AnOx Multi-Vitamin
Multi-Mineral

Ingredients:
Green Tea Extract
Citrus Bioflavonoids
Rutin
Hesperidin
Echinacea
Vitamin A
Vitamin C
Vitamin D
Vitamin E
Thiamin (Vitamin B1)
Riboflavin (Vitamin B2)
Niacin (Vitamin B3)
Vitamin B6 (Pyridoxine)
Folate (Folic Acid)
Vitamin B12
Biotin
Pantothenic Acid
Calcium
Iron
Iodine
Magnesium
Zinc
Selenium
Copper
Manganese
Chromium
Molybdenum
Potassium
Boron
Vanadium
Choline
Inositol
PABA
Methionine
Alpha-Lipoic Acid
Plenalin

There is scarcely a column on health and nutrition these days that doesn't mention vitamin antioxidants. Antioxidants have been around since life began. Vitamins like Vitamin E, C and Beta-Carotene are amongst the molecules that exhibit antioxidant properties.

Oxygen bubbles are like free radicals in the body. When they combine with tissue, they oxidize chemicals that form tissue, like oxygen oxidizes iron into rust. And just as rust does not possess the strength of iron, oxidized tissues lose strength when they are damaged by oxidation.

Free radicals in your body are formed naturally; a result of metabolism as it converts food to chemical molecules, or as a result of tissue damage. Your body has built-in defenses against free radicals, but the effects of stress, environmental pollutants or age sometimes overwhelm these defenses.

Antioxidants like Beta-Carotene (a form of Vitamin A), Vitamin E and Vitamin C, and the nutrient Selenium have been reported to capture these free radicals before they attach to vital tissues, thereby working as an antioxidant. Each antioxidant makes a unique contribution as a "trapper" of free radicals. As a team, the antioxidants help maximize cell defense.

Contains the following ingredients:

Green Tea Extract: Herb. This nutrient contains polyphenols (flavonoids) which are strong antioxidants and beneficial to overall nutrition.

Citrus Bioflavonoids: Nutrient. Bioflavonoids are some of the most widespread biologically active substances in plants. They prevent the formation of free radicals, and prevent capillary walls from becoming permeable and less resistant to leakage. They are anti-inflammatory, immune-supporting, stimulate antibody production, support T-cell formation, and inhibit the activity of endotoxins (potent liver-damaging chemicals produced by bacteria).
**Rutin:** Nutrient. A natural bioflavonoid which acts synergistically with Vitamin C to help maintain a healthy immune system.


**Echinacea:** Herb. Stimulates certain white blood cells and has anti-inflammatory and antiviral properties. Good for the immune system and the lymphatic system. Useful for colic, colds, flu, and other infectious illnesses.

**Vitamin A:** Vitamin A helps prevent night blindness and other eye problems, as well as some skin disorders, such as acne. It enhances immunity, may heal gastrointestinal ulcers, protects against pollution and cancer formation.

**Vitamin C:** Vitamin C is an antioxidant that is required for tissue growth and repair, adrenal gland function, and healthy gums. It protects against the harmful effects of pollution, helps to prevent cancer, protects against infection, and enhances immunity. Vitamin C increases the absorption of iron, and may reduce cholesterol levels and high blood pressure and prevent atherosclerosis. Essential in the formation of collagen, it protects against blood clotting and bruising, and promotes the healing of wounds and burns.

**Vitamin D:** A fat soluble vitamin called the "Sunshine Vitamin." Can be acquired either from sunlight or diet. It is necessary for growth, and is required for the absorption and utilization of calcium and phosphorus by the intestinal tract, and is especially important for the normal growth and development of bones and teeth in children. It protects against muscle weakness and is involved in the regulation of the heartbeat.

**Vitamin E:** An antioxidant that has been shown to help prevent cancer and cardiovascular disease. It improves circulation and is necessary for tissue repair. It is useful in treating PMS and promotes normal blood clotting and healing. It helps to maintain healthy nerves and muscles, while strengthening capillary walls. It promotes healthy skin and nails and prevents anemia. Vitamin E protects other fat soluble vitamins from destruction by oxygen, and aids in the utilization of Vitamin A. Deficiency symptoms may include infertility (in both sexes), menstrual problems, neuromuscular impairment, and shortened red blood cell life span. The body needs zinc in order to maintain proper levels of E in the blood.

**Thiamin (Vitamin B1):** B1 enhances circulation and assists in blood formation, carbohydrate metabolism, and the production of hydrochloric acid, which is important for proper digestion. It also optimizes cognitive activity and brain function. It has a positive effect on energy, growth, normal appetite, and is needed for muscle tone of the intestines, stomach, and heart. B1 acts as an antioxidant, protecting the body from the degenerative effects of aging, alcohol consumption, and smoking.

