

USANA®
HEALTH SCIENCES

Health
Product handbook



Nutritionals You Can Trust



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USANA Offers More

USANA is committed to creating the finest quality nutritionals, food, skin and hair care products on the market. USANA invests in research and development to produce the best products on the market.

USANA **Essentials™** and **HealthPak™** are the top ranking supplement in Australia and New Zealand with a 5 star rating.* For detailed ingredient information for the **Nutritionals**, refer to pages 40 and 41.

If you're ready to invest in your health, it's important to choose **Nutritionals You Can Trust.**

Visit usana.com to learn more.



*USANA Essentials™ and HealthPak™ (both boxes pictured above, middle of top row) are top ranking 5-star rated supplements in the Comparative Guide to Nutritional Supplements (MacWilliam, L. 2009, Consumer Ed.)

Your Nutrition is Essential

By adding essential nutrients and antioxidants to your daily diet, you can experience an increase in energy and feeling of wellbeing.



Your Essentials™

Mega Antioxidant and MultiMineral, together, are your every day broad spectrum multivitamin and mineral supplement to support lifelong health.

They provide an advanced nutritional foundation for every adult, every day.

Essentials™



ITEM# 101 • AUST L 162930

The USANA® **Essentials™**—vitamin, mineral, and antioxidant supplement are designed to work together, building a strong foundation of exceptional nutrition.

Getting started: The Essentials™ Plus One

Many begin with the **Essentials**—plus one supplement that complements their specific needs. It's a great way to start on the road to true health.

Essentials contains:
Mega Antioxidant and **MultiMineral**.

What is Your Plus One?

Mega Antioxidant



ITEM# 103 • AUST L 162582

- Offers complete antioxidant protection against oxidative stress
- Comprehensive, high-potency formula that includes a broad spectrum of essential vitamins important for long-term optimal health
- Contains olive fruit extracts (as USANA's patented **Olivol™**), which is rich in unique antioxidants
- Vegetarian safe

*USANA **Olivol™** protected under US Patents 6,358,542 or 6,361,803. Do not take while on warfarin therapy without medical advice. Contains sorbic acid and sodium benzoate.

MultiMineral



ITEM# 102 • AUST L 162232

- Provides balanced amounts of important minerals which allow our bodies to efficiently use the carbohydrates, proteins, and fats in our diet
- Comprehensive, high potency formula that includes a broad spectrum of essential minerals that support optimal health
- Contains an advanced level of selenium at 150 µg per daily dosage
- Vegetarian safe

This product contains selenium which is toxic in high doses. A daily dose of 150 µg for adults of selenium from dietary supplements should not be exceeded.

Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

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The Power of Antioxidants

Antioxidants are substances that protect the body from free radical damage. Free radicals are highly reactive molecules that can cause oxidative stress.

Free radicals come from a number of sources, including our body's own biological processes that occur when we eat and exercise and also external sources.

Free radicals have been linked to accelerated ageing and a variety of health issues. So remember to make sure your diet has plenty of antioxidants to help protect your body against the damaging effects of free radicals!

The Ultimate Travel Companion

Whether at home or away, the HealthPak™ individually wrapped combination of daily supplements make staying healthy even easier.

HealthPak™ (Essentials/Optimizers)



ITEM# 100 • AUST L 163348

- High-quality supplements to promote overall long-term good health
- Consists of USANA **Essentials™** (**Mega Antioxidant** and **MultiMineral**) and **Active Calcium Plus™**
- Includes USANA's unique **AO Booster™** for added antioxidant protection including the grape seed extract found in **Proflavanol®**

Do not take while on warfarin therapy without medical advice. Contains sorbic acid and sodium benzoate.

This product contains selenium which is toxic in high doses. A daily dose of 150 µg for adults of selenium from dietary supplements should not be exceeded.

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Optimal Health for Teens and Children

Proper nutrition is essential at every age. That's why USANA has formulated **Body Rox™** which is a multivitamin and mineral supplement that is essential for active teenagers and young adults. **Usanimals™** for children is important for ages 1 to 12 years as they grow.



Body Rox™



ITEM# 104 • AUST L 95145

- Advanced formula of essential vitamins, minerals and antioxidants
- Provides an extensive antioxidant complex including grape seed extract and turmeric extract
- Provides essential nutrition during the critical stage of growth and development
- Based on the USANA **Essentials™** formula

This product contains selenium which is toxic in high doses. A daily dose of 150 µg for adults of selenium from dietary supplements should not be exceeded.

Usanimals™



ITEM# 105 • AUST L 121527

- Contains nutrients necessary for a healthy childhood
- Provides a balanced formula of vitamins, minerals and antioxidants
- Includes an antioxidant complex of blackberry, raspberry, cranberry, and wild blueberry fruit powders
- Chewable form in fun animal shapes. Your children will love the natural wild berry taste!

Contains sugars.
Not suitable for infants under the age of 12 months.

Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

Healthy Eating Guidelines for Your Children

- Make sure they eat plenty of vegetables, legumes and fruits
- Make sure they eat plenty of cereals (including breads, rice, pasta and noodles), preferably whole grain
- Include lean meat, fish, poultry and/or alternatives in their diet
- Include reduced fat milks, yoghurts, cheese and/or alternatives in their diet
- Make sure they drink plenty of water



It's All in the Grape

Procyanidins are important antioxidants found in grape seed extract, known for their potent free-radical scavenging activity. USANA's **Proflavanol®** and **Proflavanol® 90 Extra Strength** provide an excellent source of these health-assisting antioxidants. Support the body's natural defences against free radicals and fortify your immunity with superior antioxidant protection in a strength that's right for you.

