



112 tablets
Active Calcium™
Dietary Supplement



84 tablets
Chelated Mineral
Dietary Supplement



56 soft-gel capsules
CoQuinone®
Dietary Supplement



84 tablets
Mega Antioxidant
Dietary Supplement



120 tablets
Procosa® II
Dietary Supplement



56 tablets
Proflavanol® 90
Dietary Supplement



IN THE PHYSICIANS' DESK REFERENCE

Six of USANA's products are listed in the 2004 edition of the *Physicians' Desk Reference* (PDR). This widely distributed volume is the reference of choice for doctors who need an accurate and authoritative overview of prescription and non-prescription pharmaceutical products.

The text pertaining to USANA's products, reproduced on the back of this sheet, can be found on pages 3250-51, of the PDR (58th Edition). It highlights USANA's advanced formulas; notes the fact that the products meet United States Pharmacopoeia (USP) guidelines for potency, uniformity, and disintegration (as applicable); and that they are manufactured according to pharmaceutical Good Manufacturing Practices (cGMP) standards. Photographs of MEGA ANTIOXIDANT, CHELATED MINERAL, and PROFLAVANOL 90 are located on page 337 of the Product Identification Guide.

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ACTIVE CALCIUM™

COMPOSITION

Each Active Calcium tablet contains the following minerals:

Calcium (as citrate and carbonate)	200 mg
Magnesium (as citrate, aminoate* and oxide)	100 mg
Silicon (as aminoate*)	2.25 mg
Boron (as citrate)	330 mcg
Vitamin D ₃ (cholecalciferol)	100 IU
Vitamin K (phyllquinone)	15 mcg

*Amino acid chelate from rice protein

ADVANTAGES

Each tablet contains a balanced blend of calcium, magnesium, vitamin D, vitamin K, boron and silicon; six nutrients required for bone development, bone remodeling and skeletal health. This non-prescription product meets USP guidelines for potency (as applicable), uniformity and disintegration, and is manufactured according to pharmaceutical cGMP standards.

RECOMMENDED USE

Take 4 tablets by mouth daily, preferably with meals.

SUPPLIED

Capsule-shaped tablet, mottled greenish-white color, with clear film coating, and with USANA imprint. In bottle of 112 tablets.

CHELATED MINERAL

[key'-lā-tēd mineral]

COMPOSITION

Each Chelated Mineral contains the following minerals:

Calcium (as citrate)	90 mg
Magnesium (as citrate, aminoate* and oxide)	100 mg
Zinc (as citrate)	6.7 mg
Manganese (as gluconate)	1.7 mg
Boron (as citrate)	1 mg
Copper (as gluconate)	1 mg
Chromium (as polynicotinate and picolinate)	100 mcg
Iodine (as potassium iodide)	75 mcg
Selenium (as L-selenomethionine and aminoate*)	66.7 mcg
Molybdenum (as citrate)	16.6 mcg
Vanadium (as vanadyl sulfate)	10 mcg
Silicon (as aminoate*)	1 mg
Trace minerals	1 mg

*amino acid chelate from rice protein.

ADVANTAGES

Each tablet contains a complete and balanced blend of essential minerals in bioavailable forms. The Chelated Mineral is designed to be taken with USANA's Mega Antioxidant to provide the full complement of essential nutrients required for health. This non-prescription product meets USP guidelines for potency (as applicable), uniformity and disintegration, and is manufactured according to pharmaceutical cGMP standards.

RECOMMENDED USE

Take 3 tablets by mouth daily, preferably with meals.

SUPPLIED

Oblong shaped tablet, off-white color, with clear film coating and with USANA imprint. In bottle of 84 tablets.

Shown in Product Identification Guide, page 337

COQUINONE®

[cō-kwi-nōn]

COMPOSITION

Each CoQuinone contains the following:

Coenzyme Q ₁₀	30 mg
Alpha Lipoic Acid	12.5 mg

ADVANTAGES

CoQuinone contains a hydrosoluble form of Coenzyme Q₁₀ (CoQ₁₀) that is 2.5 times more bioavailable than material supplied in dry tablet/capsule formulas. The higher blood levels of CoQ₁₀ supplied enhance mitochondrial production of ATP. CoQ₁₀ is a rate-limiting factor in the electron transport chain involved in mitochondrial production of ATP. It is also involved in neutralizing free radicals generated during ATP production. As such, CoQ₁₀ helps the body maintain healthy skeletal and cardiac muscle. Alpha lipoic acid is included in the formula as a lipid-soluble antioxidant to recycle CoQ₁₀ from the prooxidant form to the antioxidant form. This non-prescription product meets USP guidelines for uniformity and disintegration and is manufactured according to cGMP standards.