**Niacin (Vitamin B3):** Niacin is needed for proper circulation and healthy skin. It aids in the functioning of the nervous system; in the metabolism of carbohydrates, fats, proteins, and in the production of hydrochloric acid for the digestive system. Niacin lowers cholesterol and improves circulation.
Riboflavin (Vitamin B2): B2 is necessary for red blood cell formation, antibody production, cell respiration, and growth. It alleviates eye fatigue and is important in the prevention and treatment of cataracts. It also facilitates the use of oxygen by the tissues of the skin, nails and hair, and helps the absorption of iron and vitamin B6. Like the other B vitamins, it is not stored by the body and must be replaced regularly from whole foods or supplements. America’s most common vitamin deficiency is Riboflavin.

Vitamin B6 (Pyridoxine): B6 is involved in more bodily functions than almost any other single nutrient. It affects both physical and mental health. It is beneficial if you suffer from water retention, and is necessary for the production of hydrochloric acid and the absorption of fats and protein. It also aids in maintaining sodium and potassium balance, and promotes red blood cell formation. It is required by the nervous system and is needed for normal brain function. Vitamin B6 plays a role in cancer immunity and aids in the prevention of arteriosclerosis. It inhibits the formation of a toxic chemical called homocysteine, which attacks the heart muscle and allows the deposition of cholesterol around the heart muscle. A deficiency may cause acne, anorexia, arthritis, conjunctivitis, depression, dizziness, fatigue, hyper-irritability, impaired wound healing, learning difficulties, weak memory, hearing difficulties, and oily facial skin.

Folate (Folic Acid): Vitamin. Considered brain food, folate is needed for energy production and the production of red blood cells. It may also help depression and anxiety. Folate works best when combined with Vitamin B12 and Vitamin C. A deficiency may be caused by inadequate consumption of fresh fruits and vegetables or eating only cooked vegetables, as cooking destroys it.

Vitamin B12: Needed to prevent anemia. It aids folic acid in regulating the formation of red blood cells, and helps in the utilization of iron. It is required for proper digestion, absorption of foods, the synthesis of protein, and the metabolism of carbohydrates and fats. A Vitamin B12 deficiency can be caused by malabsorption, which is most common in the elderly and those with digestive disorders.

Biotin: Vitamin. Biotin aids in cell growth, in the metabolism of carbohydrates, fats and proteins, and in the utilization of the other B-complex vitamins. Biotin is needed for healthy hair and skin. It also promotes healthy sweat glands, nerve tissue and bone marrow.

Pantothenic Acid (Vitamin B5): Known as “the anti-stress vitamin,” it plays a role in the production of the adrenal hormones and the formation of antibodies, aids in vitamin utilization, and helps convert fats, carbohydrates and proteins into energy. It is also a stamina enhancer and prevents certain forms of anemia. It is needed for normal functioning of the gastrointestinal tract and may be helpful in treating depression and anxiety.

Calcium: Mineral. Is vital for the formation of strong bones and teeth and for the maintenance of healthy gums. It is also important in the maintenance of regular heartbeat and the transmission of nerve impulses. Calcium lowers cholesterol levels and helps prevent cardiovascular disease. It is needed for muscular growth and contraction, and for the prevention of muscle cramps. This important mineral is essential in blood clotting, may lower blood pressure, and prevent bone loss associated with osteoporosis.
Iron: Mineral. Perhaps the most important of iron's functions in the body is the production of hemoglobin and myoglobin (the form of hemoglobin found in muscle tissue) and the oxygenation of red blood cells. Iron is also required for a healthy immune system and for energy production. Deficiency is most often caused by insufficient intake, however may result from intestinal bleeding, excessive menstrual bleeding, a diet high in phosphorus, poor digestion, long term illness, ulcers, prolonged use of antacids, excessive coffee or tea consumption, and other causes. Strenuous exercise and heavy perspiration deplete iron from the body. Deficiencies may result in anemia, brittle hair, difficulty swallowing, digestive disturbances, dizziness, fatigue, fragile bones, hair loss, inflammation of tissues of the mouth, nails that are spoon-shaped or have ridges, nervousness, obesity and slowed mental reactions.

Iodine: Mineral. Helps metabolize excess fat and is important for physical and mental development. It is needed for a healthy thyroid gland and the prevention of goiter. Iodine deficiency has been linked to breast cancer and is associated with fatigue, hypothyroidism, and weight gain.