Proflavanol® & Proflavanol® 90 Extra Strength



ITEM# 133 • AUST L 133167



ITEM# 132 • AUST L 136096

- Provides a potent antioxidant formula based on a synergistic combination of grape seed extract and **Poly C™**
- Furnishes broad-spectrum health benefits and extra protection against free radical damage
- Helps in relieving symptoms of colds*
- Regular strength **Proflavanol®** contains the equivalent of 3.6 g of grape seed extract while triple strength **Proflavanol® 90 Extra Strength** contains the equivalent of 10.8 g of grape seed extract per tablet
- Vegetarian safe

Is this Your Plus One?

*If symptoms persist see your health care practitioner.
Not to be used in children under two years of age without medical advice.

Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.



CoQuinone™



ITEM# 123 • AUST L 92562

Garlic EC™



ITEM# 125 • AUST L 68172

- Supports normal and healthy heart function
- Provides superior antioxidant protection
- Contains CoQ10 which has a role in producing cellular energy¹⁻⁴
- Includes highly bioavailable forms of CoQ10 and alpha lipoic acid
- May help reduce the oxidation of LDL cholesterol

Do not take while on warfarin therapy without medical advice.

- Provides relief from symptoms of upper respiratory infections such as colds and bronchitis*
- Reduced garlic odour or aftertaste
- Vegetarian safe

*If symptoms persist see your health care practitioner.

Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

Look After Your Health

Look after your cardiovascular health with coenzyme Q10 (CoQ10). It is an essential nutrient for the basic functioning of cells. Our natural levels of CoQ10 decline as we age and with taking certain medications. CoQ10 is essential in energy metabolism and supports optimal stamina.

Keep your immunity strong with garlic. Garlic is one of the most beneficial natural supplements for fighting symptoms of a cold or upper respiratory infection.

Rich in Antioxidants

HepaPlus™



ITEM# 135 • AUST L 133005

Love your liver. Maintaining a healthy liver is essential to help prevent serious health problems.

- Supports healthy liver function and normal detoxification processes
- Milk-thistle extract provides dual action, as a key ingredient in liver health and as an antioxidant protecting against oxidative stress^{5,6}
- Green-tea extract, turmeric and broccoli provide further antioxidant protection
- Vegetarian safe

E-Prime™



ITEM# 124 • AUST L 66029

Vitamin E is a popular supplement worldwide and important for heart health.

- Provides a broad-spectrum vitamin E supplement
- Vitamin E is one of the most powerful antioxidants known
- Vitamin E plays a critical role in the body in protecting cell membranes from oxidative stress

Poly C™



ITEM# 130 • AUST L 133005

Protect your body with the far-reaching benefits of Vitamin C.

- Rich in antioxidant protection
- A unique vitamin C blend with bioflavonoids for enhanced bioavailability
- Helps to relieve symptoms of colds*
- Vegetarian safe

*If symptoms persist see your health care practitioner.
Not to be used in children under two years of age without medical advice.

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Vegetarian Oil Rich in Omega-3

OptOmega™ is an easy way to add all the 'good oils' to your diet and gain essential fatty acids.

OptOmega™

- Delivers a balanced ratio of omega-3 and omega-6 through a unique blend of organic flax seed, sunflower seed, pumpkin seed, and extra virgin olive oils
- Utilises extra-virgin olive oil, **E-Prime™**, turmeric, and rosemary for superior antioxidant protection to keep **OptOmega™** fresh
- Suitable for vegetarians and vegans
- Perfect to pour into sauces, soups, and shakes!



ITEM# 127

Avoid heating or frying OptOmega™.

Tasty and Healthy OptOmega™ Salad Dressing

Ingredients:

- 1/4 cup balsamic vinegar
- 1/8 cup lemon juice
- 1/4 cup **OptOmega™**
- 1/4 cup olive oil
- 1/2 tablespoon sesame oil (per taste)

Preparation:

Combine the above ingredients and serve over salad.

Serving Size:

2 tablespoons per serve.





BiOmega™ III



ITEM# 122 • ALIST L 149972

Fish oil is beneficial for everyone! Omega-3 fatty acids support healthy heart, joints, eyes, and brain.

- Contains cold-water fish oil rich in the important omega-3 fatty acids, EPA and DHA
- Helps support normal healthy cardiovascular function
- Helps support good joint health
- Fortified with vitamin D
- Flavoured with lemon oil

Is this Your Plus One?

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It's No Fish Tale...

BiOmega™ III provides essential nutrition in its purest form.

For good health, many experts suggest that adults consume at least 1 gram of omega-3 fatty acids daily, or 7 grams (7000 mg) total per week.

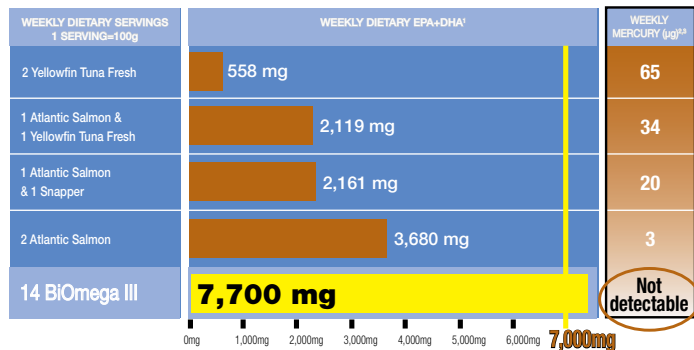
As part of a healthy diet, fish is a great source of omega-3 fatty acids. Yet, due to concerns about mercury and other contaminants, National Health & Medical Research Council (NHMRC) Dietary Guidelines advise eating one to two fish meals per week, with a limit of 80-120 grams per serve of fish. This makes it difficult to get the recommended amount of omega-3s from diet alone. That's where the BiOmega™ III dietary supplement comes in.

