

USANA[®]

HEALTH & WELLNESSES

Highlights of the
**2009 USANA
International
Convention**

Salt Lake City, Utah
26 - 29 August 2009

2010 USANA Celebration

Kuala Lumpur, Malaysia
9 January 2010

USANA Reaches

\$3 Billion Mark
in Cumulative Net Sales

**Beauty 101
with Sensé**

Answering your
skin-care questions

Social Media Sites

Learn how you could use
these tools to better
your business

NEW
EMERALD
DIRECTOR



Annie Low Siew Nee
New Emerald Director



DrWentz.com

USANA is pleased to announce www.drwentz.com – a new Website created for customers and Distributors alike who are looking for more information about Sanoviv, Children’s Hunger Fund, USANA highlights, and any other visionary endeavours Dr. Wentz is pursuing. Visit the site for updates written personally by Dr. Wentz.

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No Limits to What We Can Achieve

The theme for this year's 2009 International Convention says it all – "No Limits" – no limits to what you do, what you envision, and whatever your endeavours are. It takes courage and determination to work your way to the top and achieve your dreams, yet there are no limits to how far you can go, and that is the privilege of being part of the USANA family – it allows you to plan, build and accomplish your goals with no limits.

In USANA, there is no limit to what we can achieve, because it fulfills four key criteria which I deemed to be the most important and essential for anyone to consider building their business in the Network Marketing Industry - quality of products, integrity of the management team, stability of the company, and the Compensation Plan.

With good quality products, we gain consumer acceptance that will result in repeat purchases. This will also enhance the sales and boost the recruitment of new Distributors. Naturally, if the supplements are effective, consumers will continue to use them, thus generating a tremendous base of loyal, satisfied customers. This is why USANA Health Sciences, Inc. was selected as the 2009 Editor's Choice recipient in the latest edition of the NutriSearch Comparative Guide to Nutritional Supplements for developing top-rated products, with its flagship product USANA Essentials™ receiving a 5-Star Gold Medal rating from the Comparative Guide. Besides that, USANA Sensé also won the Utah Best of State Award for the "Personal Care Products/Cosmetics" category in 2007, 2008 and 2009.

A company with a management team of high integrity offers stability and confidence to its Distributors, and Distributors can be rest assured that the company is well managed with consistent, fair policies and procedures, and commissions are paid out promptly each week. This is proven when the management team of USANA was chosen as one of the Stevie Award Finalists in the "Management Team of the Year" category in 2009. USANA Founder, Dr. Myron Wentz, also received the Albert Einstein Award in the "Outstanding Achievement in Life Sciences" category; and Dave Wentz, USANA CEO, was named one of the powerful CEOs under the age of 40 by FORBES.com. All these awards accorded to the management of USANA meant only one thing – our management team led by our Chairman, Dr. Myron Wentz and CEO, Dave Wentz is of the highest integrity!

The stability of a company is a result of a well-established, constantly growing and profitable company. As Network Marketing is a long-term, recession-proof industry, it gives Distributors the opportunity to earn income over many years. USANA Health Sciences, Inc. has just surpassed US\$3 Billion in cumulative sales of its nutritional and skin-care products despite the economic downturn. This confirms the company stability and long-term viability beyond doubt.

And the last criterion, is the compensation plan which is a very important key factor for our distributors. It has to be the best in the industry where both the company and the Distributors are able to enjoy the benefits. It has to be fair and achievable to ensure that Distributors are rewarded accordingly as they have put in all their efforts and energies to build the business. For 10 consecutive years (1997-2008), USANA was voted the No.1 Network Marketing Company by the MLM Insider's Distributor Choice Awards and the USANA Compensation Plan has also been ranked the No.1 People's Choice! We have to be the best!

We continually strive to serve our Distributors professionally and effectively. Gaining recognition for the combination of the four criteria above have proven beyond doubts that USANA provides the best opportunities to the Distributors to maximise their earning potentials with No Limits!



Dr. Andy Woo
Managing Director
Malaysia & Singapore



USANA Reaches **\$3 Billion** Mark in Cumulative Net Sales

USANA Health Sciences, Inc.
announced that cumulative net sales
of its nutritional and skin-care
products had topped \$3 billion!

USANA Leaders attributed this accomplishment to the company's active Distributor base, which increased year-over-year by 18.3 percent during the second quarter of 2009 to a record 200,000 Distributors. USANA also reported record sales of \$112.1 million for the second quarter of 2009 in its quarterly earnings release on July 28. "We are proud that USANA has passed the \$3 billion mark in cumulative net sales," said USANA CEO Dave Wentz, who helped found the company in 1992. "Despite a troubling economy, USANA continues to grow at an exceptional rate, and this achievement is a testament to our high-quality products, our dedicated Distributors and our hard working employees."

Learn more about USANA's products and opportunity by visiting our **website**¹, reading our **blog**², becoming a fan on **Facebook**³, or following us on **Twitter**⁴. Read more on page 15.

1 <http://www.usana.com>

2 <http://whatsupusana.com>

3 <http://www.facebook.com/usanahealthsciences>

4 <http://twitter.com/usanainc>



A USANA Business Without Limits

Our 2009 USANA International Convention was my absolute favourite time of the year. But, you might be surprised to learn which moment is at the top of my list. The opening and closing sessions are always amazing, the speakers are always inspiring, and the time spent with each of you is always moving. What excites me most, though, is that instant all of our Distributors step foot outside of the convention center at the end of the week.

No, not because of the small vacation we at the Home Office get after all of that hard work, although that is nice. What I love about that moment when convention is over is the desire Distributors take away with them to build a better business and to reach for their dreams. You can see it in their eyes as they prepare to return home. Those first few weeks after convention are always the most exciting in USANA; it's when our Distributors take all the new ideas, tools, and products and build their business with a renewed enthusiasm.

