



Family

Body Rox™

Complete daily vitamin, mineral, and antioxidant supplement



The Body Rox supplement is specially formulated to help fill the gaps in a poor diet and help meet certain nutritional needs.

THE BENEFITS OF BODY ROX

Establishing healthy dietary habits that will last for a lifetime and getting optimal nutrition are especially important for young adults. And while there is no substitute for a balanced diet, Body Rox is a convenient way to ensure that they are getting the nutrients they need to perform at their mental and physical best every day.

Additionally, healthy lifestyle habits and maintaining optimal levels of essential vitamins and minerals in the body help maintain overall health and keep the body's immune system working as it should. Body Rox powers health with advanced levels of antioxidant vitamins A, E, and C, as well as a full complement of B vitamins, vitamin D, zinc, and selenium.

THE SCIENCE OF BODY ROX

In addition to helping normal growth and development, proper nutrition is the key to staying energized throughout the entire day. Body Rox is an exceptional formula to ensure daily nutrient requirements are met. Many of the nutrients in Body Rox are essential for energy production because they help turn the foods we eat into useable fuel by supporting protein, fat, carbohydrate, and glucose metabolism.

The ingredients in Body Rox also support the needs of athletes. In addition to providing antioxidants for the maintenance of good health, it also helps in the development and maintenance of bones and helps to maintain proper muscle function. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may also reduce the risk of developing osteoporosis later in life. Body Rox helps in connective tissue formation and the maintenance of cartilage, as well as in formation of red blood cells.

By providing consistent levels of optimal nutrition, Body Rox will also help keep the brain working at its best and will help maintain healthy skin and teeth. As a source of vitamin A, it also helps maintain eyesight.

THE USANA DIFFERENCE

In three tablets a day, USANA's Body Rox provides nutrients that young adults need to be their best every day. Only Body Rox offers USANA's exclusive Antioxidant Phytonutrient Complex, which includes a special blend of antioxidant-rich phytonutrients, including our U.S. patented Olivol™* formula. It also contains a generous amount of vitamin D to help prevent vitamin D deficiency, which has become increasingly common among young adults. And a tasty fruit-flavoured coating helps make swallowing each tablet just a little bit easier.

*U.S. Patent Nos. 6,358,542 and 6,361,803



ITEM #104

RECOMMENDED USE: A BROAD-SPECTRUM VITAMIN AND MINERAL SUPPLEMENT FOR THE MAINTENANCE OF GOOD HEALTH. **USAGE RECOMMANDÉ:** SUPPLÉMENT DE VITAMINES ET MINÉRAUX À SPECTRE LARGE POUR LE MAINTIEN D'UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: TAKE ONE (1) TABLET THREE TIMES A DAY, PREFERABLY WITH MEALS. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE TROIS (3) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

EACH TABLET CONTAINS:

MEDICINAL INGREDIENTS		CHACQUE COMPRIMÉ CONTIENT :	INGRÉDIENTS MÉDICINAUX
BETA CAROTENE	3,000 IU	(1.8 mg. PROVITAMIN A)	BÉTA-CAROTÈNE
VITAMIN C (AS POLY C. CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES; ASCORBYL PALMITATE)	167 mg		VITAMINE C (ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIUM ET ZINC; PALMITATE D'ASCORBYLE)
VITAMIN D3	333.3 IU		VITAMINE D3
(8.33 µg. CHOLECALCEROL)			(8.33 µg. CHOLECALCÉROL)
VITAMIN E (44.65 mg. AT. D-ALPHA TOCOPHERYL SUCCONATE)	66.7 IU		VITAMINE E (44.65 mg. AT. SUCCONATE DE D-ALPHA TOCOPHÉROL)
VITAMIN K1	20 µg		VITAMINE K1
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	6.67 mg		VITAMINE B1 (CHLORHYDRATE DE THIAMINE)
VITAMIN B2 (RIBOFLAVIN)	6.67 mg		VITAMINE B2 (RIBOFLAVINE)
NIACIN	4 mg		NIACINE
NIACINAMIDE	8 mg		NIACINAMIDE
VITAMIN B6	8 mg		VITAMINE B6
(PYRIDOXINE HYDROCHLORIDE)			(CHLORHYDRATE DE PYRIDOXINE)
FOLIC ACID (FOLATE)	166 µg		ACIDE FOLIQUE (FOLATE)
VITAMIN B12 (CYANOCOBALAMIN)	50 µg		VITAMINE B12 (CYANOCOBALAMINE)
BIOITIN	100 µg		BIOITINE
PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE)	10 mg		ACIDE PANTOTHÉNIQUE (D-PANTOTHÉNATE DE CALCIUM)
CHOLINE BITARTRATE	15 mg		BITARTRATE DE CHOLINE
QUERCETIN DIHYDRATE	10 mg		QUERCÉTINE DIHYDRATE
(STYPPANOLIBIUM JAPONICUM WHOLE)	50 mg		(STYPPANOLIBIUM JAPONICUM WHOLE)
GREEN TEA LEAF EXTRACT, DECAFFEINATED	4 mg		EXTRAIT DE FEUILLE DE THÉ VERT, DÉCAFÉINÉ
CAMELLIA SINEENSIS	4 mg		(CAMELLIA SINEENSIS)
GRAPE SEED EXTRACT (VITIS VINIFERA)	4 mg		EXTRAIT DE PÉPIN DE RAISIN (VITIS VINIFERA)
OLIVE FRUIT EXTRACT** (OLEA EUROPAEA)	4 mg		EXTRAIT D'OLIVE** (OLEA EUROPAEA)
MERIVA® BIODISPONIBLE CURCUMIN COMPLEX***			COMPLEXE DE CURCUMINE BIODISPONIBLE MERIVA®
CONTAINING: CURCUMIN	0.9 mg		CONTENANT: CURCUMINE
LUTEN (TAGETIS ERECTA FLOWER)	500 µg		LUTÉINE (TAGETIS ERECTA FLEUR)
LYCOPENE	150 µg		LYCOPÈNE
BROCCOLI FLOWER POWDER (BRASSICA OLERACEA VAR. ITALICA)	5 mg		POUDRE DE FLEUR DE BROCOLI (BRASSICA OLERACEA VAR. ITALICA)
CALCIUM CITRATE CARBONATE	75 mg		CALCIUM (CITRATE, CARBONATE)
POTASSIUM CITRATE	50 µg		POTE DE POTASSIUM
MAGNESIUM CITRATE, HVP CHELATE	37.5 mg		MAGNÉSIUM (CITRATE, CHÉLATE DE HVP)
ZINC CITRATE	4 mg		ZINC (CITRATE)
SELENIUM (HVP) CHELATE	50 µg		SÉLÉNIUM (CHÉLATE DE HVP)
COPPER (GLUCONATE)	330 µg		CUIVRE (GLUCONATE)
MANGANESE (GLUCONATE)	1 mg		MANGANESE (GLUCONATE)
CHROMIUM NICOTINATE CHLORIDE	50 µg		CHROME NICOTINATE CHLORURE
MOLYBDENUM (HVP) CHELATE	16.6 µg		MOLYBDÈNE (CHÉLATE DE HVP)

