

**USANA**

*The Elements of Health*



**BILLY DEMONG**  
2010 VANCOUVER GAMES GOLD  
AND SILVER MEDALIST AND  
FIVE-TIME OLYMPIAN

your health. your life. your way.<sup>™</sup>



**USANA**

*The Elements of Health*



**GENIE BOUCHARD**  
WTA PLAYER, CURRENTLY RANKED  
7<sup>TH</sup> IN THE WORLD

your health. your life. your way.<sup>™</sup>

# YOU ARE UNLIKE *Anybody Else*

Sure, there are certain things everyone has in common. We all want the best for our families, we all yearn for success, and we all share the same basic health needs.

But we all have our differences, too. We all have our own, individual mark we want to leave in life—our own interests, routines, and subtle quirks that truly make each and every one of us...unique.

## SO MAKE YOUR MARK.

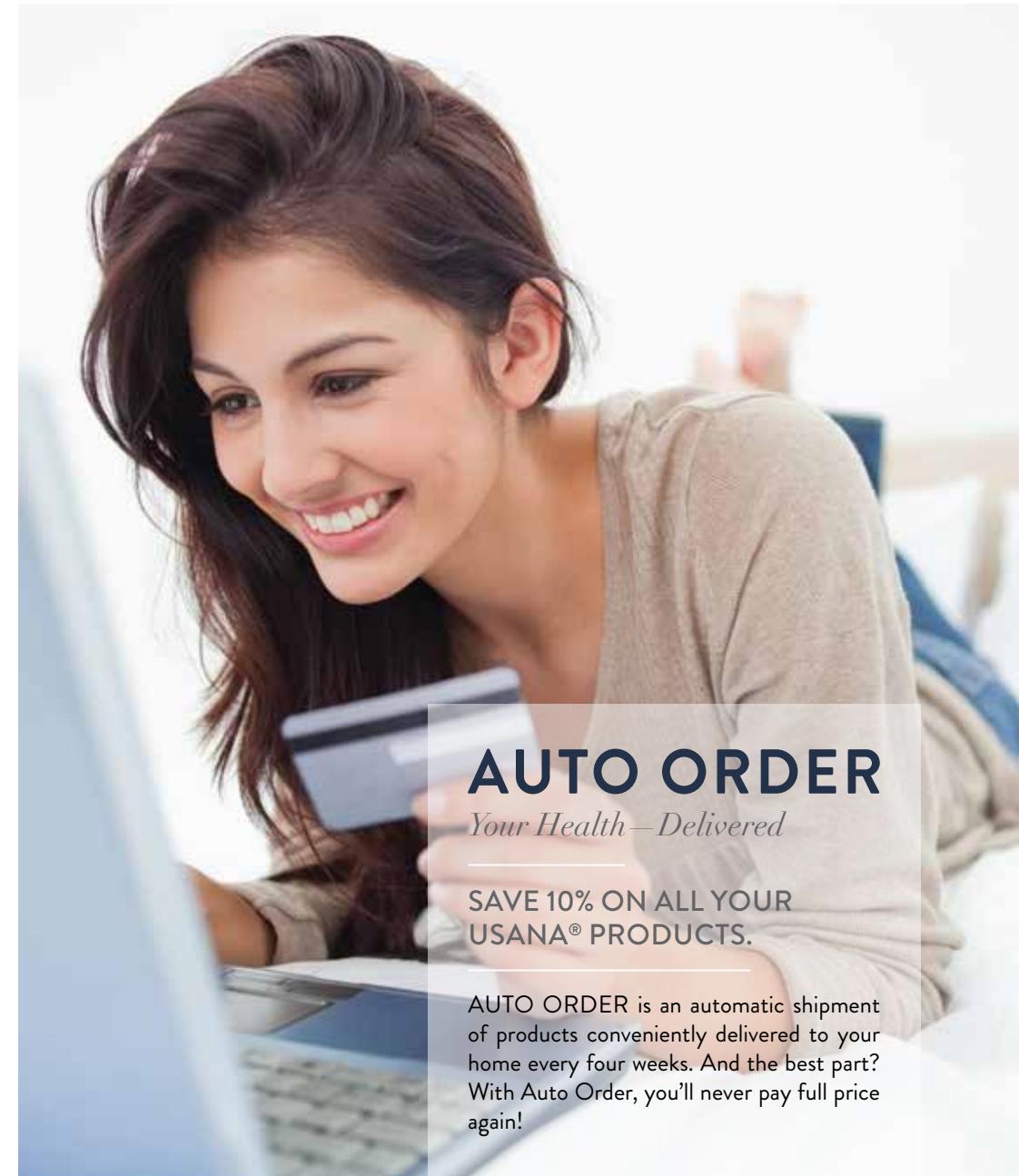
Embrace what sets you apart from everyone else, not only in your daily life, but in your daily health choices as well. Make a commitment to living a longer, healthier life, and choose the products that are right for you.

Because at USANA, we believe in your right to be an individual, and we are committed to supporting you on your journey to become the healthy person you want to be.

## THE ELEMENTS OF HEALTH

*Good nutrition is one of the most important aspects of a healthy lifestyle.*

But even the best diets can fall short when it comes to delivering all the essential nutrients we need. That's why USANA scientists work tirelessly to research the beneficial compounds in food, herbs, and other natural sources that our bodies need, and formulate them into USANA products. On the following pages, you will see some common sources of many nutrients identified as the elements of good health—the same elements you will find in many of our Nutritional, Diet and Energy, and Sense™ products—to help you live a long, happy, healthy life.



