



Essentials

MultiMineral Plus



Top-rated daily mineral supplement for adults

MultiMineral Plus is a carefully formulated balance of essential minerals and ultra trace minerals sourced from the highest quality suppliers in forms readily absorbed by the body.

THE BENEFITS OF MULTIMINERAL PLUS

Everyone knows the importance of vitamins to help support good health, but minerals are just as vital. Minerals and trace elements represent less than one half of one per cent of the total nutrients we consume every day. Without them, though, our bodies would be unable to function. Minerals balance and regulate our body chemistry, build teeth and bones, help efficiently metabolize nutrients, and provide antioxidant support. Many vitamins and enzymes also need a mineral co-factor to function properly. Each mineral plays many roles in the body.

THE SCIENCE OF MULTIMINERAL PLUS

Instead of adhering to recommended daily values, the levels of micronutrients in MultiMineral Plus are based on cutting-edge research, providing doses that often exceed those of standard minerals. This formula provides minerals in the right amounts for optimal cellular performance.

Each mineral in MultiMineral Plus plays an integral part in helping your body run at optimal levels—especially when combined with bioavailable vitamins and antioxidants:

CALCIUM

The most common mineral in the body, calcium is essential for healthy bones and teeth. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

MAGNESIUM

Because it helps regulate calcium levels, magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 60–70 per cent of the body's magnesium is found. It is involved in the metabolism of carbohydrates and amino acids, necessary for energy production, and it plays an important role in neuromuscular contractions. Every organ, including the lungs, kidneys, and heart, needs a proper balance of magnesium to function optimally.

IODINE

Iodine is a crucial component in the production of thyroid hormones, which regulate metabolism, growth, reproduction, and the synthesis of protein. Supplemental iodine is especially important for people on a vegetarian diet, those who avoid seafood, or those who must restrict their salt intake.

ZINC

A component of hundreds of enzymes, zinc is involved in carbohydrate, fat, and protein metabolism. It is important for insulin production and hormone function. Zinc also helps in connective tissue formation, helps maintain healthy skin, promotes healthy immune function and healthy vision, and supports normal fetal growth.

SELENIUM

Selenium is an antioxidant for the maintenance of good health.

COPPER

Copper helps produce and repair connective tissue, and it helps form red blood cells.

MANGANESE

Important for fat and carbohydrate metabolism, manganese is necessary for maintaining a healthy, normal blood-glucose balance as well as proper brain function. It is an important co-factor in the production of glycosaminoglycans, compounds that make up cartilage and connective tissues, bones, arteries, and other organs.

ITEM #102

RECOMMENDED USE: PROVIDES MINERALS FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ:** FOURNIT DES MINÉRAUX POUR L'ENTRETIEN D'UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: TAKE TWO (2) TABLETS TWICE DAILY WITH FOOD. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE DEUX (2) COMPRIMÉS DEUX FOIS PAR JOUR, AVEC DE LA NOURRITURE. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

TWO TABLETS CONTAIN:		DEUX COMPRIMÉS CONTIENNENT:	
MEDICINAL INGREDIENTS		INGRÉDIENTS MÉDICINAUX	
CALCIUM (CITRATE, CARBONATE)	135 mg	CALCIUM (CITRATE, CARBONATE)	135 mg
MAGNESIUM (CITRATE, HVP* CHELATE)	150 mg	MAGNESIUM (CITRATE, CHÉLATE DE PHP*)	150 mg
IODINE (POTASSIUM IODIDE)	150 µg	IODE (IODURE DE POTASSIUM)	150 µg
ZINC (CITRATE)	10.05 mg	ZINC (CITRATE)	10.05 mg
SELENIUM (SELENOMETHIONINE, HVP* CHELATE)	100.5 µg	SELENIUM (SÉLÉNOMÉTHIONINE CHÉLATE DE PHP*)	100.5 µg
COPPER (GLUCONATE)	1 mg	CUVRE (GLUCONATE)	1 mg
MANGANESE (GLUCONATE)	2.5 mg	MANGANESE (GLUCONATE)	2.5 mg
CHROMIUM (POLYNICOTINATE, PICOLINATE)	150 µg	CHROME (POLYNICOTINATE, PICOLINATE)	150 µg
MOLYBDENUM (CITRATE)	25.05 µg	MOLYBDÈNE (CITRATE)	25.05 µg
SILICON (HVP* CHELATE)	2 mg	SILICUM (CHÉLATE DE PHP*)	2 mg
VANADIUM (CITRATE)	20 µg	VANADIUM (CITRATE)	20 µg
BORON (CITRATE)	1.5 mg	BORE (CITRATE)	1.5 mg

(*HYDROLYSED VEGETABLE PROTEIN / *PROTÉINES VÉGÉTALES HYDROLYSÉES)
NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, STARCH, SILICON DIOXIDE, DEXTRIN, RICE PROTEIN, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SEA SALT, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX: CELLULOSE MICROCRISTALLINE, HYDROXYPROPYLCELLULOSE, CROSCARMELLOSE SODIUM, PALMITATE D'ASCORBYLE, AMIDON, DIOXYDE DE SILICUM, DEXTRINE, PROTÉINE DE RIZ, EXTRAIT DE VANILLE, DEXTROSE, LÉCITHINE DE SOJA, SEL DE MER, CITRATE DE SODIUM.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGÉNÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

FOR ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. DO NOT TAKE IF YOU ARE PREGNANT OR NURSING. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A HISTORY OF NON-MELANOMA SKIN CANCER, HAVE BEEN DIAGNOSED WITH ESTROGEN-DEPENDENT CANCER OR OTHER MEDICAL CONDITION, OR ARE TAKING A PRESCRIPTION DRUG. CONSULT YOUR PHYSICIAN FOR USE BEYOND 6 MONTHS. / POUR ADULTES SEULEMENT. GARDER HORS DE LA PORTÉE DES ENFANTS. N'UTILISEZ PAS CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITEZ. CONSULTEZ VOTRE MÉDECIN AVANT DE PRENDRE CE PRODUIT SI VOUS AVEZ DES ANTECÉDENTS DE CANCER DE LA PEAU NON-MÉLANOME, REÇU UN DIAGNOSTIC DE CANCER LIÉ À L'ESTROGÈNE OU POUR TOUT AUTRE PROBLÈME DE SANTÉ, OU SI VOUS PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE. CONSULTEZ VOTRE MÉDECIN POUR UNE UTILISATION AU-DELÀ DE 6 MOIS.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLAÇON EST SCÉLÉE. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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CHROMIUM

Chromium provides support for healthy glucose metabolism and helps the body metabolize carbohydrates and fats.

MOLYBDENUM

Molybdenum helps the body metabolize proteins.

THE USANA DIFFERENCE

Because it is one half of the **USANA® Essentials™**—the top-rated supplements in the world—MultiMineral Plus is the best mineral supplement to protect your health. Formulated by a team of experts using highly bioavailable forms of each nutrient, the USANA Essentials surpass virtually every competitor for completeness, potency, and quality. USANA also makes the Essentials in our own state-of-the-art facilities, which allows us to oversee the entire production cycle to ensure that our products deliver only the safest, most effective formulas for you and your family.