Convention is the ultimate spark that will help light a fire in your own business. But how you use that spark is up to you. You can hold back, providing just enough air to keep it alive; or you can build upon that spark by using your newly gained knowledge as kindling and start a roaring fire that will continue to grow.

This year we will be hearing from some amazing speakers including Les Brown, Tim Sales, Robert Allen, and Dr. Denis Waitley, all of whom are going to be sharing secrets to success that USANA Distributors will be able to take home and use in their own lives.

I challenge you to make the 2009 International Convention theme, No Limits, your own personal mantra for the entire year. Build with no limits. Approach with no limits. Prospect with no limits. Live with no limits. It is my hope that you will walk away from the 2009 USANA International Convention a new person, a person who will take the many lessons learned this year and put them to immediate use in building a successful business. Let convention help you build a USANA business with no limits.

Live well,



Dave Wentz

CEO, USANA Health Sciences



Beauty 101

Are you overwhelmed by all the commercials and advertisements claiming one beauty product is better than another? Do you stare blankly at all the skin-care choices at your local supermarket? Then you need Beauty 101: A crash course that answers some of your most frequently asked skin-care questions.

Written by Amber Bailey

Q Are all cleansers created equal?

A In a word, no. From soaps to cold creams to grandma's old standby—rose milk—what you use today will affect your skin tomorrow. Soaps can be drying while cold creams are too heavy. The perfect solution is a gentle, non-drying cleanser you can use everyday.

Gentle Daily Cleanser

is a mild, soap-free cleanser that washes away surface dirt without drying your delicate skin or leaving behind a greasy residue. The unique formulation of yucca and soapwort bark gently lifts away impurities, while clary-sage extract purifies without stripping the natural oils from the skin. Skin is left clean, smooth, and silky.

Follow up with **Hydrating Toner** to balance the skin's pH levels and remove any lingering impurities.



Q Why should you exfoliate, and how often?

A The skin is continually renewing itself through the shedding of dead cells. These dead skin cells can block pores, cause blackheads, and make the skin's surface look dull. Exfoliating two to three times a week helps remove dead skin cells and invigorate the skin, prevent blemishes, and increase the effectiveness of skin-care products while giving the skin a youthful glow.



Rice Bran Polisher gently exfoliates dull, dead surface cells while revealing more luminous skin. Its unique papaya enzymes and rice bran beadlets help break down and remove dead skin, leaving it polished and smooth.



Why is moisturiser important, and do I need it if I have oily skin?



Everyone, no matter his or her skin type, should moisturise. Moisturisers replenish lost water in the skin to prevent dryness and flakes and to keep skin looking youthfully radiant. For day, choose a product with at least an SPF 15 to help protect your skin against the sun's harmful rays. For night, choose a product that targets the formation of wrinkles and rejuvenates your skin while you sleep.

Daytime Protective Emulsion SPF 15 protects, hydrates, and replenishes your skin.

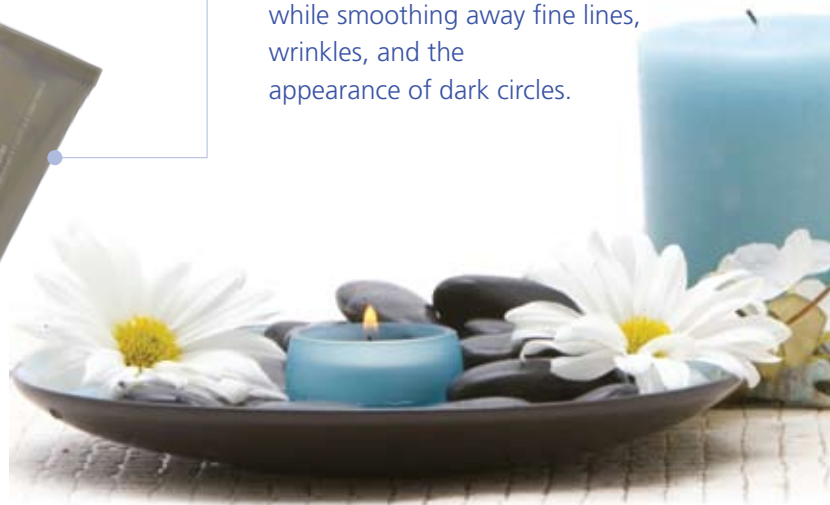
This lightweight, non-greasy moisturiser, enriched with Regenisomes™, nourishes while preventing the visible signs of aging.

Use in conjunction with deep-penetrating **Night Renewal Crème** to replenish and renew your skin at night.

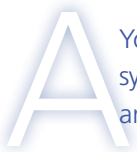
Perfecting Essence beautifully brightens and retextures the skin's appearance, leaving it visibly radiant and smooth. Safe for sensitive skin.

Don't forget the delicate eye area!

Eye Nourisher is an advanced eye treatment that firms and restores your eyes while smoothing away fine lines, wrinkles, and the appearance of dark circles.



Should I use all the products from the same skin-care line?



You'll receive best results with disciplined use of a skin-care system. Products are designed to work together in combination and collectively will address all the signs of aging.

The Sensé ultimate skin-care regimen has been clinically proven to increase elasticity, decrease the appearance of fine lines and wrinkles, improve texture, and boost skin's moisture level. Take advantage of great savings when you buy our Sensé products.

Sensitive skin?

The Sensé Self-Preserving Technology eliminates harsh chemical preservatives used in traditional skin-care products that can irritate and dry the skin, helping to keep you and your skin calm and healthy.



The Science of Being Beautiful

Skin changes with the weather, your level of health and your age. Pregnancy, breast-feeding and illness can also change the way your skin responds and your basic skin type. You should be aware of your skin type and skin concerns to adjust your skin routine accordingly.