## AUTO ORDER

*Your Health—Delivered*

**SAVE 10% ON ALL YOUR  
USANA® PRODUCTS.**

AUTO ORDER is an automatic shipment of products conveniently delivered to your home every four weeks. And the best part? With Auto Order, you'll never pay full price again!

**USANA.com**

AUTO ORDERS RECEIVE 10 PERCENT OFF THE PREFERRED PRICE.



# *2014 Product Catalog*

# **CONTENTS**

# 02-35 NUTRITIONAL SUPPLEMENTS

## **36-49** DIET AND ENERGY

**50-57**  
SENSÉ BEAUTIFUL  
SCIENCE®

*All prices  
are subject to  
change.*

# PERSONALIZED NUTRITION

## *Cut from the Mold of Your Lifestyle*

You are unique, and you need a personalized health regimen that works just for you. Just as professional athletes and Olympic medalists trust their health to the experts, you too can discover the difference exceptional nutrition and advanced skin care can make in your own health. And USANA's patent-pending **True Health Assessment** is here to guide you.

**THIS NEW APPROACH TO YOUR HEALTH IS FAST, EASY, AND TOTALLY PERSONALIZED!** It's the ultimate guide to customizing your nutrition to your needs. It's as easy as 1-2-3!

Log on to [truehealthassessment.com](http://truehealthassessment.com), or download the **FREE** app to your iPad by visiting [truehealthassessment.com/ipad](http://truehealthassessment.com/ipad) to get started!



**DEAN & SHERRI CHIONIS**  
USANA ASSOCIATES



**DAN ORENO**  
USANA EMPLOYEE



**SLOANE STEPHENS**  
WTA PLAYER, CURRENTLY RANKED  
22<sup>ND</sup> IN THE WORLD

### WHAT'S IN THEIR MYHEALTHPAK?

ACTIVE CALCIUM™  
PROFLAVANOL® C<sup>200</sup>  
(Available exclusively in  
MyHealthPak)  
COQUINONE® 100  
(Available exclusively in  
MyHealthPak)  
HEPASIL DTX™  
BIOmega™  
PROCOSA®  
VISIONEX® DS  
(Available exclusively in  
MyHealthPak)  
VITAMIN D

### WHAT'S IN HIS MYHEALTHPAK?

HEPASIL DTX™  
COQUINONE® 100  
(Available exclusively in  
MyHealthPak)  
MEGA ANTIOXIDANT  
CHELATED MINERAL  
BIOmega™  
AO BOOSTER™

### WHAT'S IN HER MYHEALTHPAK?

MEGA ANTIOXIDANT  
CHELATED MINERAL  
AO BOOSTER™  
ACTIVE CALCIUM™  
BIOmega™

*Your Health, Your Way Starts with*  
**MYHEALTHPAK™**

*item #107*  
**MYHEALTHPAK™**

Convenient customized nutrition, just for you. Design your own AM and PM packs tailored to suit your personal needs.

*item #107*



CREATE YOUR CUSTOMIZED PACK TODAY AT [USANAMHP.COM](http://USANAMHP.COM).  
Products available exclusively for your very own, personalized MyHealthPak.

The pictured athlete is a dedicated user who has received compensation for her partnership and/or complimentary USANA products.

# THE ESSENTIALS™

*Your Foundation for Balanced Nutrition*

item #102



item #103



The ingredients shown are representative of the vitamins and nutrients found in USANA's award-winning Nutritional, Diet and Energy, and Sense® products.

## THE NAME SAYS IT ALL

On the most basic, human level, there are certain nutrients everyone needs. While there is no replacement for a healthy diet, the USANA® Essentials™ can help ensure you get the right amounts of all the right nutrients to help you feel your best every day.

### item #103 MEGA ANTIOXIDANT

Provides essential vitamins that support good overall health and supplies a wide range of antioxidants to fight cell-damaging oxidative stress.\*

PREFERRED PRICE: \$36.95

### item #102 CHELATED MINERAL

Supplies essential minerals that play many important roles in the body.

PREFERRED PRICE: \$15.95

### item #101 ESSENTIALS™

Order Mega Antioxidant and Chelated Mineral together and save more than 10 percent!

PREFERRED PRICE: \$47.45

\*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.

# HEALTHPAK™

# *Nutrition When & Where You Need It*



*item #100*  
**HEALTHPAK™**

Provides a full daily dose of the **USANA® Essentials™**, as well as Active Calcium™ and USANA's unique AO Booster™ for added antioxidant protection in convenient AM and PM packs.\*

PREFERRED PRICE: \$117.50

*item #100*

\*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.



your health. your life. your way.

## CELLULAR FUNCTION

### *The Science of Nourishing Healthy Cells*

Citrus fruit, deep-sea fish, and nuts and seeds are packed with nutrients like vitamin C and essential fatty acids that can help keep your cells—the structural and functional units of all living organisms—healthy.