By taking BiOmega III as part of a balanced diet, you can be sure you are getting the right amount of pure omega-3s.



A Better Choice for Your Health

This chart illustrates how much mercury and EPA+DHA you would be getting if you ate two 100 g servings of some common fish in one week.



1. From USDA database: <http://www.nrsd.usda.gov/nrc/foodcomp/search/> accessed 4/11/08

2. From FDA database: <http://www.cfsan.fda.gov/~fdaas-mrgh.html> accessed 4/11/08

3. The safe level of mercury determined by the EPA is 0.1 micrograms per kilogram of body weight per day: http://www.ama-assn.org/ama/pub/category/15842.html#human_health_effects accessed 4/11/08.

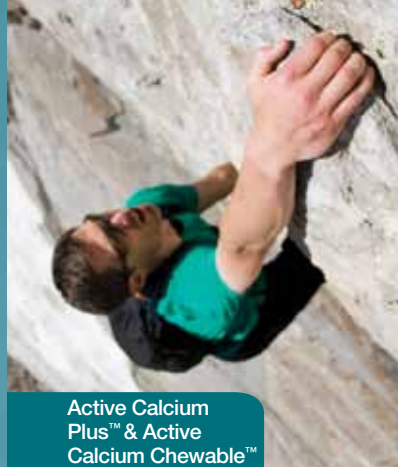
Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.



Bone Health

Bones are your defining structure—not to be taken for granted.

Strong bones and flexible joints keep you standing tall throughout your life. What better way to keep them that way than by providing them with sound nutrition? When you try USANA's unique formulas for bone and joint health, you'll get the nutrients you need to support the architecture of your body!



Active Calcium Plus™ & Active Calcium Chewable™

Support Your Body's Architecture

Calcium supports strong bones, tissues and teeth and also has a wide range of health benefits. These benefits include healthy cartilage, joints and muscular activity.

Joints suffer an enormous amount of stress from everyday activities, including walking, lifting and even typing. Keep your joints healthy with Procosamine® II!



ITEM# 120
AUST L 154785

ITEM# 121
AUST L 104363

- Contains advanced levels of calcium, magnesium, and vitamin D to optimise bone mineralisation and to ensure proper calcium intake
- Calcium supplementation may help reduce the risk of osteoporosis⁷
- **Active Calcium Plus™** also contains vitamin K to support bone health

Active Calcium™ Chewable:
Contains sugars.
Not suitable for infants under the age of 12 months.

Procosamine® II



ITEM# 131 • AUST L 77495

- Supports optimal joint health
- Formulated with glucosamine sulfate, vitamin C, manganese and turmeric extract for healthy cartilage

Derived from seafood

Is this Your Plus One?

Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.



Entice the Senses

Maintain long-term eye health and protect your eyes against environmental stress with USANA's unique formulation.

Ginkgo biloba has been used medicinally for thousands of years. It is a powerful antioxidant with varied and far reaching benefits.

Visionex™



ITEM# 134 • AUST L 137945

- A unique and comprehensive formulation of ingredients to maintain eye health
- Guaranteed levels of lutein and zeaxanthin which are important antioxidant components of the macula of the eye
- Includes vitamin C, bilberry extract and zinc for additional support of healthy eyes

Is this Your Plus One?

Ginkgo-PS™



ITEM# 126 • AUST L 134630

- Combines Ginkgo biloba extract with lecithin, rich in phosphatidylserine (PS)
- Helps to maintain healthy peripheral blood circulation
- Assists in the maintenance or improvement of well-being

Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.



Women's and Men's Health

Maintaining women's health throughout life is very important, especially during reproductive years and menopause. Natural herbs such as black cohosh may help improve quality of life for women during those times.

Men also have unique health concerns. There are nutrients that are a tonic to support male physiology. Saw palmetto has a gentle and strengthening effect on the whole of the male reproductive and urinary system.⁸

PhytElle™



ITEM# 129 • AUST L 68258

- A natural approach to maintaining health before, during and after menopause
- Comprehensive formula containing phytoestrogens
- An all-natural formulation, with guaranteed levels of soy isoflavones to help maintain women's health

Warning: In very rare cases, black cohosh has been associated with liver failure. If you are experiencing yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain, and/or loss of appetite, you should stop using this product and see your doctor.

Palmetto Plus™



ITEM# 128 • AUST L 92553

- Supports overall health of the male physiology
- Contains a comprehensive formulation of clinically proven saw palmetto, plus lycopene and soy isoflavones

Is this Your Plus One?

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Digestion is Key

Maintaining a healthy digestive system is very important for your health and well-being.

Probiotic Plus™



ITEM# 108

- Digestive health formula delivers beneficial probiotics and prebiotics to help maintain healthy gut flora
- Contains billions of viable bacteria per serving including Bifidobacterium and Lactobacillum Rhamnosus
- Clinically proven to survive transit through the acidic environment of the stomach and reach the intestine alive
- Easy to use single serve stick pack that you can add to cold **Nutrimeal™**, **Fibergy™**, water, juice, milk

Benefits of USANA Autoship

Convenience: Automatic delivery to your work or home every four weeks - a fantastic way to receive the products you use every day!

Fantastic Savings: Receive a 10% discount off the Order Value price of your products.

Customised: You can have an alternating Autoship order every four weeks (Autoship A and B).

Easy Payment: Payment is easy with your credit card or bank account.