RECOMMENDED USE

Take 1 or 2 capsules by mouth daily.

SUPPLIED

Oval shaped, soft gelatin capsule, annatto-colored, opaque, imprinted with USANA in white edible ink. Capsules contain an orange colored liquid. In bottle of 56 soft-gel capsules.

MEGA ANTIOXIDANT

[mēgā aenti-ōk-si-dēnt]

COMPOSITION

Each Mega Antioxidant contains the following vitamins and antioxidants:

Beta carotene	5,000 IU
Vitamin C (as Poly C, a blend of calcium, zinc, potassium and magnesium ascorbates)	433 mg
Vitamin D ₃ (cholecalciferol)	150 IU
Vitamin E (d-alpha tocopheryl succinate)	150 IU
Vitamin K (phyllquinone)	20 mcg
Vitamin B1 (Thiamine HCl)	9 mg
Vitamin B2 (Riboflavin)	9 mg
Niacin and Niacinamide	13.3 mg
Vitamin B6 (Pyridoxine HCl)	9 mg
Folate (Folic Acid)	333 mcg
Vitamin B12 (Cyanocobalamin)	20 mcg
Biotin	100 mcg
Pantothenic Acid	30 mg
OlivoI™ (olive extract)	10 mg
Bioflavonoid Complex (Rutin, Quercetin, Hesperidin, Green Tea Extract, Bilberry Extract)	64.5 mg
Inositol	50 mg
Choline Bitartrate	33.3 mg
N-Acetyl-L-Cysteine	21.7 mg
Bromelain	16.7 mg
Alpha-Lipoic Acid	5 mg
Coenzyme Q ₁₀	4 mg
Reduced Glutathione	3.3 mg
Turmeric Extract	5 mg
Lutein	200 mcg
Lycopene	0.33 mg
Broccoli Concentrate	5 mg

ADVANTAGES

A comprehensive and balanced formula containing the essential vitamins and antioxidants at levels substantially higher than RDA amounts. In addition to the traditionally recognized essential nutrients, the formula contains a unique blend of dietary antioxidants including carotenoids, a bioflavonoid complex, a glutathione complex, and USANA's patented OlivoI™ to provide full-spectrum antioxidant protection. This formula is designed to be taken with USANA's Chelated Mineral to provide the full complement of essential nutrients required for health. This non-prescription product meets USP guidelines for potency

(as applicable), uniformity and disintegration, and is manufactured according to pharmaceutical cGMP standards.

RECOMMENDED USE

Three tablets by mouth daily, preferably with meals.

SUPPLIED

Oblong shaped tablets, mottled orange-brown color, with clear film coating and with USANA imprint. In bottle of 84 tablets.

Shown in Product Identification Guide, page 337

PROCOSA® II

[prō-cō-sā 2]

COMPOSITION

Each Procosa II tablet contains the following:

Vitamin C (as calcium ascorbate)	75 mg
Manganese (as gluconate)	1.25 mg
Glucosamine Sulfate	500 mg
Silicon (as aminoate*)	0.75 mg
Turmeric Extract	125 mg

*amino acid chelate from rice protein.

ADVANTAGES

A comprehensive joint formula combining a clinically proven dose of glucosamine sulfate with vitamin C, manganese, and silicon; three additional nutrients needed for cartilage synthesis. Procosa II also contains turmeric extract, a potent antioxidant that supports inflammation response. This non-prescription product meets USP guidelines for potency (as applicable), uniformity and disintegration, and is manufactured according to pharmaceutical cGMP standards.

RECOMMENDED USE

Take two tablets twice daily, preferably with meals

SUPPLIED

Oblong, orange-colored tablet, scored on one side. In bottle of 120 tablets.

PROFLAVANOL® 90

[prō-flā-vi-nol]

COMPOSITION

Each Proflavanol 90 contains the following:

Vitamin C (as Poly C, a blend of calcium, zinc, potassium and magnesium ascorbates)	300 mg
Grape seed extract	90 mg
Ascorbyl palmitate	12 mg

ADVANTAGES

A potent antioxidant formula combining the proanthocyanidins (bioflavonoids) from standardized grape seed extract with vitamin C in the form of ascorbate salts and ascorbyl palmitate. Proflavanol 90 is designed to be taken as a stand-alone antioxidant, or preferably in combination with USANA's Mega Antioxidant and Chelated Mineral to provide additional antioxidant protection. This non-prescription product meets USP guidelines for uniformity and disintegration and is manufactured according to pharmaceutical cGMP standards.

RECOMMENDED USE

Take 1-3 tablets by mouth daily.

SUPPLIED

Oblong, buff-colored tablet, with clear film coating, with USANA imprint. In bottles of 56 tablets.

Shown in Product Identification Guide, page 337