



ITEM# 103

- Supports general health and well-being
- Delivers a wide spectrum of essential vitamins and cofactors needed for long-term optimal health
- Contains a comprehensive range of antioxidants to defend against oxidative stress
- Is most effective when taken together with MULTIMINERAL PLUS

Daily stress and environmental pollutants bombard us with increasing levels of free radicals (potentially damaging, highly reactive molecules). Diets high in processed foods and lacking in whole, unrefined foods have further increased the need for vitamins and antioxidant supplementation. MEGA ANTIOXIDANT™ offers advanced levels of high-quality, highly bioavailable vitamins and antioxidants to meet this increased need. MEGA ANTIOXIDANT also offers nutritional support for retaining sound cardiovascular function, healthy pregnancies, optimal vision, a sound immune system, and efficient energy metabolism.

**Olivol™—THE HEART OF THE OLIVE™**  
USANA's patented extract provides highly bioavailable phenolic antioxidants that have been shown to protect low-density lipoproteins (LDL) from oxidation.<sup>1,2</sup>

## VITAMIN E—THE PREMIER ANTIOXIDANT

Vitamin E is a family of essential fat-soluble nutrients (tocopherols) that act as powerful antioxidants. D-alpha tocopherol is the natural form shown to have the greatest nutritional and biological value. Vitamin E plays a critical role in protecting LDL and cell membranes from oxidation, and works synergistically with other antioxidants to combat free radical damage.<sup>3</sup> Emerging science has shown that other tocopherols also provide important biological activities and health benefits. These mixed tocopherols help leverage the health benefits of alpha tocopherol with other vitamin E compounds to provide a broad spectrum of antioxidant protection. In addition to D-alpha tocopherol, USANA's advanced formula offers a full range of these natural mixed tocopherols to provide you with additional antioxidant support.

## USANA'S UNIQUE POLY C®

USANA's POLY C® is a complex of mineral ascorbates that helps to prolong vitamin C activity in the body. (See Poly C chart on page 35.) Vitamin C is the master water-soluble antioxidant, offering health maintenance throughout the body.<sup>4</sup>

## MIXED CAROTENOID

USANA uses a mixture of carotenoids, providing a broad spectrum of antioxidant protection. Beta-carotene (provitamin A) promotes healthy skin, a strong immune system, and helps maintain good vision.<sup>5-9</sup> MEGA ANTIOXIDANT includes the safe provitamin form of vitamin A, beta carotene, which naturally converts into vitamin A only as needed, giving you the benefits of vitamin A without the risk of toxicity.

In addition, lutein and lycopene are carotenoid antioxidants involved in protecting against free-radical damage in the eyes and other organs.<sup>10-12</sup> Lutein selectively accumulates in tissues in the eye to help protect against damaging UV radiation.<sup>13</sup> Lycopene supports health maintenance for many organs, including the lungs, skin, cervix, and prostate gland.<sup>10,11</sup>

## COENZYME Q10

A potent antioxidant, coenzyme Q10 (CoQ10) is essential for energy production in our cells.<sup>14</sup> One of the most researched and well-accepted nutrients for cardiovascular health, CoQ10 is especially important for a strong cardiovascular system.<sup>15</sup> The body's ability to synthesize or absorb CoQ10 declines with age, but taking USANA's MEGA ANTIOXIDANT can help you maintain healthy levels of this important nutrient.

## ALPHA LIPOIC ACID

Alpha lipoic acid is a vitamin-like antioxidant that is both fat- and water-soluble. Easily absorbed through the gut and transported across cell membranes, it offers protection against free radicals, both inside and outside the cell.<sup>15,16</sup>

## BIOFLAVONOID COMPLEX

Through our commitment to ongoing research, USANA has developed a unique, broad-spectrum bioflavonoid complex. Bioflavonoids are a diverse group of naturally occurring plant compounds that exhibit a host of biological activities, most notably powerful antioxidant properties that help complement, extend, and synergize the activities of other antioxidants. In addition to synergistic activity from rutin, quercetin, hesperidin, green tea, and bilberry extracts, this diverse complex provides pomegranate and cinnamon extracts to provide broad-spectrum antioxidant support to further enhance and complement the effectiveness of MEGA ANTIOXIDANT.

## COMPLETE VITAMIN B COMPLEX

MEGA ANTIOXIDANT contains carefully proportioned B-complex vitamins, which are fundamental to energy production, metabolism, growth, and retention of normal homocysteine levels.

The U.S. Centers for Disease Control has stated, "All women of childbearing age in the United States who are capable of becoming pregnant should consume at least 400 µg of folic acid per day for the purpose of reducing their risk of having a pregnancy affected with spina bifida or other neural tube defects."<sup>17</sup> One daily dose of MEGA ANTIOXIDANT contains 1,000 µg of folic acid.

Vitamin B12 is necessary for the health of nerve cells; red blood cells; and DNA, the genetic material in all cells.<sup>18</sup> It has been generally accepted that older adults are at greater risk of developing a vitamin B12 deficiency than younger adults. However, new research suggests that the prevalence of vitamin B12 deficiency in young adults may be greater than previously thought, and those who do not take a supplement containing vitamin B12 are twice as likely to be vitamin B12 deficient as supplement users, regardless of age group.<sup>19</sup> MEGA ANTIOXIDANT supplies advanced levels of vitamin B12 at 200 µg in one daily dose.