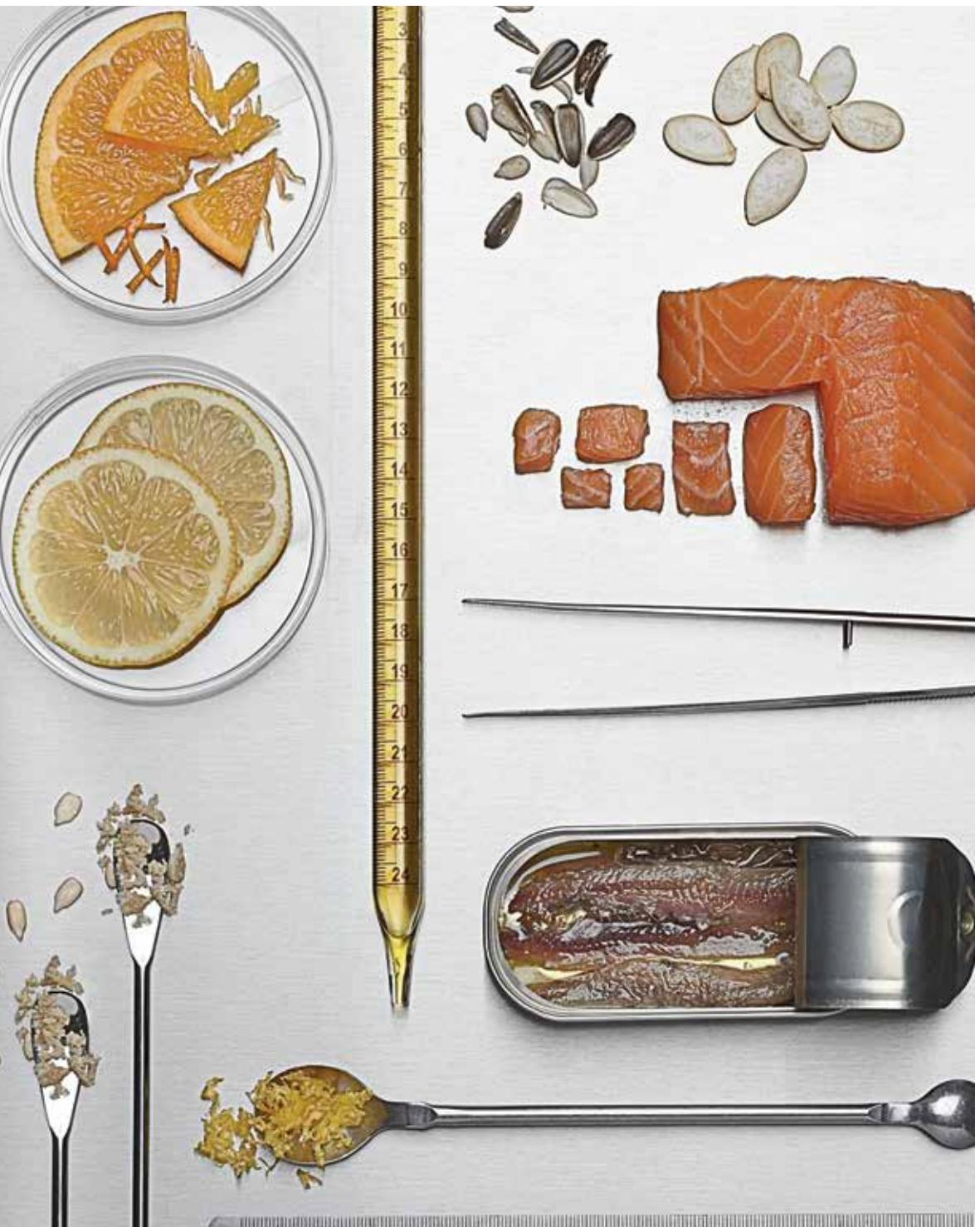
Because your cells are the primary source of your body's energy supply, USANA has created these products to optimize your cellular function and help you feel your best.\*



#### FOOD FOR THOUGHT

DID YOU KNOW USANA'S PROPRIETARY POLY C® provides higher and longer-lasting levels of vitamin C in the blood compared to other sources?

OIL FROM DEEP-SEA FISH, SUCH AS ANCHOVIES OR SALMON, provides important omega-3 fatty acids.



The ingredients shown are representative of the vitamins and nutrients found in USANA's award-winning Nutritional, Diet and Energy, and Sensé™ products.

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## | CELLULAR FUNCTION

**item #122  
BIOMEGA™**

Produced from purified cold-water, deep-sea fish oil and rich in omega-3 fatty acids, BiOmega provides EPA and DHA for cardiovascular and joint health support as well as neurological and intellectual development.\*

PREFERRED PRICE: \$21.45

**item #109**



**item #109  
VITAMIN D**

An easy way to get 2,000 IU of maximum strength vitamin D to support bone mineralization and cellular health.\*

PREFERRED PRICE: \$19.95



**item #143  
BOOSTER C 600**

(28 servings)

A delicious lemon-berry flavored powder that can be taken straight or mixed with water, Booster C 600 comes in convenient single-serving stick packs, so your personal immunity boost can be carried with you wherever you go.

PREFERRED PRICE: \$31.45



**item #143**

\*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.

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“I choose to take USANA’s products because it’s a great brand that I trust. As an athlete, having to question all of the things I’m putting into my body can be tiring, and I love knowing that I don’t have to worry with USANA.”

The pictured athlete is a dedicated user who has received compensation for her partnership and/or complimentary USANA products.



**MADISON KEYS**  
YOUNGEST PLAYER IN TOP 50



your health. your life. your way.