Always follow the basic skin routine: **cleanse-tone-replenish**. However you may alter your choice and usage of **Sensé** Enhancers depending on which ones are right for you. All products are designed to be used on all skin types due to the unique combination of scientific technologies and botanicals that are safe even for sensitive skin.

Sensé - Application

theBasics



Step 1: Cleanse

Gentle Daily Cleanser

Directions: Work into dry skin using a circular motion over face and neck. Add water, continue cleansing. Rinse thoroughly with tepid water.



Step 2: Tone

Hydrating Toner

Directions: Saturate a cotton pad, then sweep over face and neck.



Step 3: Replenish

In the morning

Daytime Protective Emulsion

Directions: Smooth this high performance moisturiser with sunscreen onto face and neck every morning. Avoid eye area.

At night

Night Renewal

Directions: Apply this crème to face and neck in gentle upward strokes.

theEnhancers



Perfecting Essence

Directions: Apply to face and neck morning and evening. Massage gently over face and neck in an upward motion from the inner to the outer part of the face. Follow with Daytime Protective Emulsion or Night Renewal Crème. Avoid eye area.



Eye Nourisher

Directions: Apply a small amount on finger and gently apply to entire eye area twice daily.



Rice Bran Polisher

Directions: Apply a small amount to moist skin and work in a gentle, circular motion over face and neck with wet fingertips. Rinse with warm water. Avoid eye area. If irritation occurs discontinue use.



Nutritious Crème Masque

Directions: Use after Rice Bran Polisher two to three times per week. Apply a generous layer to clean skin from neck to forehead. Allow to set for 20 minutes. Rinse with warm water.



Make use of these **Sensé Tools** to build your **business!**

Sensé DVD

(Part#568)



This seven-minute video is a great introduction to Sensé Beautiful Science™. With compelling sharings and Sensé models, this DVD can be given to everyone you know who is concerned with their skin health and ready for a revolutionary skin-care system.

- Explains the revolutionary technology of Sensé skin-care products.
- Includes compelling sharings and Sensé model footage.
- Simply give to a prospect interested in skin care.

Sensé Brochure

(Part#525)



The Sensé Brochure gives a complete overview of this revolutionary line of products. Sensé is broken down into the three simple sections featuring The Basics & The Enhancers. Customers can either choose products individually or together as a complete skin-care system.

- Explains the revolutionary technology of Sensé skin-care products.
- Reflects the quality of the Sensé Beautiful Science™ brand with sleek and stylish design.
- Works as a great introduction to Sensé for prospects interested in skin care.

Training with Deborah Woo



Get Started Today

27 June 2009 · The Gardens Hotel & Residence, Mid Valley

Deborah Woo, Executive Vice President of Asia made an appearance in Malaysia to talk about the right mindset and effective ways of turning crisis into opportunity especially during recession times. Other speakers included Dr. Andy Woo, Managing Director of Malaysia & Singapore, and Mr. Sherman Ying, Regional General Manager of Taiwan and Hong Kong. Ruby Director Ms. Yurko Ng also shared on stage about her journey in USANA.



Leadership Training

29 & 30 June 2009 · Menara Axis, Petaling Jaya

USANA Leaders learned a series of interesting topics on time management, effective communication skills, finding the right leaders and goal-settings at a 2-day leadership training with Deborah Woo. Sherman Ying, Regional General Manager of Taiwan and Hong Kong, was also at the training to present his talk and motivate the Leaders.



How To Do A Persuasive Presentation

1 July 2009 · Menara Axis, Petaling Jaya

Silver and above Directors attended a workshop on how to do a persuasive presentation conducted by Deborah Woo. This fun and engaging training session had Distributors cheering and laughing as they explored different interesting methods of giving a more effective presentation.

Training with Ng Keng Hean



Exponential Wealth Creation

26 June 2009 · Menara Axis, Petaling Jaya

Mr. Ng Keng Hean, Executive Director Marketing of Asia Pacific Region, was in Malaysia in June to share about the importance of adopting a holistic approach to building exponential wealth through USANA and taking full advantage of the USANA opportunity to leverage one's income.



Doorway to Director

24 July 2009 · Menara Axis, Petaling Jaya

From Sharers to Achievers, this was the perfect workshop for them to identify and enhance their skills in building a strong foundation for the business. The key speaker for this workshop was Bill Duncan, Executive Vice President of Australasia, together with guest speaker Mr. Ken Ong (Gold Director). This was also a great opportunity for them to learn how to maximise their USANA business potential.

Gateway to Gold

25 July 2009 · Sunway Resort Hotel & Spa, Petaling Jaya

Bill continued his mission to help and train potential Silver Directors on discovering dynamic ways to achieving Gold Director and beyond. Other guest speakers included Gold Directors, Mr. Roland Tee and Ms. NorFahreen Aziz. This workshop has provided the platform for many Gold and above rank advancements over the years.



Money or the Box

27 July 2009 · Menara Axis, Petaling Jaya

In this training, Bill provided insights of the performance outcome through research and compilation of actual types of business-building principles in the current market while showing Leaders the pathway to building a solid USANA business.





“Dare to Fail” with Billi Lim

28 June 2009 · Sunway Resort Hotel & Spa, Petaling Jaya

The answers to transforming failure into success were revealed at Billi Lim's “Dare to Fail” motivational talk! A speaker, trainer and author, Bill Lim led Distributors to a whole new level of overcoming failure and discovering success behind a true business.

“The Power of Duplication” with Jason Shih

11 July 2009 · Sunway Resort Hotel & Spa, Petaling Jaya

The key to establishing a solid network in the business is to comprehend the importance of duplication within one's team. Jason Shih, a renowned Taiwanese Speaker shared about the power of duplication and the effective ways of duplication in building a longer-lasting network.