Enjoy being healthy for life with fantastic savings!

To begin your Autoship: Contact your USANA Associate or call toll free: 1-800-670-126 (AU) / 0-800-370-126 (NZ)



Join the Revolution

Rev3 Energy Surge™ gives a healthy energy boost without the chemicals, artificial flavours and sweeteners commonly found in energy drinks.

Caffeine from white, green and black teas helps support mental alertness and stamina while antioxidants and phytonutrients are beneficial to health. Korean ginseng and rhodiola rosea help the body's response to stress and fatigue.

Rev3 Energy Surge™



ITEM# 139

- Refreshing lemon-tea flavour
- Only 2 g of sugar
- 10 Calories (41.8kJ) per serving

Contains caffeine.
Not recommended for children, pregnant or nursing women, or those sensitive to caffeine.



USANA® Foods

USANA® Foods provide vital nutrients to complement your diet. Formulated as low Glycemic Index (GI), they offer healthy alternatives as snacks or meal replacements, giving you sustained energy throughout the day.



USANA 12-Week
RESET™ Weight
Management Program

Developed by USANA's scientists, **RESET™** 12-Week Weight Management Program is a nutritionally balanced program providing carbohydrates, proteins, and beneficial fats, as well as essential micronutrients, to help you maintain good health and ideal weight.

The **RESET** program is simple—it combines the benefits of a low GI diet, complete nutrition and active lifestyle in three easy-to-follow phases. Maximise your success with the support of the online Healthy for Life ANZ Program. For more information, visit www.usana.com/resetanz, or www.healthyforlifeanz.com



What is Low GI?

The Glycemic Index

The glycemic index ranks food on a numeric scale:

Low-glycemic index: 55 or less

Medium-glycemic index: 56 to 69

High-glycemic index: 70 or more

Carbohydrates with low GI are considered good carbs in that they are digested slowly and produce a gradual rise in blood glucose. Low-glycemic foods provide greater satisfaction as well as sustained energy. USANA® Foods are all formulated as low GI.

- Low in saturated fat – USANA Foods are also very low in saturated fat and contain zero trans fat.
- High in dietary fibre – USANA Foods provide a good source of fibre.
- Quality protein – USANA Foods contain premier protein sources from soy and whey.



RESET™ Program

5 Day Jump Start



(Contains 5 day's supply)
15 single-serving pouches of **Nutrimeal™** (5 Dutch Chocolate, 5 Wild Strawberry & 5 French Vanilla), 5 Peanut Butter Crunch **Nutrition Bars**, 5 Oatmeal Raisin **Nutrition Bars™**, mini **HealthPak™** packets for 5 days supply, **RESET™** Program Guide, 1 black **RESET** branded enviro bag

ITEM# 251

Phase 1 - Transform



(Contains 4 week's supply)
French Vanilla **Nutrimeal** (bag), Wild Strawberry **Nutrimeal** (bag), Dutch Chocolate **Nutrimeal** (bag), Peanut Butter Crunch **Nutrition Bars** (box), Oatmeal Raisin **Nutrition Bars** (box), Bulk **Nutrimeal Pouches**, **Essentials™**, **RESET** Program Guide, **PLUS** member access to the **Healthy for Life ANZ Program**

ITEM# 463

Phase 2 - Maintain



(Contains 4 week's supply)
French Vanilla **Nutrimeal** (bag), Wild Strawberry **Nutrimeal** (bag), Dutch Chocolate **Nutrimeal** (bag), Peanut Butter Crunch **Nutrition Bars** (box), Oatmeal Raisin **Nutrition Bars** (box), French Vanilla **Nutrimeal Pouch** (single), **Essentials™**, **RESET** Program Guide, **PLUS** member access to the **Healthy for Life ANZ Program**

ITEM# 462

*Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

RESET™ Meal Planner

To find out more about the **RESET™** Program and what steps you can take to manage your weight and improve your health, visit www.usana.com/resetanz

5 Day Jump Start

Breakfast: **Nutrimeal™** shake
Snack: **Nutrition Bar**
Lunch: **Nutrimeal** shake
Snack: **Nutrition Bar**
Dinner: **Nutrimeal** shake
Bonus snack: One serving of fruit and one serving of vegetables per day

Phase 1 - Transform (4-8 weeks)[†]

Breakfast: **Nutrimeal** shake
Snack: **Nutrition Bar**
Lunch: **Nutrimeal** shake
Snack: Low-glycemic snack*
Dinner: Low-glycemic meal*
*Plenty of fresh vegetables and fruit.

Phase 2 - Maintain (4-12 weeks)[†]

Breakfast: **Nutrimeal** shake
Snack: **Nutrition Bar**
Lunch: Low-glycemic meal*
Snack: Low-glycemic snack*
Dinner: Low-glycemic meal**

**Begin to introduce low to moderately low-glycemic whole grains, rice, pasta and potatoes.

Tasty Hints:

- Blend **Nutrimeal** with ice for a refreshing taste
- Add a banana to Vanilla or Chocolate **Nutrimeal**
- Add berries to Strawberry **Nutrimeal**

[†]The duration of each Phase of the **USANA RESET™** Program is a guide only and will be dependant on your personal wellness goals. It is suggested you take these products to your healthcare professional and secure their advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a healthcare professional. The **USANA Foods** components of the **USANA RESET** Program are **FOODS**, not **DRUGS**. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight control. Results will vary.

The Healthy and Tasty Shake

Nutrimeal™ is a balanced meal-replacement shake mix that provides a source of quality proteins from soy and whey along with fibre and a comprehensive array of vitamins. Its low GI formula is designed to deliver sustained energy.