# CARDIOVASCULAR HEALTH

## *The Fundamental Ingredients for Staying Young at Heart*

Grapes, spinach, oily fish, walnuts, and soybeans are just a few foods that provide important nutrients to support cardiovascular health. USANA's cardiovascular Optimizers deliver the same nutrients that lie at the heart of these super foods to help promote healthy circulation, retain healthy, normal cholesterol levels, and support the production of the energy your heart needs to keep beating strong.\*

### FOOD FOR THOUGHT

DID YOU KNOW THAT GRAPE SEED EXTRACT contains the same flavonoids found in red wine? They are believed to be one of the reasons the French people have some of the healthiest hearts despite eating a diet high in saturated fat.

item #110

#### PROFLAVANOL® C<sup>100</sup>

Combines antioxidant bioflavonoids from grape-seed extract with high-potency Poly C® to support great health, including the health of your immune and cardiovascular systems, as well as youthful-looking skin.\*

With a delicious grape-flavored coating!

PREFERRED PRICE: \$39.95

item #123

#### COQUINONE® 30

Supplies the body with highly absorbable coenzyme Q10. This is critical for generating the energy needed to power our cells, especially those in the energy-hungry heart and brain, to help you feel youthful, healthy, and energized.\*

PREFERRED PRICE: \$38.95



HYBRID

item  
#110

MYHP

Proflavanol® C<sup>200</sup> is available exclusively in MyHealthPak.



MYHP

item  
#123



The active ingredients in CoQuinone 30 and Proflavanol C<sup>100</sup> are not derived from soy or nuts.  
The ingredients shown are representative of the vitamins and nutrients found in USANA's award-winning Nutritionals, Diet and Energy, and Sensa® products.

\*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.



## SKELETAL SYSTEM

*A Measured Approach to  
Keeping Your Bones and Joints Healthy*

Movement is essential for survival. Your everyday health and well-being depends on the stability and strength of your skeletal system—your body's primary foundation. Support your bones and joints by giving them the nutrition they need, so you can keep moving and participating in the activities you love.\*



### FOOD FOR THOUGHT

CURCUMIN, a yellow spice that comes from turmeric root, has many health benefits.

DID YOU KNOW USANA'S PROCOSA® joint-health supplement uses Meriva®† bioavailable curcumin, which has been shown to be nearly 30 times more bioavailable than traditional curcumin preparations?

\*Meriva is a trademark of Indena S.p.A.

The ingredients shown are representative of the vitamins and nutrients found in USANA's award-winning Nutritionals, Diet and Energy, and Sensé™ products.

†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.

## | SKELETAL SYSTEM



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***item #121  
ACTIVE CALCIUM™  
CHEWABLE***

Your personal bone health formula in a chewable tablet for adolescents and adults. Also works great as an antacid for heartburn.\*

**PREFERRED PRICE \$24.95**

***item #120  
ACTIVE CALCIUM™***

USANA's comprehensive bone health formula for adults.\*

**PREFERRED PRICE: \$18.95**

***item #131  
PROCOSA®***

Delivers vegetarian glucosamine HCl to help maintain healthy cartilage and joints.\*

**PREFERRED PRICE: \$29.50**



your health. your life. your way.

## DIGESTION/DETOX



### *Getting to the Core of Good Health*

Broccoli. Olives. Papaya. Simple foods packed with incredible ingredients like fiber, phenolic antioxidants, and plant enzymes that work together to support healthy digestion. And these ingredients are exactly what USANA scientists—along with the medical professionals at **Sanoviv Medical Institute**—research and incorporate into the most effective product formulations to help support your body's digestion and detoxification processes.\*



ARE YOU ONE OF THE FEW AMERICANS who get the recommended 21–38 grams of fiber in your daily diet? If you are, perhaps you're aware of how great it is for your digestive tract, or maybe you've found that it leaves you feeling full, making it easy to skip unhealthy snacks. If you're not, whether it's for a slimmer figure or pure digestive health, discover for yourself why fiber is fantastic.



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# DIGESTION/DETOX

*item #111*  
**DIGESTIVE ENZYME**

A broad range of enzymes to support efficient digestive health and help with occasional stomach discomfort after a large meal.\*

PREFERRED PRICE: \$29.95

*item #135*  
**HEPASIL DTX™**

Patent-pending antioxidant supplement specifically designed to support healthy liver function and your body's natural detoxification processes.\*

PREFERRED PRICE: \$33.95

*item #108*  
**USANA® PROBIOTIC**

(14 servings)

Brings balance to the belly with a blend of good bacteria—*Bifidobacterium BB-12®* and *Lactobacillus rhamnosus LGG®†*—clinically shown to survive the harsh acidic environment of the stomach.

PREFERRED PRICE: \$24.95

*item #111*



*item #135*

HYBRID

item #108



*item #108*

USANA  
PROBIOTIC



*item #226*  
**FIBERGY® PLUS**

(28 servings)

Fibergy Plus is a flavor-free fiber blend that is perfect for mixing in nearly any liquid or food, providing 12 grams of fiber per serving to support digestive health.

PREFERRED PRICE: \$29.95



Net Wt. 13.8 oz (392g)



## ENDOCRINE SYSTEM

*Using the Science of Natural Extracts to Bring Balance to Your Body*

Okay, so you'll get older—there's nothing we can do about that. But if you eat right, get plenty of sleep, and take supplements made to support your own personal needs, you may not feel older. These specialized nutritional products are made with ingredients found in milk-thistle seeds, saw palmetto, and chasteberries.



