

NUTRITION MyHealthPak[™]: Detox Support

Detox Your Life

Our modern world has brought a lot of conveniences-and a lot of hazards. Cleaning supplies, air fresheners, and personal care products are loaded with chemicals that you come into contact with every day. Support your body's natural detoxification processes and follow these tips to lessen your exposure:



Wear gloves

When you use chemical cleaners, make sure you wear gloves to protect your skin.



Open a window

The air outside your home is cleaner than the air on the inside. Open a window whenever possible for a breath of fresh air.



Avoid fragrances

Though air fresheners and perfumes may smell divine, certain synthetic fragrances are made from petroleum. Avoid them when you can, and switch to unscented laundry soap.



and turmeric—all of which work to inhibit the activity of free radicals.

For more information, visit USANAmhp.com.



As you may have learned in Dave and Dr. Wentz' New

world is a toxic place, but your body doesn't have to be.

USANA recommends you build your own MyHealthPak

to support your body's normal detox processes with the

right combination of vitamins, minerals, and antioxidants.

Omega-3s are great for

and organic residues.

Mega Antioxidant

supporting joint, heart, and brain

health. BiOmega goes through

process that ensures it is free of

heavy metals, PCBs, pesticides,

Mega Antioxidant has a unique

bioflavonoid complex that includes

quercetin, rutin, hesperidin, green

a double-molecular distillation

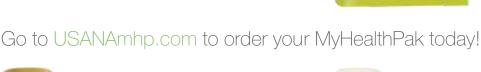
York Times bestselling book The Healthy Home, the

USANA's AO Booster contains alphalipoic acid, which supports the body's natural detoxification processes.



Hepasil DTX™

Hepasil DTX is designed to support detoxification enzymes tea, bilberry, pomegranate, cinnamon, in the liver that help rid the body of foreign contaminants.



HFALTH'

Chelated Mineral

Chelated Mineral is a source of molybdenum, which is an important cofactor for several enzymes that play a role in removing wastes and toxins from the body.



Magnesium is essential for the synthesis of glutathione, an antioxidant that plays a key role in normal detoxification processes. A daily dose of Active Calcium contains 400 mg of magnesium.

> These statements have not been evaluated by the Food and Drug Administration. to diagnose, treat, cure, or

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