanced levels of antioxidants, vitamins, minerals, and other nutrients to achieve and maintain optimal health.

Teenagers' busy lifestyles almost inevitably lead to irregular eating habits—missing meals and binging on junk food—which may cause serious dietary deficiencies. The fast food that teenagers love to eat tends to be high in calories, fat, and sodium, but low in fibre, vitamins, minerals, and antioxidants.¹ Also, because adolescents receive more peer pressure than any other age group, most boys want to weigh more, and almost all girls want to weigh less. Teenagers need to follow a balanced nutritional plan that may need to include vitamin and mineral supplementation. Based on USANA's **Essentials™** formula for adults, **Body Rox™** is specially formulated to help meet the nutritional needs of growing adolescents. When combined with balanced meals, **Body Rox** helps provide essential nutrients needed during adolescence and young adulthood, setting the stage for lifelong health.²

Antioxidants

An important—and sometimes primary—function of certain vitamins and minerals, such as vitamin E and selenium, is to protect cells from free-radical damage. The body produces antioxidants to counteract this damage, but today's environmental pollutants can create more free radicals than the active teenage body can handle. This situation can be compounded for young athletes, whose increased use of oxygen can further increase oxidative stress. **Body Rox** provides a potent combination of antioxidants that help young bodies maintain ideal health, including rutin, grape seed extract, green tea extract, turmeric extract, lutein, and lycopene.

Vitamins

Body Rox contains balanced amounts of essential vitamins and cofactors that young people need. Beta-carotene, a precursor of vitamin A, is important for vision and healthy skin. Adolescents need B vitamins in advanced amounts to meet the extra demands of growth, energy metabolism, and muscle tissue development.³ Vitamin D is essential for calcium uptake and utilisation, and additional vitamin A and C are often necessary to compensate for erratic eating patterns.

Minerals

Body Rox contains a balance of essential minerals in bioavailable forms that play key roles in maintaining optimal health. For example, calcium assimilation during the developing years is essential for bone health later in life.

Why Body Rox™?

USANA used sound principles of nutrition to develop **Body Rox**, which provides essential antioxidants, vitamins, minerals, and cofactors in an easy-to-swallow tablet. USANA's goal was to combine a broad range of nutrients with the highest possible purity and potency of ingredients—and to keep the formulation at an affordable price.

Body Rox is laboratory tested, quality guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable.

Using Body Rox™

Take three (3) **Body Rox** tablets spread evenly throughout the day, preferably with meals.

EACH TABLET CONTAINS:	
BETACAROTENE	1.8 mg
VITAMIN C (167 mg) AS CALCIUM ASCORBATE	204 mg
CHOLECALCIFEROL (133 IU VITAMIN D3)	3.33 µg
D-ALPHA-TOCOPHERYL ACID SUCCINATE (EQUIV 66.7 IU VITAMIN E)	55.1 mg
PHYTOMENADIONE (VITAMIN K)	20 µg
THIAMINE HYDROCHLORIDE (VITAMIN B1)	3 mg
RIBOFLAVIN (VITAMIN B2)	3 mg
NICOTINIC ACID (VITAMIN B3)	1.67 mg
NICOTINAMIDE	3.33 mg
CALCIUM PANTOTHENATE	11.1 mg
PYRIDOXINE HYDROCHLORIDE (VITAMIN B6)	3 mg
CYANOCOBALAMIN (VITAMIN B12)	20 µg
FOLIC ACID	166 µg
BIOTIN	100 µg
CHOLINE BITARTRATE	15 mg
INOSITOL	10 mg
CYSTEINE HYDROCHLORIDE "ANTIOXIDANT PHYTONUTRIENT COMPLEX" CONTAINING:	8 mg
RUTIN	12 mg
CITRUS BIOFLAVONOIDS	14.3 mg
GRAPE SEED EXTRACT (<i>VITIS VINIFERA</i>)	
EQUIV DRY GRAPE SEED	240 mg
EQUIV PROANTHOCYANIDINS	1.6 mg
GREEN TEA EXTRACT (<i>CAMELLIA SINENSIS</i>)	
EQUIV DRY LEAF	20 mg
TURMERIC EXTRACT (<i>CURCUMA LONGA</i>)	
EQUIV DRY ROOT	8 mg
LUTEIN	75 µg
TOMATO FRUIT EXTRACT (<i>SOLANUM LYCOPERSICUM</i>)	
EQUIV DRY TOMATO FRUIT	165 mg
EQUIV LYCOPENE	50 µg
BROCCOLI FLOWER POWDER (<i>BRASSICA OLEARACEA</i>)	5 mg
CALCIUM (EQUIV 75 mg) AS	
CALCIUM CITRATE	100 mg
CALCIUM ASCORBATE	204 mg
CALCIUM CARBONATE	87 mg
MAGNESIUM (EQUIV 37.5 mg MAGNESIUM) AS	
MAGNESIUM CITRATE	58 mg
MAGNESIUM AMINO ACID CHELATE	12.9 mg
MAGNESIUM OXIDE	49 mg
POTASSIUM IODIDE (EQUIV 50 µg IODINE)	66 µg
ZINC CITRATE (EQUIV 4 mg ZINC)	12.5 mg
L-SELENOMETHIONINE (EQUIV 8.6 µg SELENIUM)	1.7 mg
COPPER GLUCONATE (EQUIV 330 µg COPPER)	2.4 mg
MANGANESE GLUCONATE (EQUIV 1 mg MANGANESE)	9 mg
CHROMIUM (EQUIV 50 µg CHROMIUM) AS	
CHROMIC CHLORIDE	205 µg
CHROMIUM PICOLINATE	84 µg

References

- Lucas, B. In Pipes, PL, Nutrition in infancy and childhood. 4/e. Mosby: St. Louis. 1989.
- Strong, J.P., et al., 1999. JAMA. 281: 727-35.
- Miller, E.C. and Meropis, C.G. 1998. Primary Care. 25:193-210.

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.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

USANA
HEALTH SCIENCES

Essentials
Micronutrition

Body Rox™

- Supplies a convenient formula of essential vitamins, minerals, and antioxidants for active teenagers and young adults
- Includes an extensive antioxidant complex, grape seed extract, and turmeric extract
- Includes powerful antioxidants lutein and lycopene
- Based on the USANA® **Essentials™** formula