### FOOD FOR THOUGHT

LICORICE ROOT, CHASTEBERRY, AND BLACK COHOSH are herbs commonly used to support women's health.\*

SAW PALMETTO has been used for centuries to support men's health.\*

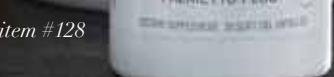
## | ENDOCRINE SYSTEM

*item #128*  
**PALMETTO PLUS™**

Designed for men concerned with maintaining healthy prostate function.\*

PREFERRED PRICE: \$23.45

*item #128*



*item #141*



*item #129*



*item #129*  
**PHYTOESTRIN™**

Mood swings, hot flashes, and night sweats. If that sounds familiar, it may be time to try an all-natural supplement to help smooth the transition into menopause.\*

PREFERRED PRICE: \$20.95

*item #141*  
**PURE REST™**

This fast-acting, orange-flavored melatonin supplement is designed to give you the rest you so greatly deserve.\*

PREFERRED PRICE: \$15.95

\*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.

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“I felt the difference in my energy levels right away after taking the USANA supplements. I felt so strong in the ring, I was starting to become afraid of myself! The RESET weight-management program and the Nutrimeal™ drink mixes helped me get to my required weight, and it was so much easier than what I had done before. And, I have been able to train harder with more strength and endurance.”



**TIMOTHY BRADLEY**

FORMER WBO AND TWO-TIME WBC  
LIGHT-WELTERWEIGHT CHAMPION  
RECORD: 30-1 WITH 12 KOS



## NERVOUS SYSTEM

*Feed Your Network to  
Stay Sharp and Focused*

Your brain, spinal cord, and nerves are all connected—like a network—and they all work together, collecting and processing information from inside and outside your body. This network, generally referred to as your nervous system, is responsible for relaying messages to and from the brain and different parts of your body and making connections that affect the way you see, think, and behave.

*item #134  
**VISIONEX®***

Designed to help maintain healthy visual performance and protect the delicate tissues of the eye from photo-oxidation, a key factor in age-related visual impairment.\*

**PREFERRED PRICE: \$31.45**

*item #126  
**GINKGO-PS™***

Designed to support acute memory function and cognition.\*

**PREFERRED PRICE: \$32.94**

\*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.

The ingredients shown are representative of the vitamins and nutrients found in USANA's award-winning Nutritional, Diet and Energy, and Sense™ products.





your health. your life. your way.

## MOTHER & CHILD

### *The Science of Feeding Your Family*

A varied diet that includes healthy fruits, vegetables, and lean meats is important for everyone—at every age. But it's especially important for children because they are constantly growing, from before birth to the end of adolescence. USANA makes it easy to ensure that your family—in all stages of development—gets nothing less than the best.



The USANA BabyCare Prenatal Essentials™ pack is a convenient dosage of essential, top-quality vitamins and minerals, making it easy for you to start making the right choices for your health and the health of your future children.

The healthy habits you start now pave the way to an entire lifetime of proper nutrition.



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# MOTHER & CHILD

*item #151*

## BABYCARE PRENATAL ESSENTIALS™

Includes BabyCare Prenatal Mega Antioxidant and Chelated Mineral with iron.

PREFERRED PRICE: \$47.45

*item #104*

## BODY ROX™

Between late-night cram sessions, school activities, and a hectic social life, teenagers can't afford to slow down. Give them the nutrition they need to be at their best every day, in and out of the classroom.\*

With a tasty fruit-flavored coating!

PREFERRED PRICE: \$22.50

*item #105*

## USANIMALS™

USANA's fun and easy-to-eat chewables provide excellent nutritional support for children ages 24 months to 12 years old.\*

Kids will love the delicious wild berry flavor!

PREFERRED PRICE: \$13.95

*item #144*

## BIOMEGA™ JR.

(14 servings)

BiOmega Jr. makes it fun and easy for kids to get the DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) they need to support healthy minds and bodies.\*

Delectable orange-pineapple gel fortified with vitamin D!  
For best results, store in the refrigerator and serve cold.

PREFERRED PRICE: \$16.95



*item #105*

*item #151*

*item #144*

*item #104*



## DIET & ENERGY

*Science Meets Delicious*

Everyone wants to eat healthy, but in the fast-paced world we all live in, healthy eating doesn't necessarily come easy. USANA scientists have isolated the most delicious, nutritious ingredients and used them to create meal replacement shakes, energy drinks, and snacks to suit your busy lifestyle. Our Diet products are a healthy option for when you're on the go; they are low glycemic, packed with the goodness of fiber and protein, and are formulated without gluten<sup>†</sup>. Our Rev3 Energy® products are also low glycemic and free from artificial sweeteners, preservatives, and colors.



### FOOD FOR THOUGHT

NUTRIMEAL™ FREE is made with vegetable-based protein, including a unique blend that contains pea protein isolate.

REV3 ENERGY® DRINK contains pomegranate and other natural flavors.

