



# NUTRITION YOUR WAY

MyHealthPak™: Detox Support  
Recommendations

## 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:

1

### Wear gloves

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

2

### 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.

3

### 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.



As you may have learned in Dave and Dr. Wentz' *New York Times* bestselling book *The Healthy Home*, the 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.



Go to [USANAmhp.com](http://USANAmhp.com) to order your MyHealthPak today!



### BiOmega™

Omega-3s are great for supporting joint, heart, and brain health. BiOmega goes through a double-molecular distillation process that ensures it is free of heavy metals, PCBs, pesticides, and organic residues.



### AO Booster

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



### 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.



### Mega Antioxidant

Mega Antioxidant has a unique bioflavonoid complex that includes quercetin, rutin, hesperidin, green tea, bilberry, pomegranate, cinnamon, and turmeric—all of which work to inhibit the activity of free radicals.



### Hepasil DTX™

Hepasil DTX is designed to support detoxification enzymes in the liver that help rid the body of foreign contaminants.



### Active Calcium™

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.

For more information, visit [USANAmhp.com](http://USANAmhp.com).



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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.