Understanding “Multivitamins and Healthy Immune Function” with Tyson Ng

24 August 2009 · Menara Axis, Petaling Jaya | Hilton Sentral, Kuala Lumpur

Mr. Tyson Ng, USANA Hong Kong Nutritionist, paid a visit to Malaysia in August to talk about multivitamins and their role in promoting healthy immune function. Distributors learned that adequate nutrient intakes are required for the immune system to function efficiently and a good multivitamin can enhance the immune system.





2009 USANA International Convention Highlights

Salt Lake City, Utah
August 26 – 29, 2009



Hong Kong 香港

2010 ASIA PACIFIC CONVENTION

May 20-22, 2010



EXPERIENCE HONG KONG
BIGGEST ASIA PACIFIC CONVENTION
EXCITING LINE-UP OF SPEAKERS

EXCITING PROGRAMMES
GREATEST GATHERING OF ASIAN LEADERS AND DISTRIBUTORS
GLITTERING AWARDS CEREMONY

An Event Without Limits

Visit <http://apconvention.usana.com> for more updates

ASIA PACIFIC GROWTH 25

ON THE MOVE
Vietnam - Awaken the Senses

See Yourself in Hanoi

Asia Pacific Leadership Summit Vietnam, May 2010

Simply increase your commission volume points (CVP) by the biggest absolute amounts, year on year – the comparative periods being Feb 15, 2009 to Feb 12, 2010 (“current year”) versus Feb 23, 2008 to Feb 13, 2009 (“previous year”), and you could be visiting Vietnam - a country filled with rich culture and traditions!

Visit USANA.today.com for more information.



new
Gold
DIRECTORS'
SEMINAR

Malaysia | Singapore | Philippines



Congratulations to all the Distributors from Malaysia who will be attending the New Gold Directors' Seminar in Perth, Australia!

Yurko Ng Siew Choo
Tee Mooi Yong & Loh Boon Sue
Abd Malek Hj Othman & Norwahida Ahmad
Jamil Kassim & Hanizam Dagang
Muhammad Yunus Bin Abdul Rahman
Sam Yui Sen Cheong
Ooi Saw Kim & Nicholas Teoh
Tieu Chiong Khing
Tony Tan Tong Ghee
Alex Ting Hua Hing
Goh Siew Gim
Dr. Eugene Chen & Amy Tan
Loh Sy Huey & Wang Chow Kuang
May Tee Seh Kai & L S Tan
Chan Mei Leng & Allen Tie
Channy Tan & Chow Kok Wei
Steven Yap & Amy Mak



MALAYSIA
GROWTH25
ON THE MOVE

Hong Kong
awaits you

For the **2009 MY Growth 25***, the Top 25 Growth Distributors in Malaysia will enjoy an unforgettable experience in **Hong Kong**—at the “Top of the Town & Night Cruise” which includes a spectacular dinner high atop the Revolving 66 Restaurant, overlooking the beautiful night scenery of Hong Kong in a 360-degree view; then off to the Temple Street Night Market and end the day with a romantic Harbour Cruise. So be sure to qualify yourself as the Top 25 Growth Distributors from **5 January 2009 – 1 January 2010!**

* Terms & conditions apply. Please log on to www.usana.com for more information.

* All winners must be pre-registered by March 31, 2010 and must attend the 2010 Asia Pacific Convention in Hong Kong.



Easily Expand Your USANA Network

Get Connected and Discover The Value of Social Media

Written by Tim Haran

Next time you tune into CNN, dine at your favourite restaurant, or view any number of websites, chances are you'll be asked to "follow us on Twitter", "find us on Facebook", or "check out our blog."

If you aren't sure what all that means, don't worry. We'll break down the exciting world of social media and show you how to use it effectively in your USANA business.

Social media and social networking sites – **Twitter, Facebook, Blogger**, and a host of other sites with funny-sounding names – are revolutionising the way we live our lives and how we do business. You may not realise it, but you are utilising a form of social media everyday simply by connecting with others to manage a successful USANA business.

But instead of reaching just a handful of people – as you might through traditional means – online social media allows you to easily connect, network, and interact with a much larger audience from around the globe.

Twitter, which is quickly becoming a de facto communication tool for hundreds of thousands, experienced an astounding 1,300 percent growth rate from February 2008 to February 2009, according to a Nielsen NetView survey. **Facebook**, meantime, saw growth of 228 percent during the same period and boasts 150 million users. And don't even get us started on blogging. Millions of blogs, without thousands of new ones created everyday, cover a wide variety of topics, including health and wellness and nutritional supplementation.

You can tap into this market with relative ease and at low or no cost. All you need to join many social networks is a valid e-mail address. You're then able to post and deliver to your network information about your business, upload photos, promote events, and connect with your friends, downline, and prospects from anywhere at any time.

Get the inside scoop

USANA thrives on providing its Distributors, Preferred Customers, and the public with up-to-the-minute information to help build businesses and create awareness about our company. We've created two blogs designed to not only highlight our Distributors, their events, and the company's accolades, but also to offer an inside look at USANA.

Corporate Blog

USANA's Corporate Blog, which can be found at www.usana.com/blog, is brimming with news straight from the top. CEO Dave Wentz and Vice President of Marketing and Public Relations Dan Macuga write about a variety of USANA-related topics. Often the blog posts contain information you won't find anywhere else.

What's Up, USANA?

Our newest blog, which is less than six months old and becoming a must-visit site for Distributors who want to be in the know, is What's Up, USANA? Find it at www.whatsupusana.com. Here you will get a glimpse into what's happening at the Home Office and learn about the latest Distributor achievements.

Want to know more? Take up our **Social Media 101 Training** at www.usana.com.