The ingredients shown are representative of the vitamins and nutrients found in USANA's award-winning Nutritionals, Diet and Energy, and Sense® products.  
†For our customers sensitive to gluten: no gluten-containing ingredients are used in these products. However, all USANA Foods products are produced in a facility that manufactures other foods that do contain gluten.



item  
#202



item  
#211



item  
#209

# NUTRIMEAL™

## EAT HEALTHY. IT'S EASY!

Nutrimeal shakes are nutritionally balanced meal replacements that provide a healthy ratio of carbs, proteins, and beneficial fats to help maintain and support a healthy weight. Their low-glycemic formulas are designed to deliver sustained energy and help curb cravings.

### item #202 CHOCOLATE WHEY

(9 servings)

Contains a healthy balance of proteins, carbs, and fats to promote muscle growth.

Gluten free<sup>†</sup>

PREFERRED PRICE: \$29.95

### item #211 FRENCH VANILLA

(9 servings)

Protein blend  
Gluten free<sup>†</sup>

PREFERRED PRICE: \$27.95

### item #209 NUTRIMEAL™ FREE

(9 servings)

Plant-based, nutritious, and containing 16 grams of protein, Nutrimeal Free is pleasantly delicious and far from overbearing.

Fructose free  
Soy free<sup>†</sup>  
Dairy free<sup>†</sup>  
Gluten free<sup>†</sup>  
Vegetarian friendly

PREFERRED PRICE: \$29.95

\*For our customers sensitive to gluten: No gluten-containing ingredients are used in these products. However, they are produced in a facility that manufactures other foods that do contain gluten.

item  
#212



item  
#210

### item #212 WILD STRAWBERRY

(9 servings)

Protein blend  
Gluten free<sup>†</sup>

PREFERRED PRICE: \$27.95

### item #210 DUTCH CHOCOLATE

(9 servings)

Protein blend  
Gluten free<sup>†</sup>

PREFERRED PRICE: \$27.95

These products are produced on equipment that also processes peanuts, tree nuts, eggs, wheat, sesame, and shellfish.

## BERRY NUTTY™

*Mother Nature...Gone Wild*

FINALLY—the whole foods bar your taste buds have been dreaming about. The one that brings all your favorite ingredients to the party. From raw almonds and cashews to delicious, dried cherries and cranberries, this little bar delivers big flavor. And the best part? It's all natural. Yep. No fluff, and no artificial ingredients. Just sweet, mouthwatering gifts from Mother Nature.

SOY FREE<sup>†</sup> | DAIRY FREE<sup>†</sup> | LOW GLYCEMIC | GLUTEN FREE<sup>†</sup>  
LOW SODIUM | NON-GMO

PROTEIN: 4 g

CALORIES: 160

FIBER: 8 g

item #238

### BERRY NUTTY™ NUTRITION BAR

(14 bars)

PREFERRED PRICE: \$39.95

item #238



## USANA'S DELICIOUS PROTEIN SNACKS

Have you ever been tempted to reach for a not-so-healthy snack, only to hesitate when you thought of your waistline? Achieving an ideal weight doesn't mean you have to deprive yourself. These delectable, gluten-free<sup>†</sup> snacks will give you all the indulgence you crave with some extra benefits to boot!



item #236

item #235

item  
#237

*item #235*  
**CHOCO CHIP™**

(14 bars)

This soft and chewy chocolate chip Protein Snack will give you the same comfort as your home-baked snacks, without the guilt.

**PROTEIN:** 11 g  
**CALORIES:** 160  
**FAT:** 5 g

**PREFERRED PRICE :** \$29.95

*item #236*  
**PEANUTTY BLISS™**

(14 bars)

When you want big peanut butter flavor, reach for this delicious Protein Snack loaded with rich peanut butter chips and topped with an amazingly smooth peanut butter icing.

**PROTEIN:** 11 g  
**CALORIES:** 160  
**FAT:** 6 g

**PREFERRED PRICE:** \$29.95

*item #237*  
**FUDGE DELITE™**

(14 bars)

This luxurious, soft-baked Protein Snack will give you all the chocolaty taste you've been craving with rich chocolate chips baked right in.

**PROTEIN:** 12 g  
**CALORIES:** 180  
**FAT:** 6 g

**PREFERRED PRICE:** \$29.95

†No gluten or eggs are used in these products. However, they are manufactured on equipment that also processes products containing wheat, milk, eggs, soybeans, peanuts, and tree nuts.

# REV3 ENERGY®

This powerful energy drink packs a clean, crisp taste and is the smart source of that extra oomph you need to push through your workout...or the afternoon.

*item #139*  
**REV3 ENERGY® SURGE PACK**

(14 stick packs with free chalk bag)

PREFERRED PRICE: \$29.95

*item #139*  
**REV3 ENERGY®  
SURGE PACK REFILL**

(28 stick packs)

PREFERRED PRICE: \$49.95



## WHAT SEPARATES REV3 FROM OTHER ENERGY DRINKS?

- Free from added preservatives, Rev3 Energy is a great-tasting, vitamin-and-antioxidant-enhanced beverage with a proprietary energy complex that is safe and effective.\*
- Rev3 has a total low-glycemic load that is three to four times lower than traditional energy drinks.
- There are no artificial flavors, artificial sweeteners, artificial preservatives, or artificial colors.
- Contains caffeine from antioxidant-rich green and white tea.
- Replaces vitamins B1, B2, and B6, which may be depleted during exercise.

