



WITH PATENTED
Olivol™
The Heart of the Olive*



ITEM# 104

- Supports adolescents' general health and well-being
- Includes a comprehensive antioxidant complex specifically formulated for young adults
- Helps compensate for erratic eating patterns

Good nutrition is especially important during adolescence and the teenage years of growth, development, and physical maturation. However, teenagers' busy lifestyles almost inevitably lead to irregular eating habits—missing meals and binging on junk food. 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

BALANCED NUTRITION FOR TEENS

With their active lifestyles and growing bodies, adolescents need a balanced nutritional plan with advanced levels of antioxidants, vitamins, minerals, and other nutrients to achieve and maintain optimal health. **BODY ROX™** is specially formulated to help meet the nutritional needs of growing adolescents in a single tablet. 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 make it more difficult for the active teenage body to handle. This situation can be compounded for young athletes whose increased use of oxygen can further increase oxidative stress.

BODY ROX provides a comprehensive combination of antioxidants that help young bodies maintain ideal health, including **Olivol™**, rutin, quercetin, hesperidin, grape-seed extract, green-tea extract, turmeric extract, lutein, and lycopene.

VITAMINS

BODY ROX contains balanced amounts of essential vitamins and co-factors that young people need: provitamin A from beta carotene is important for vision and healthy skin.^{3,4} Vitamin B, in advanced amounts, meets the extra demands of growth, energy metabolism, and muscle tissue development.⁵ Vitamin E helps to maintain healthy cell membranes.⁶ Vitamin D is essential for uptake and utilization of calcium. Additional vitamin A and C are often necessary to compensate for erratic eating patterns.⁷

MINERALS

BODY ROX contains a balance of highly bioavailable essential minerals that play key roles in maintaining optimal health. For example, copper is important in supporting a healthy immune system.⁸⁻¹⁰ Calcium assimilation during the developing years is essential for bone health later in life. **BODY ROX** also includes vanadium, silicon, and ultra-trace minerals.

References

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RECOMMENDED ADULT DOSE: TAKE THREE (3) TABLETS DAILY / DOSE		RECOMMANDÉE POUR ADULTES : PRENDRE TROIS (3) COMPRIMÉS PAR JOUR.	
EACH TABLET CONTAINS:		CHAQUE COMPRIMÉ CONTIENT :	
BETA CAROTENE (PROVITAMIN A)	3000 IU	BETA-CAROTÈNE (PROVITAMINE A)	
VITAMIN C (CALCIUM ASCORBATE)	167 mg	VITAMINE C (ASCORBATE DE CALCIUM)	
VITAMIN D3 (CHOLECALCIFEROL)	133 IU	VITAMINE D3 (CHOLECALCIFÉROL)	
VITAMIN E (D-ALPHA TOCOPHERYL SUCCINATE)	66.7 IU	VITAMINE E (SUCCINATE D-ALPHA-TOCOPHÉROL)	
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	3 mg	VITAMINE B1 (CHLORHYDRATE DE THIAMINE)	
VITAMIN B2 (RIBOFLAVIN)	3 mg	VITAMINE B2 (RIBOFLAVINE)	
NIACIN	1.67 mg	NIACINE	
NIACINAMIDE	3.33 mg	NIACINAMIDE	
PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE)	10 mg	ACIDE PANTOTHÉNIQUE (D-PANTOTHÉNATE DE CALCIUM)	
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	3 mg	VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)	
VITAMIN B12 (CYANOCOBALAMINE)	20 µg	VITAMINE B12 (CYANOCOBALAMINE)	
FOLIC ACID	267 µg	ACIDE FOLIQUE	
BIOTIN	100 µg	BIOTINE	
CALCIUM (ASCORBATE CITRATE AND CARBONATE)	75 mg	CALCIUM (ASCORBATE CITRATE ET CARBONATE)	
MAGNESIUM CITRATE, H3P* CHELATE, OXIDE	37.5 mg	MAGNESIUM CITRATE, CHELATE PVP*, OXYDE	
ZINC (CITRATE)	4 mg	ZINC (CITRATE)	
IODINE (POTASSIUM IODIDE)	50 µg	IODURE (IODURE DE POTASSIUM)	
COPPER (GLUCONATE)	0.33 mg	CUVRE (GLUCONATE)	
MANGANESE (GLUCONATE)	1 mg	MANGANÈSE (GLUCONATE)	
CHROMIUM (H3P* CHELATE)	50 µg	CHROME (CHELATE DE PVP*)	
SELENIUM (H3P* CHELATE)	40 µg	SELENIUM (CHELATE DE PVP*)	
MOLYBDENUM (CITRATE)	15 µg	MOLYBDÈNE (CITRATE)	
VANADIUM (CITRATE)	10 µg	VANADIUM (CITRATE)	
SILICON (H3P* CHELATE)	1 mg	SILICIUM (CHELATE DE PVP*)	
LIPOTROPIC FACTORS:		FACTEURS LIPOTROPES :	
CHOLINE (BITARTRATE)	15 mg	BITARTRATE DE CHOLINE	
INOSITOL	10 mg	INOSITOL	

*HYDROLYZED VEGETABLE PROTEIN / PROTÉINES VÉGÉTALES HYDROLYSÉES

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELOSE SODIUM, RUTIN, PREGELATINISED STARCH, N-ACETYL L-CYSTEINE, COLLOIDAL SILICON DIOXIDE, DEXTRIN, QUERCETIN, HESPERIDIN, BROCCOLI CONCENTRATE, ASCORBYL PALMITATE, LYCOPENE, OLIVE FRUIT EXTRACT™, GRAPE SEED EXTRACT, GREEN TEA EXTRACT (DECAFENATED), TURMERIC EXTRACT, MIXED CAROTENOIDS (LUTEIN AND ZEAXANTHIN), DEXTRANE, LECITHIN, SODIUM CITRATE / **INGRÉDIENTS NON MÉDICINAUX :** CELLULOSE MICROCRYSTALLINE, CROSCARMELOSE SODIUM, RUTINE, AMIDON PRÉGÉLATINISÉ, N-ACÉTYL L-CYSTEINE, DIOXYDE DE SILICE COLLOÏDAL, DEXTRINE, QUERCÉTINE, HÉSPÉRIDINE, CONCENTRÉ DE BROCCOLI, PALMITATE D'ASCORBYLE, LYCOPÈNE, EXTRAIT D'OLIVE™, EXTRAIT DE PEpins DE RAISIN, EXTRAIT DE THÉ VERT (DECAFÉNÉ), EXTRAIT DE CURCUMA, MÉLANGE DE CAROTÉNOÏDES (LUTÉINE ET ZEAXANTHINE), DEXTRANE, LÉCITHINE, CITRATE DE SODIUM.

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