



Your Guide to USANA Supplements

For a personal health assessment, please visit www.truehealthassessment.com

ESSENTIALS



Mega Antioxidant



- top-rated daily vitamin and antioxidant supplement for adults
- formulated with a powerful amount of vitamin D

MultiMineral Plus



- top-rated daily mineral supplement for adults
- delivers a wide spectrum of essential minerals and co-factors needed for long-term optimal health

AO Booster™



- boosts antioxidant protection
- contains resveratrol and grape-seed extract

Body Rox™



- daily vitamin, mineral, and antioxidant supplement for young adults
- helps compensate for young adults' erratic eating habits

Usanimals™



- daily vitamin, mineral, and antioxidant supplement
- fun and easy-to-eat chewables

Cardiovascular System



Proflavanol® C100 H



- provides antioxidants for the maintenance of good health
- helps support balanced immune function

CoQuinone™ 30



- an optimal combination of coenzyme Q10 and alpha-lipoic acid
- helps support a normal, healthy cardiovascular system

CoQuinone™ 100



- more than three times the strength of regular CoQuinone 30
- an optimal combination of coenzyme Q10 and alpha-lipoic acid

H Hybrid

Nervous System



Visionex™



- advanced eye health supplement
- antioxidant formula designed to help support healthy eyes

Ginkgo-PS™



- unique Ginkgo biloba formula helps prevent age-associated memory decline
- formulated with the highest-quality Ginkgo biloba extract

Endocrine System



PhytoEstrin™



- supplement to help relieve symptoms associated with menopause and premenstrual symptoms

Pure Rest™



- fast-acting melatonin supplement
- supports the body's natural sleep and wake cycles

Palmetto Plus™



- supplement to help relieve the urological symptoms associated with mild to moderate benign prostate hyperplasia

Skeletal System



Active Calcium Plus™



- complete bone health formula for adults and young adults
- helps maintain strong, mineral-rich bones

Active Calcium™ Chewable



- bone health formula in a chewable for adults and young adults
- helps support bone resorption and osteoporosis

Procosa®



- groundbreaking formula that supports optimal joint health
- delivers glucosamine hydrochloride at doses shown to help maintain healthy cartilage and joints

Cellular Function



Optomega®



- blend of essential fatty acids from organic flax seed, sunflower, pumpkin, and olive oils
- suitable for vegetarians and vegans

BiOmega™



- high-quality, ultra-pure fish oil supplement
- supports sound cardiovascular health

Vitamin D



- helps to prevent vitamin D deficiency
- promotes strong bones and teeth

Poly C®



- USANA's proprietary, advanced vitamin C supplement
- helps in immune health and the development and maintenance of bones, cartilage, teeth, and gums

BiOmega™ Jr.



- omega-3 supplement in an orange-pineapple flavoured gel
- supports healthy brains and bodies

Digestive System



USANA® Probiotic



- unique blend of two probiotic bacteria strains, clinically proven to survive the harsh acidic environment of the stomach
- promotes healthy digestion

USANA® Digestive Enzyme



- helps support healthy digestion
- helps resolve stomach upset associated with eating too quickly
- supports the body's natural detoxification processes

Hepa Plus® H



- supports and balances the body's natural detoxification processes
- helps protect against oxidative stress

Fibery® Plus



- supports good digestive health
- promotes regularity
- gluten free, dairy free, soy protein free