Get connected with USANA

Here's where to find several of USANA's social networking sites. Get connected today!

facebook

USANA Health Sciences: www.usana.com/facebook

twitter

USANA Health Sciences: www.usana.com/twitter

Blogger

USANA Corporate: www.usana.com/blog
What's Up, USANA?: www.whatsupusana.com



Annie Low Siew Nee

“I love talking about USANA”

Annie Low is not your average kind of girl, because before joining USANA, she was a beauty pageant, did some modelling, starred in TV ads and press ads, and even operated a spa business. But none of these gave her the sense of fulfilment she was looking for until she discovered USANA. “I am still a very busy person today, but that is because I’m busy meeting up with people and sharing with them about USANA. It is such a wonderful feeling to know that not only your life is changed for good, but you can also help to change and better the lives of others through USANA!” said an excited Annie.

People who know Annie will tell you that she is a person who is very enthusiastic about USANA. “I talk about USANA all the time. It doesn’t matter if people are reluctant to listen or reject you for the first few times, because what matters most is that people NEED to know about the importance of health and USANA can help them achieve that,” she commented.

Annie loves sports, and during her free time, she enjoys cooking and inviting friends over for meals. Besides that, she loves life’s little pleasures such as shopping and singing karaoke. “I also love dressing up and grooming myself, because I believe that a person’s image is very important. You wouldn’t want to leave a bad first impression when you meet someone, right?” she said.

Ever since taking USANA products, Annie felt much healthier and energetic. “USANA products are simply amazing, and I have great faith in the products whenever I share about them. “Apart from that, she says that her income earning has increased tremendously. Even when she goes for holidays for a week, she still earns a high residual income. “This is a business that allows you to continuously enjoy financial freedom at all times. It is a business simply designed for you and me!” she exclaimed. She is also actively involved in philanthropy work, donating money to charity such as orphanages and old folk’s homes.

As many new Distributors have just joined USANA, Annie has a great piece of advice for them, “When you join USANA, clearly you want to make a difference in life. Don’t find excuses for yourself. Take advantage of every opportunity you have, and keep sharing with people about USANA. Attend trainings and activities, and help others with a sincere heart. Be passionate about the business and keep in mind that USANA is all about changing people’s lives. You have to be patient, persevere and work hard with a positive attitude. Keep trying until you succeed, and learn from successful leaders.”

“ I talk about USANA all the time. It doesn’t matter if people are reluctant to listen or reject you for the first few times, because what matters most is that people NEED to know about the importance of health and USANA can help them achieve that. ”



Lastly, she would like to thank her sponsor Wendy Wu, Amy Wang, Ye Feng, Steven Chen and Wang Bai Lu for their training and guidance; Yurko Ng, Pan Chu Hwa and Chantel Liew for their determination and support; and her family especially her mother who has always helped her to look after her child when she’s outside sharing about USANA. “My hope is to advance to a higher rank in future and experience greater time freedom so that I’ll have more time for my kid and my loved ones!”



- Joined USANA 06.09.2007
- Silver Director 05.04.2008
- Gold Director 21.06.2008
- Ruby Director 11.10.2008
- Emerald Director 27.06.2009



Tee Mooi Yong

Dreams will inspire you

Tee Mooi Yong first learned about USANA through a good friend, Yong Yew Li. At first, she bought the USANA products merely to entertain her friend, which later, she discovered that USANA is a golden business opportunity. "I've come to realise that MLM is a platform to fulfill and achieve one's dreams besides enjoying a more fruitful lifestyle," said Mooi Yong.

In USANA, she would like to thank all her uplines for their guidance, and thank her downlines for their support and for cooperating with one another. She said, "We came together to learn, to have the same alignment, and to work towards the same goal and target. Although we went through hardships, we stood as one to face those challenges. These challenges did not demoralise and deter us from pressing on, but instead it has sharpened us into a tougher person."

They were able to go through all kinds of difficulties and obstacles during their journey to success. And because of their dreams, they continued with their journey regardless of the magnitude of their dreams. The network marketing business has given them an opportunity to achieve their dreams, and the dreams have helped them pull through whatever challenges they encountered and shaped them into a stronger person.

"There is no failure in USANA, but only people who give up too soon without a dream. People have the

tendency to give up early, which is why dreams will inspire you to move forward and build your momentum towards success and achievement," she commented.

In the near future, she will continue to assist her downlines and guide them to advance to a higher rank, help to improve their health through USANA products and achieve greater dreams in life. "To be successful, your mindset is very important. Once you change your mindset, your attitude will change, and ultimately the results will change."

Lastly, she concluded, "Vision makes you move forward. Mindset will determine your level of poverty. You must control your destiny and success. The USANA business offers a golden opportunity, thus the earlier you grab this opportunity, the faster you will achieve success!"



“To be successful, your mindset is very important. Once you change your mindset, your attitude will change, and ultimately the results will change.”

Be passionate about the business



Yurko Ng

Ever felt like you were lost at a crossroad in life, confused and insecure with no directions and apparent purpose? That was what Yurko Ng went through before joining USANA. "Although I had my own business back then, there were still many uncertainties in life. I was very miserable."

Due to her busy lifestyle, she would often skip her meals which led to health conditions. "I lost all confidence when my health deteriorated. However, after joining USANA, I've learned to take care of my health, and felt much better after taking USANA products." She added, "I've also discovered a direction for myself at USANA, knowing what my dreams and goals are."

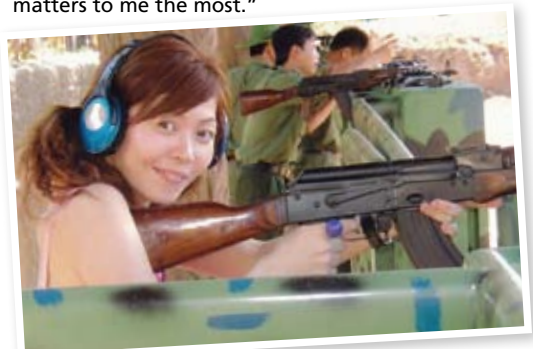
These days, she enjoys talking about health-related topics, reading all kinds of material as well as learning new things. USANA has given her the opportunity to change people's lives and health. "One of my life philosophies is to achieve something great in life - something that people will remember you for the rest of their lives. It has to be something that you're willing to do unconditionally," she commented.

