



FACT SHEET



Product:	Oxiclens™
Suitable for:	Helping to prevent and repair free radical damage
Ingredients:	Selenium Amino Acid Chelate 5% 200mcg Zinc Amino Acid Chelate 20% 15mg Potassium Iodide 150mcg Super Oxide Dismutase 30mg Alpha Lipoic Acid 15mg Vitamin B1 (thiamine HC) 1.4mcg Vitamin B2 (riboflavin) 1.6mg Vitamin B6 (pyroxidine HCl) 2mg Vitamin B9 (folic acid) 200mcg Vitamin B12 1mcg Vitamin C (Ascorbic Acid) 60mg Vitamin D3 5mg Vitamin E (D-alpha tocopherol acetate) 800mcg Magnesium Stearate
Recommended dose:	For adults only – take 1 tablet a day. Do not exceed the stated dose.

Contraindications:	None reported.
Documented side effects:	Side effects with Oxiclens™ are rare at recommended doses.
Drug interactions:	Drug interactions are possible between zinc and some antibiotics and warfarin and between potassium and some drugs used to control high blood pressure.

Always tell your health care providers about any complementary and alternative practices you use. Providing a full picture of what you do to manage your health will help ensure coordinated and safe care.

Further reading:

Evans JR. Antioxidant vitamin and mineral supplements for slowing the progression of age-related macular degeneration. *Cochrane Database Syst Rev.* 2006 Apr 19;(2):CD000254.

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Everitt AV, Hilmer SN, Brand-Miller JC, Jamieson HA, Truswell AS, Sharma AP, Mason RS, Morris BJ, Le Couteur DG. Dietary approaches that delay age-related diseases. *Clin Interv Aging.* 2006;1(1):11-31.

Pryor WA. Vitamin E and heart disease: basic science to clinical intervention trials. *Free Radic Biol Med.* 2000 Jan 1;28(1):141-64.

Lynch SM, Gaziano JM, Frei B. Ascorbic acid and atherosclerotic cardiovascular disease. *Subcell Biochem.* 1996;25:331-67.

Gromadzińska J, Reszka E, Bruzelius K, Wasowicz W, Akesson B. Selenium and cancer: biomarkers of selenium status and molecular action of selenium supplements. *Eur J Nutr.* 2008 May;47 Suppl 2:29-50.

Weinstein SJ, Wright ME, Pietinen P, King I, Tan C, Taylor PR, Virtamo J, Albanes D. Serum alpha-tocopherol and gamma-tocopherol in relation to prostate cancer risk in a prospective study. *J Natl Cancer Inst.* 2005 Mar 2;97(5):396-9.