## References

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RECOMMENDED ADULT DOSE: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD. / DOSE RECOMMANDÉE POUR ADULTE : PRENDRE DEUX (2) COMPRIMÉS DEUX FOIS PAR JOUR, DE PRÉFÉRENCE EN MANGEANT.

### TWO TABLETS CONTAIN:

BETA CAROTENE (PROVITAMIN A)	7,500 IU
VITAMIN C (POLY C—CALCIUM POTASSIUM MAGNESIUM AND ZINC ASCORBATES)	650 mg
VITAMIN D3 (CHOLECALCIFEROL)	300 IU
VITAMIN E (d-ALPHA TOCOPHERYL SUCCINATE)	200 IU
VITAMIN K (PHYLOQUINONE)	30 µg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	13.5 mg
VITAMIN B2 (RIBOFLAVIN)	13.5 mg
NIACIN (NIACIN, NIACINAMIDE)	20 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	16 mg
FOLIC ACID	500 µg
VITAMIN B12 (CYANOCOBALAMIN)	100 µg
BIOTIN	150 µg
PANTOTHENIC ACID (CALCIUM d-PANTOTHENATE)	45 mg
OLIVE FRUIT EXTRACT* (OLEA EUROPAEA)	15 mg
MIXED NATURAL TOCOPHEROLS	17 mg
RUTIN	60 mg
QUERCETIN	12 mg
HESPERIDIN	12 mg
GREEN TEA LEAF EXTRACT - DECAFFEINATED (CAMELLIA SINENSIS)	7.5 mg
POMEGRANATE FRUIT EXTRACT (PUNICA GRANATUM)	5 mg
CINNAMON BARK EXTRACT (CINNAMOMUM CASSIA)	2 mg
BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS)	500 µg
INOSITOL	75 mg
CHOLINE BITARTRATE	50 mg
N-ACETYL L-CYSTEINE	50 mg
BROMELAIN (ANANAS COMOSUS)	25 mg
ALPHA LIPOIC ACID	10 mg
COENZYME Q10 (UBIQUINONE)	6 mg
TURMERIC ROOT EXTRACT (CURCUMA LONGA)	7.5 mg
LUTEIN	300 µg
LYCOPENE	500 µg
BROCCOLI FLOWER CONCENTRATE (BRASSICA OLERACEA)	7.5 mg

### DEUX COMPRIMÉS CONTIENNENT :

BETA-CAROTÈNE (PROVITAMINE A)	7 500 IU
VITAMINE C (POLY C—ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIMUM ET ZINC)	650 mg
VITAMINE D3 (CHOLECALCIFÉROL)	300 IU
VITAMINE E (SUCCINATE d-ALPHA TOCOPHÉRYL)	200 IU
VITAMINE K (PHYLOQUINONE)	30 µg
VITAMINE B1 (CHLORHYDRATE DE THIAMINE)	13,5 mg
VITAMINE B2 (RIBOFLAVINE)	13,5 mg
NIACINE (NIACINE, NIACINAMIDE)	20 mg
VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)	16 mg
ACIDE FOLIQUE	500 µg
VITAMINE B12 (CYANOCOBALAMINE)	100 µg
BIOTINE	150 µg
ACIDE PANTOTHÉNIQUE (d-PANTOTHÉNATE DE CALCIUM)	45 mg
EXTRAIT D'OLIVE* (OLEA EUROPAEA)	15 mg
MÉLANGE DE TOCOPHÉROLS NATURELS	17 mg
RUTINE	60 mg
QUERCÉTINE	12 mg
HESPÉRIDINE	12 mg
EXTRAIT DE FEUILLE DE THÉ VERT - DECAFÉINÉ (CAMELLIA SINENSIS)	7,5 mg
EXTRAIT DE GROSEILLE (PUNICA GRANATUM)	5 mg
EXTRAIT D'ÉCORCE DE CANNELLE (CINNAMOMUM CASSIA)	2 mg
EXTRAIT DE MYRTILLE (VACCINIUM MYRTILLUS)	500 µg
INOSITOL	75 mg
CHOLINE BITARTRATE	50 mg
N-ACÉTYL L-CYSTEINE	50 mg
BROMÉLAINE (ANANAS COMOSUS)	25 mg
ACIDE ALPHA-LIPOÏQUE	10 mg
COENZYME Q10 (UBIQUINONE)	6 mg
EXTRAIT DE RACINE DE CURCUMA (CURCUMA LONGA)	7,5 mg
LUTEÏNE	300 µg
LYCOPÈNE	500 µg
CONCENTRÉ DE FLEUR DE BROCOLI (BRASSICA OLERACEA)	7,5 mg

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, STARCH, CROSCARMELOSE SODIUM, ASCORBIC PALMITATE, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX: CELLULOSE MICROCRISTALLINE, AMIDON, CROSCARMELOSE SODIQUE, PALMITATE D'ASCORBYLE, DEXTRINE, DIOXYDE DE SILICUM, DEXTROSE, LÉCITHINE DE SOYA, CITRATE DE SODIUM.

\*USANA olive fruit extract made under US Patents 6,358,542 or 6,361,803