*item #138*



*item #138*  
**REV3 ENERGY® DRINK**  
(12 cans)

PREFERRED PRICE: \$29.95

# | POSITIVE CHOICES. POSITIVE RESULTS.



item #251

It's no secret that the key to effective weight loss is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes can often seem like an insurmountable task. With that in mind, USANA scientists developed the **5-DAY RESET™ KIT**, complete with low-glycemic meal replacements that are designed to help you make a clean break from fatty, high-glycemic foods and start making better choices for your health.

## item #251 5-DAY RESET™ KIT

This delicious variety pack includes: 15 servings of Nutrimeal™, 10 Protein Snacks, 5 AM/PM HealthPak™ packets, 1 RESET program guide, and 1 #RESETNATION bracelet.

PREFERRED PRICE: \$110.95

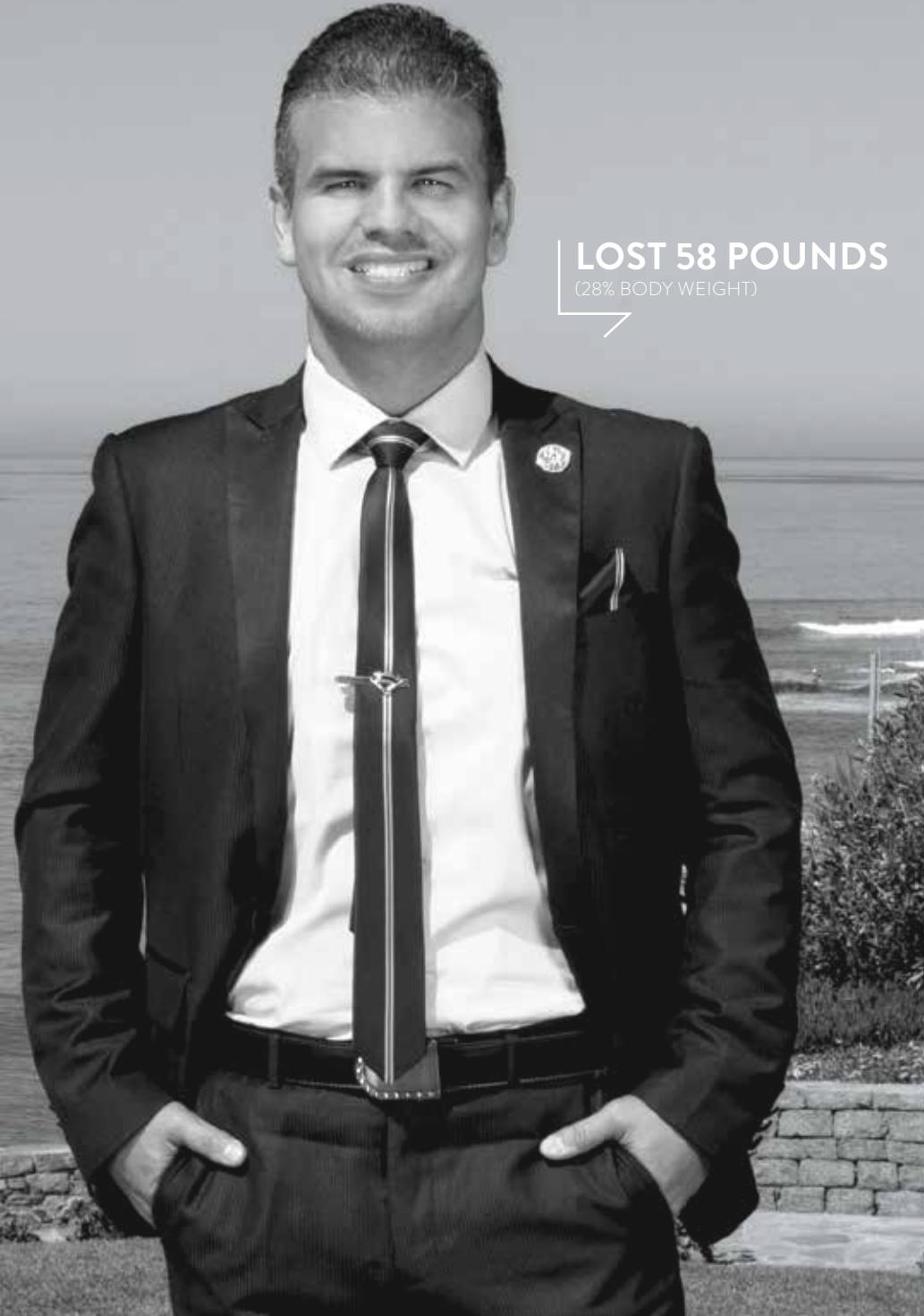


It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA RESET 5-Day Kit 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-loss results. Results will vary. The average weight loss with RESET is 4.5–5 lb. in five days.

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“People thought I was crazy for starting the RESET™ weight-management program, but I wanted to show them that if you utilize USANA’s Nutrimeal™ shakes and combine them with a moderate exercise program, it was possible to reach your goals, regardless of how ‘crazy’ they may seem.”

VICENTE GUTIERREZ  
RESET CHALLENGE WINNER



**LOST 58 POUNDS**  
(28% BODY WEIGHT)



your health. your life. your way.

# SENSE™ BEAUTIFUL SCIENCE®

*Capture the Glow of Health*

Dedicated to those looking to enhance their health *and* beauty, USANA created **Sensé Beautiful Science**, a comprehensive approach to skin care. Made from purified natural botanical extracts and topical nutrition complexes, **Sensé** is formulated to revitalize individual cells—where healthy skin begins. When cells are properly nourished and protected, you can expect beautiful results.