Nutrimeal™



ITEM# 210 ITEM# 211 ITEM# 212 ITEM# 202

Nutrimeal™ (Dutch Chocolate, French Vanilla & Wild Strawberry) GI=25, low. Each serving contains:

- 15 grams of protein
- 8 grams of dietary fibre

Chocolate Whey Nutrimeal™ GI=28, low. Formulated without gluten. Each serving contains:

- 15 grams of whey protein
- NO soy protein



The GI Symbol Program



USANA Nutrimeal™ joins the GI Symbol Program

The Glycemic Index (GI) ranks carbohydrates according to their effect on blood glucose levels. The GI symbol indicates that the GI of a food has been tested at an accredited laboratory using standardised methods and that it is an overall healthy choice within its food group.

Foods with the GI symbol also meet other nutritional guidelines: low in saturated fat, moderate in kilojoules, and a source of dietary fibre and/or calcium.

All USANA **Nutrimeal™** shakes including the new Chocolate Whey **Nutrimeal** are the first meal replacement products to carry the coveted GI symbol.

Further information about the GI and the GI program, including a database of foods and their GI value, is available at www.glycemicindex.com and www.gisymbol.com.

GI Symbol: © ® & ™ The University of Sydney, used under licence.

Soy to the Max

Soy is a perfect source of protein. It contains important amino acids and has little fat and zero cholesterol.

SoyaMax™



ITEM# 200

USANA's **SoyaMax™** provides an outstanding source of soy protein in a powder mix. This naturally low-glycemic product can also be added to cereals, baked goods, soups, and sauces to fortify protein content.

Each serving of **SoyaMax** contains:

- 24 grams of protein
- 106 Calories



Fibery™

Truth About Fibre

A diet high in fibre, containing grain products, fruits, and vegetables can help you maintain a healthy digestive system and long-term good health.

Fibery™ is a tasty drink mix that provides a significant source of dietary fibre.



ITEM# 221

Fibery™ is available in two flavours: fresh, fruity Peach Mango and delicious Almond Crème!

Peach Mango **Fibery**

Formulated without gluten. GI=25, low. Each serving contains:

- 13 grams of dietary fibre
- 80 Calories

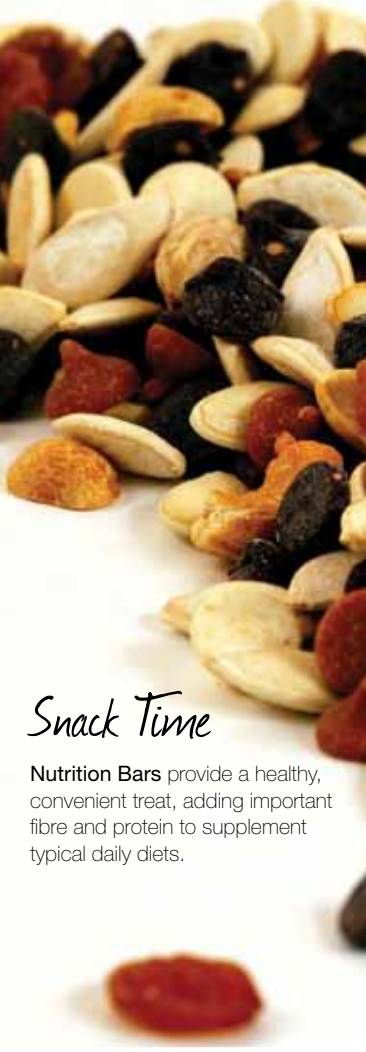


ITEM# 220

Almond Crème **Fibery**

GI=52, low. Each serving contains:

- 12 grams of dietary fibre
- 100 Calories



Snack Time

Nutrition Bars provide a healthy, convenient treat, adding important fibre and protein to supplement typical daily diets.

Nutrition Bar



ITEM# 232



ITEM# 230



ITEM# 233

Nutrition Bars are available in three great flavours: Oatmeal Raisin, Peanut Butter Crunch and new Chocolate Fusion!

Oatmeal Raisin Nutrition Bar™

Tastes like an oatmeal raisin cookie!
Low GI. Each bar contains:

- 10 grams of protein
- 3 grams of dietary fibre

Peanut Butter Crunch Nutrition Bar

A crunchy peanut centre with a delicious chocolate coating! Low GI.
Each bar contains:

- 10 grams of protein
- 1.5 grams of dietary fibre

Chocolate Fusion Nutrition Bar

A velvety chocolate fudge bar! Low GI.
Each bar contains:

- 12 grams of protein
- 3 grams of dietary fibre

The Science of Being Beautiful

You avoid putting potentially harmful chemicals and preservatives in your body, so why would you put them on your skin? **Sensé—beautiful science™** is a complete line of skin-care products with no added chemical preservatives and no added parabens for a healthy look and a healthier you.

Developed by scientists and recommended by dermatologists, **Sensé** products use patented Self-Preserving Technology that combines purifying botanicals in protective liquid crystals, so products stay fresh naturally.

With pure-plant bioactives and exclusive nutrient complexes, **Sensé** products are designed to revitalise cells, where healthy, beautiful skin begins, so your skin looks younger and healthier.



sensé
beautiful science™



Sensé™ Technologies

Reveal a More Youthful You

When blended with select natural emollients and pure-plant extracts, these revolutionary, proprietary complexes counteract the harsh effects of environmental elements by delivering breakthrough ingredients that support healthy looking skin.

Regenisomes™: Your answer to sun exposure

Dermal Surface Renewal (DSR™): Age-defying complex

Proflavanol-T™: Nutrition for your skin

Proteo-C™: Vitamin C complex, what your skin has been missing

Sensé™ Basics

With Sensé™ Basics
3-step program,
beautiful skin
is easy.



