

## Health Basics

- Provides a full range of the essential vitamins and antioxidants at advanced doses
- Promotes long-term health and well-being\*
- Designed to be taken with Chelated Mineral for maximum benefit. Together, Mega Antioxidant and Chelated Mineral compose the USANA Essentials™ for all adults

## Mega Antioxidant Difference

- Contains Olivol® olive extract, a patented ingredient rich in the unique antioxidants found in olives

## Did You Know?

- Mega Antioxidant offers an unparalleled range of antioxidant nutrients for full-body protection against oxidative stress

## USANA DIFFERENCE

- Effective • Safe • Science-based • Pharmaceutical Quality



WITH PATENTED  
**Olivol®**  
The Heart of the Olive™

ITEM# 103

Daily stress and environmental pollutants bombard us with increasing levels of potentially damaging highly reactive molecules called free radicals. Diets high in processed foods and low in whole, unrefined foods have 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 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 and tocotrienols) 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 it 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 therapeutic benefits.<sup>4</sup> 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® VITAMIN C COMPLEX

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 37.) Vitamin C is the master water-soluble antioxidant, providing antioxidant activity.<sup>4\*</sup>

## MIXED CAROTENOIDS

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. In addition to acting as an antioxidant on its own, alpha lipoic acid can increase or maintain levels of other antioxidant compounds, such as glutathione and vitamin C.<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 their powerful antioxidant properties that help complement, extend, and synergize the activities of other antioxidants. In addition to synergistic activity from rutin, quercetin, and hesperidin, this diverse complex provides green-tea, bilberry, pomegranate, and cinnamon extracts to provide broad-spectrum antioxidant support to further enhance and complement the effectiveness of **Mega Antioxidant** supplement.\*

## COMPLETE VITAMIN B COMPLEX

**Mega Antioxidant** contains carefully proportioned B-complex vitamins, which are fundamental to energy production, metabolism, growth, and maintenance of normal homocysteine levels, provided they are normal to begin with.\*

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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DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

## Supplement Facts

Serving Size 2 Tablets

	AMOUNT PER SERVING	%DV*
VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, & ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	300 IU	80%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLLOQUINONE)	30 µg	40%
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)	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%
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 [ <i>CITRUS SPP.</i> L., FRUIT], GREEN TEA EXTRACT-DECAFFEINATED [ <i>CAMELLIA SINENSIS</i> HUNT, LEAVES], POMEGRANATE EXTRACT [ <i>PUNICA GRANATUM</i> L., FRUIT], CINNAMON EXTRACT [ <i>CINNAMOMUM CASSIA</i> L., BARK], BILBERRY EXTRACT [ <i>VACCINIUM MYRTILLUS</i> L., FRUIT])	99 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
BROMELAIN	25 mg	†
ALPHA LIPOIC ACID	10 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT ( <i>CURCUMA LONGA</i> L., ROOT)	7.5 mg	†
LUTEIN ( <i>TAGETES ERECTA</i> L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
BROCCOLI CONCENTRATE ( <i>BRASSICA OLERACEA V. BOTRYTIS</i> 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., protected under US Patents 6,358,542 or 6,361,803.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, COLLOIDAL SILICON DIOXIDE, DEXTROSE, SOY LECITHIN.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.