*HYDROLYZED VEGETABLE PROTEIN / PROTÉINES VÉGÉTALES HYDROLYSÉES

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELOSE SODIUM, HYDROXYPROPYLCELLULOSE, SILICON DIOXIDE, L-CYSTEINE HYDROCHLORIDE, DEXTROL, CALCIUM SILICATE, LECITHIN, DEXTROSE, NATURAL MANGO FLAVOUR, CARBOXYMETHYLCELLULOSE SODIUM, STEVIA REBAUDIANA LEAF, SODIUM CITRATE. / INGREDIENTS NON MÉDICINAUX : CELLULOSE MICRO-CRYSTALLINE, CROSCARMELOSE SODIQUE, HYDROXYPROPYLCELLULOSE, DIOXYDE DE SILICIUM, CHLORURE DE L-CYSTEINE, DEXTRINE, SILICATE DE CALCIUM, LÉCITHINE, DEXTROSE, AROMA NATUREL DE MANGUE, CARBOXYMETHYLCELLULOSE SODIQUE, FEUILLE DE STEVIA REBAUDIANA, CITRATE DE SODIUM.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT OR BREASTFEEDING. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE GALLSTONES, BILE DUCT OBSTRUCTION, STOMACH ULCERS, EXCESS STOMACH ACID, AN IRON DEFICIENCY, ARE TAKING ANTIPLATELET MEDICATION OR BLOOD THINNERS, OR IF YOU HAVE A LIVER DISORDER OR DEVELOP SYMPTOMS OF LIVER TROUBLE (SUCH AS ABDOMINAL PAIN, DARK URINE, OR JAUNDICE). CONSULT YOUR PHYSICIAN FOR USE BEYOND ONE MONTH OR IF YOU ARE TAKING A PRESCRIPTION DRUG OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALAITEZ. SI VOUS SOUFFREZ DE CALCULS BILIAIRES, D'OBSTRUCTION DES VOIES BILIAIRES, D'ULCÈRE D'ESTOMAC, D'EXCES D'ACIDE GASTRIQUE OU DE CARENCE EN FER, SI VOUS PRENEZ DES MÉDICAMENTS ANTI-PLAQUETAIRES OU DES ANTICOAGULANTS, OU SI VOUS AVEZ UN TROUBLE DU FOIE, DES SYMPTÔMES DE TROUBLES HÉPATIQUES (PAR EX. : DOULEUR ABDOMINALE, URINE FONCÉE OU JAUNISSE), CONSULTEZ AUSSI VOTRE MÉDECIN POUR UNE UTILISATION AU-DELÀ D'UN MOIS OU SI VOUS PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.

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

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'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHÉANT.

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

***MERIVA IS A TRADEMARK OF INDIENA S.p.A. / MERIVA™ EST UNE MARQUE DÉPOSÉE D'INDIENA S.p.A.

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