ITEM# 300

ITEM# 301

ITEM# 302

ITEM# 303

theBasics

1. Cleanse

Gentle Daily Cleanser

This mild, soap-free formula washes away surface dirt and impurities without drying or irritating skin.

2. Tone

Hydrating Toner

Wipe away lingering surface impurities after cleansing and restore skin's pH balance with this gentle revitalising toner.

3. Replenish

Daytime Protective Emulsion (am)

Restore moisture and support skin's natural cell renewal process with this lightweight moisturiser enriched with light-activated Regenisomes™.

Night Renewal (pm)

Wake up to younger-looking skin thanks to the exclusive technology found in this hydrating overnight crème.

Sensé™ Enhancers

If you're not ready to see the fine lines and uneven skin tone that inevitably come with ageing, it's time to use **Sensé™** Enhancers.



ITEM# 305

ITEM# 304

ITEM# 306

ITEM# 307

ITEM# 308

theEnhancers

Perfecting Essence

Fight the appearance of ageing and reduce uneven skin tone and texture with this acid-free refining treatment.

Serum Intensive

This age-defying serum fights the appearance of fine lines and wrinkles, unclogs pores, and diminishes uneven skin tone.

Eye Nourisher

Care for the delicate skin around the eye with this lightweight, moisturising complex.

Rice Bran Polisher

Exfoliate dead skin cells and keep your complexion looking radiant with this gentle scrub.

Nutritious Crème Masque

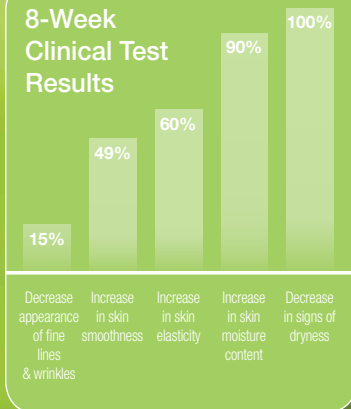
This powerful facial treatment is designed to deliver intense moisture while drawing excess oils and impurities away from the skin.

Sensé™ Proof

The results speak for themselves!

In an eight-week clinical study, **Sensé™** Deluxe Pack* users noticed: a marked decrease in dryness and the appearance of fine lines and wrinkles; increased smoothness, elasticity, and moisture. All that in just eight weeks with visible results in as few as two. Now that's beautiful science™!

***Sensé** Deluxe Pack includes: **Gentle Daily Cleanser, Hydrating Toner, Daytime Protective Emulsion, Night Renewal, Eye Nourisher, Rice Bran Polisher, Nutritious Crème Masque** and your choice of **Perfecting Essence** or **Serum Intensive**.



Sensé™ Personal Care

Feel rejuvenated with this natural hair and body range.



ITEM# 314

ITEM# 311

ITEM# 315

ITEM# 313

ITEM# 312

Personal Care

Firming Body Nourisher

Sweep away dry skin with an exclusive hydroxy complex in this firming moisturiser.

Energizing Shower Gel

Wash away impurities and revitalise skin with this soap-free cleansing gel enhanced with an invigorating tangerine scent.

Intensive Hand Therapy

Fight the damaging effects of the environment and keep hands and cuticles soft with this concentrated hand crème.

Nourishing Conditioner

Moisturise, protect, and strengthen hair with this conditioner enriched with vitamins C and E for extra manageability and shine.

Revitalizing Shampoo

Awaken your senses with this gentle shampoo that delivers vital nutrients to help restore hair's natural softness, body, and shine.

Natural Botanicals

Many **Sensé™** products contain a proven firming complex of coneflower and gotu kola. These, and many other botanicals and plant extracts, will help you rediscover younger, healthy-looking skin—naturally.

All of **Sensé** products are manufactured at USANA's own facility in environmentally controlled clean rooms and are thoroughly tested to ensure purity and safety.



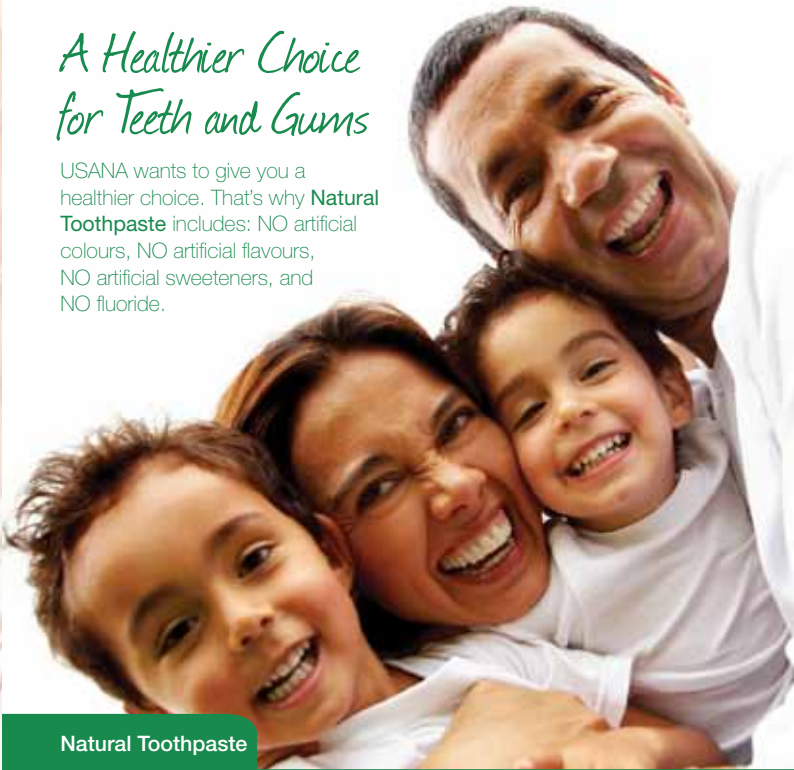
Sensé™ for Men

Sensé™ is popular with men as their daily skin-care routine. Men renew their skin with a daily regimen including cleanse, tone and replenish twice daily. The enhancers are age defying and perfect for men to use to restore youth to their skin.

