

The USANA Essentials

Mega Antioxidant
Dosage is 2 Tablets Twice Daily

Chelated Mineral
Dosage is 2 Tablets Twice Daily



The Essentials—Mega Antioxidant and Chelated Mineral—are the only products on the market that contain Olivol, USANA's patented olive-fruit extract.

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 D ₃ (AS CHOLECALCIFEROL)	900 IU	225%
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 B ₆ (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B ₁₂ (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
OLIVOL**	15 mg	†
(OLIVE EXTRACT, <i>OLEA EUROPAEA</i> L., FRUIT)		
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN [<i>CITRUS</i> SPP. L., FRUIT], GREEN TEA EXTRACT-DECAFFEINATED [<i>CAMELIA 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	†
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</i> V. <i>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, SODIUM CITRATE, ALPHA LIPOIC ACID, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN.

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

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

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

Supplement Facts

Serving Size 2 Tablets

	AMOUNT PER SERVING	%DV*
CALCIUM (AS CALCIUM CITRATE AND CARBONATE)	135 mg	15%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE)	150 mg	40%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND PICOLINATE**)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
BORON (AS BORON CITRATE)	1.5 mg	†
SILICON (AS SILICON AMINO ACID COMPLEX)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

* PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

† DAILY VALUE NOT ESTABLISHED.

** LICENSED UNDER U.S. PATENT 4,315,927.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, VANILLA EXTRACT, SODIUM CITRATE, DEXTROSE, SOY LECITHIN.

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