

USANIMALS™ AT A GLANCE

Whether you're a monkey swinging through the lush trees of an Amazon rainforest, a dolphin speeding through the expansive, deep blue ocean, or a growing boy or girl in the concrete jungles we call home, we all share a common need for the proper nutrients. So, what are the essential vitamins and minerals we all need to unleash our inner animals and run wild?

WHAT WE NEED	WHY WE NEED IT	WHERE WE GET IT
VITAMIN A 	Eye support	Carrots or sweet potato fries 
VITAMIN B6	Metabolizes protein	Apples with peanut butter
VITAMIN B12	Helps brain and nerves	Lean meat or fish 
VITAMIN C 	Immune support	Fresh lemonade 
CALCIUM	For strong bones and teeth	Broccoli with cheese sauce
CHOLINE	Supports brain function	Eggs 
VITAMIN D 	To build strong bones	Sunshine 
VITAMIN E	Protects the heart and cells	Olives 
FOLIC ACID 	For healthy red blood cells	Orange juice 
IODINE	Supports energy metabolism	Fish and chips
IRON 	For concentration and energy	Roast beef 
MAGNESIUM 	Supports muscle function	Almonds 
NIACIN	Assists the skin and digestive system	Tuna and crackers 
RIBOFLAVIN	Converts food into energy	Yogurt
SELENIUM 	Supports antioxidant enzymes	Spaghetti with meat sauce
THIAMIN	Converts food into energy	Whole grain cereal
ZINC 	Supports immune system and healthy growth	Chicken tenders 



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[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.