

Vita-Antioxidant is an excellent source of vitamins B6 and B12, thiamin, riboflavin, niacin, biotin, pantothenic acid, and folate. The B vitamins, which also include inositol, are essential to many aspects of our health, including the following:

- As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B6, and vitamin B12 may reduce the risk of vascular disease. The FDA evaluated the above claim and found that while it is known that diets low in saturated fat and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.
- Maintaining healthy homocysteine levels, provided they are healthy to begin with, which is associated with heart health\*
- Metabolizing fats, proteins, and carbohydrates, which plays a role in maintaining energy levels\*
- Supporting normal formation of red blood cells, tissue, and DNA\*
- Supporting healthy immune cell production\*
- Healthy brain and nerve function; folate is especially important for women of childbearing age to help support healthy fetal neurocognitive development.\*
- Growth of healthy skin, hair, and nails\*
- Antioxidants, such as vitamin E, help defend your cells against the oxidative stress caused by sunlight, pollution, and stress, which can all prematurely age the skin.
- Lycopene, lutein, and beta carotene play a role in supporting the skin.
- Inositol, biotin, and pantothenic acid are fundamental to the growth of healthy skin, hair, and nails.
- Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues (also important for maintenance of muscle, joint, and tendon function).

Usually grouped with the B vitamins, though not technically a vitamin, choline is an essential nutrient that supports cell structure and the transmission of nerve impulses from the brain throughout the central nervous system. It supports liver function and also helps maintain healthy homocysteine levels.\*

Vita-Antioxidant is rich in vitamin C. USANA uses a unique Poly C<sup>®</sup> vitamin C blend, which provides higher levels of vitamin C in plasma than ascorbic acid alone. Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues, making it helpful in maintaining healthy veins and arteries, muscles, cartilage, tendons, bones, teeth, and skin. Vitamin C supports the metabolizing of fats and proteins. It is especially important for the retina, where concentrations are significantly higher than in the blood. And it also supports healthy production of immune cells.\* Additional vitamin C is also found in Core Minerals.

Vita-Antioxidant contains high-potency vitamin D. Vitamin D supports calcium absorption, helping to support healthy bone density. It also supports healthy cell growth as well as muscle, cardiovascular, and immune function.\*

Vita-Antioxidant is a good source of vitamin E, and also contains 20 mg of mixed tocopherols in each tablet. The mixed tocopherols, though not technically vitamin E, offer similar functions. This is a comprehensive blend with broad-spectrum support that more closely reflects what would come from a healthy diet. Benefits include maintaining healthy blood flow, keeping arteries and blood vessels healthy, and supporting immune and cellular function.\*

#### THE USANA DIFFERENCE

Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Vita-Antioxidant offers excellent completeness, potency, quality, and safety. Vita-Antioxidant with the InCelligence Complex is uniquely formulated to go beyond providing the best possible vitamins and antioxidants to nourish your cells. It also helps to activate the natural intelligence of your cells to proactively promote cellular longevity and resilience, so your body is better able to meet your health needs. Together as the USANA<sup>®</sup> CellSentials™—the highest-rated supplements in the world—you can trust that Core Minerals and Vita-Antioxidant are the best comprehensive micronutrient supplement you can choose to nourish, protect, and renew your health every day and optimize your health span with normal aging.\*

#### References

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