Each product is developed with groundbreaking, patented Self-Preserving Technology, meaning they stay fresh naturally. With regular use, skin is visibly transformed.



## FOOD FOR THOUGHT

GRAPE SEED EXTRACT is the core ingredient of USANA's proprietary Proflavanol-T topical antioxidant.

ALOE in Daytime Protective Emulsion is soothing and hydrating.

PAPAYA ENZYMES help naturally exfoliate the skin in Rice Bran Polisher.



# THE BASICS

*item #300*

## GENTLE DAILY CLEANSER

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

PREFERRED PRICE: \$16.00

*item #301*

## HYDRATING TONER

After cleansing, restore skin's pH balance with this gentle, revitalizing toner.

PREFERRED PRICE: \$13.50

*item #302*

## DAYTIME PROTECTIVE EMULSION

Restore and protect against aging with this lightweight moisturizer enriched with light-activated Regenisomes™.

PREFERRED PRICE: \$34.50

*item #303*

## NIGHT RENEWAL CRÈME

Mend the look of aging and wake up to hydrated skin with this overnight treatment.

PREFERRED PRICE: \$32.50



*item #351*

## BASIC PACK

Get all of the Sensé basics in one convenient pack with the Basic Pack.

PREFERRED PRICE: \$78.50

*item #350*

## DELUXE PACK

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

PREFERRED PRICE: \$157.95

**item #307  
RICE BRAN POLISHER**

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

PREFERRED PRICE: \$14.25

item  
#307



## THE ENHANCERS

**item #308  
NUTRITIOUS CRÈME MASQUE**

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

PREFERRED PRICE:  
\$16.25

item  
#308



**item #306  
EYE NOURISHER**

Give special care to the delicate skin around the eyes with this lightweight moisturizing complex.

PREFERRED PRICE: \$22.50

item #306



**item #304  
SERUM INTENSIVE**

This age-defying serum dramatically minimizes the appearance of fine lines and wrinkles, and helps retexturize skin's surface.

PREFERRED PRICE: \$38.50

item #304



item  
#305



item  
#399



**item #305  
PERFECTING ESSENCE**

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

PREFERRED PRICE: \$45.25

**item #399  
NATURAL WHITENING TOOTHPASTE**

USANA's Natural Whitening Toothpaste is naturally formulated to protect your beautiful smile all year round by removing plaque, cleaning teeth, and fighting the bacteria that causes bad breath.

PREFERRED PRICE: \$7.95

# | SENSE™ BODY CARE

## *item #354* **HAIR & BODY PACK**

All your necessary body care products in one pack, so you always look radiant from head to toe.

PREFERRED PRICE: \$72.50



## *item #311* **ENERGIZING SHOWER GEL**

Revitalize skin with this soap-free cleansing gel enhanced with an invigorating tangerine fragrance.

PREFERRED PRICE: \$15.25

## *item #312* **REVITALIZING SHAMPOO**

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

PREFERRED PRICE: \$15.25

## *item #313* **NOURISHING CONDITIONER**

Moisturize and strengthen hair with a conditioner enriched with vitamins C and E for manageability and shine.

PREFERRED PRICE: \$15.95



## *item #315* **INTENSIVE HAND THERAPY**

Moisturize dry skin and combat the damaging effects of the environment with this concentrated hand cream. Smooth rough skin and keep cuticles soft for happy, healthy hands.

PREFERRED PRICE:  
\$13.00

## *item #314* **FIRMING BODY NOURISHER**

Moisturize and tone skin with the exclusive hydroxy complex in this firming body lotion.

PREFERRED PRICE:  
\$21.25

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“As a world-class athlete, I’m pushing my body to its limits every day, so it may come as no surprise that nutrition is incredibly important to me.

With USANA, not only am I getting amazing products that make me feel great, but I’m also getting the peace of mind that USANA is striving for excellence, the same way I am. I want to thank USANA for their long-standing support of Olympic sports, especially speedskating, and their commitment to excellence. I couldn’t be more excited to be part of this incredible team.”



**TRAVIS JAYNER**

WINTER GAMES BRONZE MEDALIST  
U.S. SPEED SKATER



## | TESTING WITH A SCIENTIFIC TEAM

More than 60 USANA scientists, chemists, and microbiologists around the world are tasked with the rigorous job of testing product ingredients—starting with the raw materials when they enter the in-house manufacturing facilities. Paperwork is checked, a visual inspection is performed, and a representative material sample is collected and sent to the lab.

*continued....*

Every sample goes through microbiological, contamination, potency, and physical testing. Most ingredients also go through specific testing to ensure they meet United States Pharmacopeia (USP) standards for things like purity, solubility, and density to make sure what's on the label is in the product—and nothing else.

### EXCEEDING THE STANDARD

USANA complies with the highest standards of the nutritional supplement industry, and its Salt Lake City facility is also a U.S. Food and Drug Administration (FDA) registered facility. Although FDA guidelines for nutritional supplements don't force manufacturers to test every ingredient in every lot, USANA does. This ensures that when you receive your USANA products, you're receiving the very best supplements possible.

**It isn't the industry standard.  
It's the USANA standard.**

“This is our house.  
This is our business.  
And nobody is going  
to take care of it if  
we don’t.”



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**CHAMPIONS  
CHOOSE**  **USANA**