Yurko used to be very against MLM. She did not understand about MLM and was skeptical about it. Friends have tried to convince her to join other MLM companies, but she refused. "However, I was surprised with the effectiveness of USANA products. I was so impressed with the products that I finally put aside my prejudice and took the first step towards learning more about USANA," she said.

When it comes to her USANA business, she says that her team plays an important role in growing the business. "The business does not revolve around you alone, but it is also about your team. Everyone needs to work closely and help each other," she stated.

Learning from the strength of others is important, and by constantly learning from successful Leaders, it is not hard to achieve success in USANA. "I would like to thank my uplines Wendy Wu, Steven Chen, Amy Wang, Annie Low and other Leaders who have helped me with my achievement. And also with the support from my downlines, I was able to advance to Ruby Director."

She concluded by saying, "I have come to realise that this business is not about earning money only, but it's about putting your heart and soul into helping others. My happiest moment in USANA is when I see people's lives changed for the better after I have helped them. This is the kind of fulfillment that matters to me the most."



“The business does not revolve around you alone, but it is also about your team. Everyone needs to work closely and help each other.”



Tieu Chiong Khing

A business for everyone

Tieu Chiong Khing first learned about USANA when she was at Alex Ting's hair salon. She was not interested initially until he showed her the *"Comparative Guide to Nutritional Supplements"* written by Lyle MacWilliam. She was surprised to find out that USANA is one of the leading MLM companies that produces top-rated products. Then she tried the products and found them to be very effective. "I used to think that I was just an ordinary housewife, but after attending a USANA seminar, it dawned on me how amazing this business is - because everyone, simply everyone, can achieve success through this business," she said.

She would like to thank Law Ka Siong, Mdm Ling and Mr. Ling for working side by side with her, putting 100% of effort into the business and giving her their full support. Also, she would like to thank Alex Ting for constantly helping, guiding and supporting her in the business.

"Whatever you do, always strive for the best. Work as a team, train your downlines, quick to learn, understand the power of duplication, keep your business organised, and you will taste the fruit of your labour in no time!"

Embrace the passion for this business, and you will find that it actually isn't hard to manage the business and accomplish your goals!

When she was at the seminar, she met many successful Distributors from overseas. She was moved by their enthusiasm for the business. "If they can do it, so can I. There are so many great opportunities in USANA waiting to be discovered. Embrace the passion for this business, and you will find that it actually isn't hard to manage the business and accomplish your goals!"

Her next goal is to continue to build a more solid plan for the future, ensuring all her Distributors advance to a higher rank, and to achieve Ruby Director within a short period of time.

"What I really want to say is - USANA is definitely worth the time and effort invested!"



Chan Mei Leng & Allen Tie

Make a change in life

It had been quite a while since Chan Mei Leng started searching for the right product for her father's health. She was constantly asking around for recommendation of products, and finally someone told her about USANA. She never believed in MLM, but she desperately needed something for her father, so she bought some USANA products for him. "I couldn't even begin how happy I was to see my father's health improved after that," said Mei Leng.

My people-skills have also developed so much," she noted. She owes her success to a cooperative team - great team leaders, and supportive downlines. She wants to say a big thank you to all of them who have helped her become who she is today.

If you do not break out of the bubble, you'll forever be confined in it. If you don't make a change, you'll forever stay where you're at now.

Without any prior MLM experience, this former System Consultant decided to quit her job and join USANA as a full-time Distributor. She started attending seminars and took some time to learn up the marketing plan. Her confidence grew as she continued to share with friends about the USANA opportunity.

"If you do not break out of the bubble, you'll forever be confined in it. If you don't make a change, you'll forever stay where you're at now. If you have a problem, voice it out so that your team members are aware and give you a helping hand if you ever needed one," she said.

"I've gained a lot of health knowledge and learned how to tackle different problems after joining USANA.

She is looking forward to moving up rank by rank, one step at a time, and having more time to spend with her children. Her hope is to be able to enjoy ultimate financial freedom within 2 years.



Goh Siew Gim

Great products, great satisfactions

"Another MLM Company?" was what ran through Goh Siew Gim's mind when her sister initially introduced her to USANA. But when she heard about how good the products were, she gave some to her father to consume. In less than two years, there was a vast improvement in her father's health. "I was amazed. If a product has the ability to help improve a person's health, it must be a good product that offers great satisfactions," she said.

her own health but also the health of others. And with good health comes an enhanced lifestyle.

It was the synergy, teamwork, and continuous growth of her team that contributed much towards her success. They worked hand-in-hand to pave their way to success. She would like to take this opportunity to thank all her team members for providing the impetus for her to grow and achieve Gold. Without them, she would not have succeeded.

Always focus on your goal, work smart, and be ever ready to help your downlines. Also don't be scared to take a leap forward!

Prior to joining USANA, she was a Business Development Manager of a Public Listed Company. However, USANA was different from what she had experienced in the corporate world. "After joining USANA, I was able to work on my own pace and time. This business provides you an opportunity to plant your trees and build an orchard, and it gives you the financial freedom that you had never dreamt of," said Siew Gim.

"Always focus on your goal, work smart, and be ever ready to help your downlines. Also don't be scared to take a leap forward!" she stated.

Her next goal is to advance to Ruby Director and attend the 2010 Asia Pacific Convention in Hong Kong to learn from all the great leaders!