Tip: Exfoliate with **Rice Bran Polisher** before shaving.

A Healthier Choice for Teeth and Gums

USANA wants to give you a healthier choice. That's why **Natural Toothpaste** includes: NO artificial colours, NO artificial flavours, NO artificial sweeteners, and NO fluoride.



Natural Toothpaste



ITEM# 399

Maintain healthy teeth and gums with **Natural Toothpaste**.

- Contains antioxidants from vitamin C and green tea extract that inhibit the enzyme that enable bacteria to stick to teeth
- Includes baking soda to help neutralise plaque acid
- Vegetable glycerin moisturises, soothes and protects gums
- Natural fluoride-free formula

USANA® Nutritionals

Active Ingredient Lists

(Condensed Version)



This section lists active ingredients for all USANA® Nutritionals featured in this hand book.

Mega Antioxidant (page 5)

Active Ingredients:

Betacarotene, Vitamin C (as Poly C™ from calcium ascorbate, potassium ascorbate, magnesium ascorbate monohydrate, Zinc Ascorbate), Vitamin D3 (Cholecalciferol), Vitamin E (d-Alpha tocopheryl acid succinate), Natural mixed tocopherols, Vitamin K (Phytomenadione), Vitamin B1 (Thiamine hydrochloride), Vitamin B2 (Riboflavin), Nicotinamide, Vitamin B3 (Nicotinic Acid), Vitamin B6 (Pyridoxine hydrochloride), Folic Acid, Vitamin B12 (Cyanocobalamin), Biotin, Calcium pantothenate, Rutin, Quercetin, Citrus bioflavonoids extract, Herbal extracts [from Olive fresh fruit*, Green tea (Camellia sinensis), Bilberry (Vaccinium myrtillus), Pomegranate (Punica granatum), Cinnamon (Cinnamomum cassia)], Curcumin, Lutein, Lycopene, Broccoli (Brassica oleracea), Inositol, Choline bitartrate, Cysteine hydrochloride, Bromelain, Alpha lipoic acid, Ubidecarenone (Coenzyme Q10). *USANA Olivit™ Protected Under US Patents 6,358,542 or 6,361,803.

MultiMineral (page 5)

Active Ingredients:

Calcium (from calcium citrate hydrate and calcium carbonate), Magnesium (from magnesium citrate and magnesium amino acid chelate), Potassium iodide, Zinc citrate dehydrate, Selenomethionine, Copper gluconate, Manganese gluconate, Chromium (from chromium chloride and chromium picolinate), Molybdenum trioxide.

HealthPak™ (page 7)

Active Ingredients:

Each packet contains active ingredients as in: Mega Antioxidant, MultiMineral, Active Calcium Plus™, AO Booster™ [exclusive to HealthPak containing: Alpha Lipoic acid, plant extracts from Grape seed (Vitis vinifera) and Japanese knotweed (Polygonum cuspidatum) containing resveratrol].

Body Rox™ (page 8)

Active Ingredients:

Betacarotene, Vitamin C (as calcium ascorbate), Cholecalciferol (Vitamin D3), d-alpha-tocopheryl acid succinate, Vitamin K (Phytomenadione), Thiamine hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Nicotinic acid (Vitamin B3),

Nicotinamide, Calcium pantothenate, Pyridoxine hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Folic acid, Biotin, Choline bitartrate, Inositol, Cysteine hydrochloride, Antioxidant Phytonutrient Complex [containing: Rutin, Citrus bioflavonoids, Grape seed extract (Vitis vinifera), Green tea extract (Camellia sinensis), Turmeric extract (Curcuma longa)], Lutein, Tomato fruit extract (Solanum lycopersicum), Broccoli flower powder (Brassica oleracea), Calcium (from calcium citrate, calcium ascorbate, and calcium carbonate), Magnesium (from magnesium citrate, magnesium amino acid chelate, and magnesium oxide), Potassium iodide, Zinc citrate, Selenomethionine, Copper gluconate, Manganese gluconate, Chromium (from chromic chloride and chromium picolinate).

Usanimals™ (page 8)

Active Ingredients:

Betacarotene, Vitamin C (from ascorbic acid and sodium ascorbate), Cholecalciferol (Vitamin D3), d-alpha-tocopheryl acid succinate, Vitamin K (Phytomenadione), Thiamine mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Nicotinamide, Calcium pantothenate, Pyridoxine hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Folic acid, Biotin, Inositol, Antioxidant Phytonutrient Complex [containing fruit powders from Rubus fruticosus (blackberry), Rubus idaeus (Raspberry), Vaccinium macrocarpon (Cranberry), Vaccinium myrtillus (blueberry)], Calcium (as calcium carbonate), Magnesium (from magnesium citrate, magnesium amino acid chelate, and magnesium oxide), Potassium iodide, Zinc amino acid chelate, Selenomethionine, Cupric citrate, Manganese gluconate, Chromium (as chromic chloride).