Magnesium: Mineral. Magnesium promotes absorption and use of the minerals such as calcium, helps move sodium and potassium across the cell membranes; is involved in the metabolism of proteins, and turns on essential enzymes. Magnesium helps bones grow and teeth remain strong. It enables nerve impulses to travel through the body, keeps the metabolism in balance, and helps the muscles --including the heart--work properly.

Zinc: This mineral is important in prostate gland function and the growth of the reproductive organs. It may prevent acne and regulate the activity of oil glands. It is required for protein synthesis and collagen formation, and promotes a healthy immune system and the healing of wounds. It protects the liver from chemical damage and is vital for bone formation.

Selenium: Mineral. Selenium's principal function is to inhibit the oxidation of lipids (fats). It is a vital antioxidant, especially when combined with Vitamin E. It protects the immune system by preventing the formation of free radicals, which can damage the body. Deficiency has been linked to cancer and heart disease.

Copper: Mineral. Among its many functions, copper aids in the formation of bone, hemoglobin, and red blood cells, and works in balance with zinc and Vitamin C to form elastin. It is involved in the healing process, energy production, hair and skin coloring, and taste sensitivity. Copper is essential in the formation of collagen.

Manganese: Mineral. Manganese is used in energy production and is required for normal bone growth and for reproduction. It is also used in the formation of cartilage and synovial (lubricating) fluid of the joints.

Chromium: Mineral. Chromium is essential for good health and works in conjunction with the hormone insulin, which regulates metabolism and blood sugar levels. Chromium may reduce body fat while maintaining and building lean muscle, reduce elevated cholesterol levels and improve glucose control.

Boron: Mineral. Aids in calcium absorption, as well as magnesium and phosphorus absorption.
**Molybdenum:** This mineral is found in the liver, bones, and kidneys. It promotes normal cell function and is a component of the metabolic enzyme xanthine oxidase. A low intake is associated with mouth and gum disorders and cancer. A deficiency may cause impotence in males. Those whose diets are high in refined and processed foods are at risk for deficiency.

**Potassium:** This mineral is important for a healthy nervous system and a regular heart rhythm. It may help prevent stroke, aids in proper muscle contraction, and works with sodium to control the body's water balance. It also regulates the transfer of nutrients through cell membranes. This function of potassium has been shown to decrease with age, which may account for some of the circulatory damage, lethargy, and weakness experienced by older people. Tobacco and caffeine reduce potassium absorption.

**Vanadium:** Mineral. Vanadium is a mineral needed in trace amounts. It is needed for the formation of bones, teeth, and cartilage development. A deficiency may be linked to cardiovascular and kidney disease, impaired reproductive ability, and increased infant mortality.

**Choline:** Vitamin. Choline is needed for the proper transmission of nerve impulses from the brain. It is needed for gallbladder regulation, liver function, and lecithin formation. Without choline, brain function and memory are impaired.

**Inositol:** Vitamin. Inositol is vital for hair growth, and has a calming effect and helps to reduce cholesterol levels. It helps prevent hardening of the arteries, and is important in the formation of lecithin and the metabolism of fat and cholesterol. Deficiency can lead to arteriosclerosis, constipation, hair loss, high blood cholesterol, irritability, mood swings, and skin eruptions.

**PABA:** Vitamin. An antioxidant, PABA is one of the basic constituents of folic acid and also helps in the assimilation of pantothenic acid. Helps protect against sunburn and skin cancer, acts as a coenzyme in the breakdown and utilization of protein, and assists in the formation of red blood cells. Also aids in the maintenance of healthy intestinal flora. Deficiency may lead to depression, fatigue, gastrointestinal disorders, graying of the hair, irritability, nervousness, and patchy areas of white skin.

**Methionine:** Amino Acid. Assists in the breakdown of fats, thus helping to prevent a buildup of fat in the liver and arteries that might obstruct blood flow to the heart, brain, and kidneys. It helps the digestive system, helps to detoxify harmful agents such as lead and other heavy metals, helps to diminish muscle weakness, prevent brittle hair, and is beneficial for people with osteoporosis or chemical allergies.

**Alpha-Lipoic Acid:** Nutrient. Alpha-Lipoic Acid helps to neutralize the effects of free radical on the body by enhancing the functions of vitamin C, vitamin E, and glutathione. It also assures the proper functioning of two key enzymes that convert food into energy.

**Plenalgin:** Herb. This formula is a 10:1 extract of Cystoseira canariensis (algae) containing effective antioxidant properties.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. This information is nutritional in nature and should not be construed as medical advice.*

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