Her reason for joining USANA was simple - USANA has given her the opportunity to not only improve



May Tee Seh Kai

The goodness of USANA products

When May Tee joined USANA, she never intended to do the business. She only joined USANA out of courtesy when Ms. Tee Mooi Yong introduced her to USANA. Although she bought the products, she never tried them. Instead, she gave the products to her husband. After some time, they saw improvement in her husband's health, yet she was still skeptical about the products. Her husband went online to do a research on the products, and discovered that the products were very good. "Since then, I started taking USANA products. I too, felt a boost in my health after consuming them!" she said.

At times, she was faced with many challenges, but she kept a positive attitude. With the help and support from her team, numerous training and coaching from her Leaders, she was able to move forward. She would like to thank her uplines Tee Mooi Yong, Steven Yap and Amy, Gao Ping and Steven Chen; and not forgetting to thank her team members and the staff of USANA.

“Money can't buy health, and life gets busier each day. But in USANA, you get to enjoy true health, true wealth, and time freedom!”

Before joining USANA, she was actively involved in pre-school education and opened 10 kindergarten schools. So why USANA? "My upline continued to follow up with me and was concerned about me even after I rejected her a few times. So I decided to buy the products. As I've mentioned before, after taking the products, I saw improvement in my health, especially my complexion."

"To achieve success, you don't have to spend a lot of time. Operate your business with all your heart, work closely with your team, learn from successful Distributors, and you could achieve success even in a year!" she said. For her, there's no failure in USANA, only people who quit before they succeed. She hopes that her team members will advance to a higher rank in the near future.

She concluded by saying, "Money can't buy health, and life gets busier each day. But in USANA, you get to enjoy true health, true wealth, and time freedom!"



Loh Sy Huey

Always look at the bright side

For over 10 years, Loh Sy Huey worked as a graphic designer. Life was hectic for her as she had to work till late at night most of the time. After that, she worked as a kindergarten principal for 7 years, but something was still missing in her life. "I wanted to achieve something in life, but I did not know how until I was introduced to USANA. It was a turning point for me. I saw the effectiveness of the products and how rewarding the marketing plan is," said Sy Huey.

She would like to take this opportunity to thank her uplines Tee Mooi Yong, Steven Yap, May Tee, business comrades, and her downlines for their hard work and guidance. She would also like to thank her family, parents and in-laws for their unceasing support which brought her great achievement today.

“In whatever we do, always look at the bright side and persevere. Take it as a lesson in life and you'll accomplish better and greater things.”

She says to grab the opportunity when the time is right, and dreams will be fulfilled. With the right products, she has more confidence to share about them without having to worry about the outcome. "My children, aged 6 and 10, know that I'm in the USANA business, and they always cheer for me and encourage me to strive for my goal. This business has certainly brought my family closer together," she smiled.

"In whatever we do, always look at the bright side and persevere. Take it as a lesson in life and you'll accomplish better and greater things," she said. She hopes to purchase her dream car in June next year and advance to Ruby soon. And within a year, she hopes to get her dream house as well!



Dr. Eugene Chen & Amy Tan

Be consistent in your business

About a year before USANA was launched in Malaysia, Dr Eugene Chen and Amy Tan heard about USANA from a family friend and decided to research on USANA via the internet. They found it to be a network marketing company with strong fundamentals and in the "right" industry. "We managed to obtain some USANA Essentials, tried it and felt "better" than usual," he said.

we can rely on the team, we realised that we must take charge of our own success and become effective team builders and over the time, improve our leadership skills so that our team members achieve the best success rate through the right guidance to grow their organisation," they said.

“You have to be consistent in your business activities and not quit. Be a loyal user of USANA products and share Dr Wentz' vision.”

When USANA started in Malaysia in 2007, they enrolled early to get their supply of USANA Essentials and didn't want to miss out on the USANA opportunity. However, they did not build the business until 5 months later when they discovered their health conditions had improved as a result of consuming Essentials, Proflavanol and BiOmega. Since the products have helped them with their health conditions, they decided to take another look at USANA as a business.

"You have to be consistent in your business activities and not quit. Be a loyal user of USANA products and share Dr Wentz' vision," they added. They would like to lead their team members towards maximising the Matching Bonus and help them achieve desired income through their community and mutual support activities and training events.

Good team support is important and teamwork makes rank advancement easier to achieve. Their team has regular training and a training centre. The team leaders were helpful and supportive. "Although

They would also like to thank the management team of USANA Malaysia for the great offers and incentive program. "We are also proud of the achievements of our partners in the Philippines, and would like to thank the management team of USANA Philippines for their support towards our team members in the Philippines!"



Channy Tan

Grasp the USANA Opportunity

As an owner of a beauty supply business, Channy Tan's schedule was always hectic. In December 2006, a friend introduced her to USANA, but she was not interested. After a year, another friend tried talking to her about USANA again, but she rejected because she was busy with a major business project. Later in December 2008, once again, another friend approached her, and this time she finally spared some time to listen to her friend.

When asked about why she decided to join USANA, her answer was simple, "I joined USANA out of curiosity. USANA was said to be one of the leading MLM Companies in the world, so I was curious to find out what was so special about the company."

After joining USANA, she discovered that the products are wonderful and she was impressed with the tenacity and determination shown by the people involved in the network marketing business. "They say opportunity doesn't knock twice, and I was lucky that opportunity knocked a few times for me even

after I rejected my friends. I knew that I had to seize the opportunity that instant before it was too late," she said.

"To be a millionaire is not by chance, but by choice. Everyone is given a chance, but not everyone chooses to grasp the opportunity," she continued. She hopes to challenge herself to advance to Diamond Director next year.

She would like to thank her family for their unconditional support, her uplines Yurko Ng, Steven Chen and Wendy Wu for their great guidance, and also USANA staff especially Sabrina, Bee Hong and Shalyeza for their help and support. Apart from that, she would also like to thank her downlines for their commitment and dedication.