Proflavonol® & Proflavonol® 90 Extra Strength (page 10)

Active Ingredients:

Vitis Vinifera (grape) seed extract, Vitamin C (as Poly C™ from calcium ascorbate, potassium ascorbate, magnesium ascorbate monohydrate, and zinc ascorbate).

CoQuinone™ (page 11)

Active Ingredients:

Coenzyme Q-10, Alpha lipoic acid.

References

- Langsjoen PH, Langsjoen AM, Biofactors, 1999; 9:273-84.
- Soja AM, Mortensen, SA, Ugesk Laeger, 1997; 159:7302-08.
- Satta A, et al., Clin Ther, 1991; 13:754-57.
- Kamikawa T, et al., Am J Cardiol, 1985; 56:247-51.

Garlic EC™ (page 11)

Active Ingredients:

Garlic bulb powder.

HepaPlus™ (page 12)

Active Ingredients:

Herbal extracts from Silybum marianum (milk thistle), Camellia sinensis (green tea), Curcuma longa (turmeric) and Brassica oleracea (Broccoli), Cysteine Hydrochloride, Alpha Lipoic Acid.

References

- Wellington K, Jarvis B. BioDrugs 2001; 15(7):465-89.
- Manna SK, et al. J Immunol 1999;163(12):6800-9.

E-Prime™ (page 12)

Active Ingredients:

Natural vitamin E (as d-alpha-tocopherol).

Poly C™ (page 12)

Active Ingredients:

Vitamin C (as Poly C™ from calcium ascorbate, potassium ascorbate, magnesium ascorbate, zinc ascorbate), Citrus bioflavonoids, rutin, quercetin.

BiOmega™ III (page 14)

Active Ingredients:

Concentrated omega-3 triglycerides natural fish oil containing EPA and DHA, Cholecalciferol (vitamin D3).

Active Calcium Plus™ (page 17)

Active Ingredients:

Calcium (from calcium citrate hydrate, calcium carbonate), Magnesium (from magnesium citrate, magnesium amino acid chelate, magnesium oxide), Cholecalciferol (vitamin D3), Phytomenadine (vitamin K).

Reference

- Reid, I.R., Therapy of Osteoporosis: Calcium, vitamin D, and exercise. Am. J. Med.Sci. 312:278-86. 1996.

Active Calcium™ Chewable (page 17)

Active Ingredients:

Calcium (from calcium citrate hydrate, calcium carbonate), Magnesium (from magnesium citrate, magnesium oxide), Cholecalciferol (Vitamin D3).

Reference

- Reid, I.R., Therapy of Osteoporosis: Calcium, vitamin D, and exercise. Am. J. Med.Sci. 312:278-86. 1996.

Procosamine® II (page 17)

Active Ingredients:

Glucosamine sulfate, Calcium ascorbate, Manganese Gluconate, Curcuma longa (turmeric) extract.

Visionex™ (page 18)

Active Ingredients:

Vitamin C (as Poly C™ from calcium ascorbate, potassium ascorbate, magnesium ascorbate, zinc ascorbate), Zinc citrate, Vaccinium myrtillus (bilberry) extract, Lutein, Zeaxanthin.

Ginkgo-PST™ (page 18)

Active Ingredients:

Ginkgo biloba extract, Lecithin.

PhyEile™ (page 19)

Active Ingredients:

Glycine max (soybean), Herbal extracts from Cimicifuga racemosa (black cohosh), Glycyrrhiza glabra (licorice), Vitex agnus-castus (chasteberry), and Angelica polymorpha (dong quai).

Palmetto Plus™ (page 19)

Active Ingredients:

Extracts from Serenoa serrulata (Saw Palmetto), Solanum lycopersicum (tomato), Glycine max (soybean).

Reference

- Willard, T. Vitamin Retailer. Feb 1999:58-60.

Rev3 Energy Surge™ Pack (page 21)

Each packet contains:

Calcium Carbonate, Citric Acid, Malic Acid, Rhodiola (Rhodiola Rosea L.) extract, Green Tea (Camellia sinensis) extract, Black Tea (Camellia sinensis) extract, White Tea (Camellia sinensis) extract, Korean Ginseng (Panax ginseng) extract.

µg is the symbol for a microgram which is 1/1,000,000 of a gram.

We Trust USANA

"The right combination of USANA's Nutritionals ensures that my body is in peak condition."

The Sensé™ range ensures that my skin is continually protected from the extreme conditions.

I am receiving the best for my body, inside and out."

- Clint Robinson, Olympian

USANA is proud to sponsor some of Australia's and New Zealand's elite and up and coming athletes with USANA's quality products.



Steve Hooker

Pole Vaulter,
Beijing Olympic
Gold Medalist.
Sponsored since
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Marathon Runner,
Winner of five
Auckland Marathon
titles.
Sponsored since
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Marayke Jonkers

Swimmer, Beijing
Paralympic Silver
Medallist (150m
medley).
Sponsored in 2009,
Australia



Clint Robinson

Kayaker, 5 time
Olympian, Gold
Silver and Bronze
Olympic Medallist.
Sponsored since
1998,
Australia



Ashleigh Neave

Junior Road Cyclist.
Sponsored in 2009,
New Zealand





USANA Australia Pty Ltd
3 Hudson Avenue
CASTLE HILL NSW 2154
AUSTRALIA

**USANA Health Sciences (NZ)
Corporation**
25 Canaveral Drive
Albany Auckland
NEW ZEALAND

USANA Customer Service
Phone: (61-2) 9842 4600
Toll free: 1-800-670-126 (AU)
0-800-370-126 (NZ)

Web Site
www.usana.com



Item # 503.030100 Rev. 10/09
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