

AnOx

Multi-Vitamin/Multi-Mineral

Code: 110

Package Size: 60 caplets

Suggested Use: Take 2 caplets daily in a divided dose.

What are Antioxidants?

There is scarcely a column on health and nutrition these days that doesn't mention vitamin **antioxidants**. Yet no one has taken the trouble to explain what they do in words that an ordinary person can understand.

Antioxidants have been around since life began, these include vitamins like Vitamin E and C, and Beta Carotene. Here's how they work:

All atoms contain a nucleus and have electrons that circulate around the central body. Atoms connect to each other to form molecules by sharing or exchanging their electrons.

For example, water is formed by three atoms: two hydrogen and one oxygen. The electrons they share are locked into a stable compound, difficult to break down. However, in some compounds, there is a "free radical," an electron that is not held firmly in the compound, and so is "free" to break away and attach to another compound or body tissue. Hydrogen peroxide (H₂O₂) is composed of one more oxygen atom than water. This extra atom, like a "free radical" is what you see when you apply Hydrogen peroxide to a wound - the oxygen breaks free and carries out dirt and debris.

Those oxygen bubbles are like free radicals in the body. When they combine with tissue, they oxidize chemicals that form tissue, like oxygen turning iron to 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 they can be overwhelmed by the effects of stress, environmental pollutants or age.

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.

- ◆ **A Super Anti-Oxidant**
- ◆ **A Multi-Vitamin**
- ◆ **A Multi-Mineral**
- ◆ **A Full Potency Nutritional Support Formula for Optimum Dietary Results**
- ◆ **Provides Extra Protection Against the Effects of Pollution & Smoking**

AnOx

MultiVitamin, Multi-Mineral and
Anti-Oxidant Formula
in a base containing
Green Tea Extract, Citrus Bioflavonoids,
Rutin, Hesperidin, and Echinacea.

Ingredients

*Each 2 caplets provide a
blend of the following:*

Vitamin A (as retinyl palmitate and 50% as beta-carotene).....	7,500 IU150
Vitamin C (as ascorbic acid).....	500 mg834
Vitamin D (as cholecalciferol).....	400 IU100
Vitamin E (as mixed tocopherol esters).....	200 IU667
Thiamin (as thiamin HCl).....	25 mg1667
Riboflavin	25 mg1470
Niacin (as niacinamide)	40 mg200
Vitamin B ₆ (as pyridoxine HCl).....	25 mg1250
Folate (as folic acid)	400 mcg100
Vitamin B ₁₂ (as cyanocobalamin) ..	50 mcg833
Biotin	100 mcg33

Panthenic acid (as D-calcium pantothenate).....	25 mg250
Calcium (as calcium carbonate, calcium citrate-malate and calcium glycinate)	150 mg15
Iron (as ferrous fumarate).....	5 mg28
Iodine (from kelp).....	150 mcg100
Magnesium (as magnesium oxide and magnesium citrate)	75 mg19
Zinc (as zinc citrate and as OptiZinc®† zinc monomethionine)	15 mg100
Selenium (as selenomethionine)	200 mcg286
Copper (as copper glycinate and copper gluconate).....	2 mg100
Manganese (as manganese gluconate).....	5 mg250
Chromium (as chromium dinicotinate glycinate)	100 mcg83
Molybdenum (as sodium molybdate)	50 mcg67
Potassium (as potassium citrate)	99 mg3
Boron (as boron chelate)	2 mg*
Vanadium (as vanadyl sulfate and 25% as BMOV).....	100 mcg*
Choline (as choline bitartrate)	25 mg*
Inositol.....	25 mg*
PABA.....	25 mg*
DL-methionine	40 mg*
alpha-Lipoic acid.....	5 mg*
Phenalgin™ [10:1 extract of Cystoseira canariensis (algae)].....	25 mg*

** Daily value not established*

Other ingredients: dicalcium phosphate, croscarmellose sodium, stearic acid, silica, magnesium stearate, vegetable fiber, beta coat™ (pharmaceutical glaze, beta carotene).

Special Notice

“For•Mor makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of this product, except as indicated on its label.”

If you are not fully satisfied with the results after using AnOx, your full purchase price will be refunded by the distributor you purchased it from.

“This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.”