Lastly, she concluded, "When there's a will, there's a way. And when your heart is willing, the easier it is to achieve your heart's desire."

“To be a millionaire is not by chance, but by choice. Everyone is given a chance, but not everyone chooses to grasp the opportunity.”



SILVER DIRECTORS



Quass Tan

About Me: Self-Employed (Travel Agency).
Products: Top quality products.
Compensation Plan: Simple, effective and encourages teamwork.
My Experience: For the past years, he could not find the right MLM Company. Now he is happy with USANA.
To Share: No goal, no success. With a goal, everyone will be successful in life.



John Ong & Alvina Lim

About Me: Self-Employed.
Products: Excellent & trusted nutrition.
Compensation Plan: Fair and offers a great opportunity to build a strong business foundation.
My Experience: Dr. Wentz deserves full respect. They are proud to be part of USANA.
To Share: Attend and get involved in USANA activities. Learn and share with more people.



Lu Yoke Ying

About Me: Retiree.
Products: Highest quality she has ever tried.
Compensation Plan: Not demanding but rewarding.
My Experience: Her willingness to share and care has brought her rewards.
To Share: Learn to work together, with teamwork, patience and persistence. Most importantly the products provide good health.



Jessie Lim

About Me: Self-employed.
Products: Best quality & effective health products.
Compensation Plan: Simple, effective and rewarding.
My Experience: Best income earning business.
To Share: "Be Honest and Respectful" towards prospects and team members.



Lee Sin Lu

About Me: Employed.
Products: Effective and trusted nutritional products.
Compensation Plan: Fair and balance.
My Experience: Discovered the true value of USANA products, promote good health to family members and friends.
To Share: USANA offers perfect products and opportunities to gain health and wealth.



Jade Low & Chan Chun Keong

About Me: Happily retired. Now in the USANA business.
Products: First class products. Living up to their reputation.
Compensation Plan: Good and attractive.
My Experience: Learned many new things.
To Share: Enjoy the ups but don't let the downs get to you. Hold dear to your goals.



Aaron Wong & Lau Sie Nee

About Me: Accountant for over 15 years.
Products: World-class products that improve health.
Compensation Plan: Promotes teamwork and cooperation.
My Experience: Improved his health which led him to believe in USANA.
To Share: Obtain true health & true wealth by choice, not by chance.



Ooi Choo Tin

About Me: USANA Distributor.
Products: Abundant nutritional products.
Compensation Plan: Good plan. Better than other plans.
My Experience: Changed her health and lifestyle.
To Share: Plan your work, work your plan. You build people, people will build your business.



Mrs. Wong

About Me: Accounts Officer.
Products: Proven excellent products.
Compensation Plan: One of the world's top compensation plans, fair and rewarding.
My Experience: Her family's health had improved significantly.
To Share: "Dream of a world free from disease, love life and live it to its fullest in happiness and health."
 – Dr. Myron Wentz.



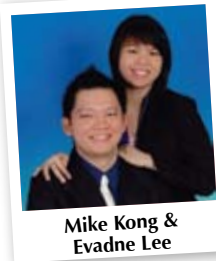
Hew Boon Chung

About Me: Executive in High Pressure Die Casting Industry.
Products: First class, effective and one of the most advanced nutritional products.
Compensation Plan: Very unique and easy to achieve.
My Experience: Gained a lot of health knowledge and maintained a healthy lifestyle.
To Share: DREAM BIG IN USANA and share with others about the business.



Dr. Paul Chan

About Me: Medical Doctor.
Products: Safe, high quality, evidence-based supplements and simply the BEST!
My Experience: He always reminded himself that it is possible to be at the top and it's only a matter of time.
To Share: Don't just dream it, live for it and strive to BREAK THROUGH THE LIMIT!



Mike Kong & Evadne Lee

About Me: Business Development & HR Specialist.
Products: Awesome products, improved family's health.
Compensation Plan: An easier way to succeed in the network marketing business.
My Experience: Achieved their dreams and helped loved ones to achieve their dreams.
To Share: Improve yourself 1% each day to move towards greater success.



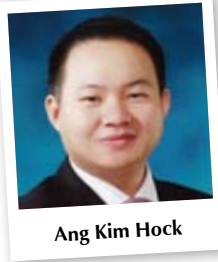
Jayson Choon

About Me: Full time in the USANA business.
Products: Top class! Regained his health, energy and confidence.
Compensation Plan: Fair, Achievable, Simple, Transparent.
My Experience: Share about "True Health" and it will lead you to "True Wealth".
To Share: A brilliant opportunity with a top class product.



Soo Yoke Hui

About Me: Part-time Piano Teacher.
Products: Excellent. Improved her family's health.
Compensation Plan: Amazing, fairest plan.
My Experience: Gained health knowledge, helped many friends, changed her life.
To Share: Appreciate the chance in USANA to work as a family. Share Dr. Myron Wentz' vision with the whole world.



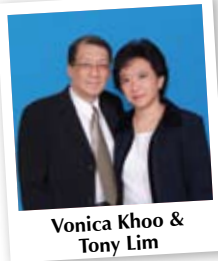
Ang Kim Hock

About Me: Part-time USANA Distributor.
Products: Effective science-based products.
Compensation Plan: Encourages teamwork. Ensures a fair distribution of income among Distributors.
My Experience: Great personal development and teamwork. Discovered the value of health knowledge.
To Share: All great achievements begin with a belief.



Sit Chee Keong

About Me: Full-time USANA Distributor.
Products: Great quality products.
Compensation Plan: Fair and easy to achieve, very rewarding.
My Experience: Good opportunity for business venture and self-development.
To Share: Do your best and be positive.



Vonica Khoo & Tony Lim

About Me: Self -Employed & Accountant.
Products: Excellent and effective for optimal health.
Compensation Plan: Fairest and simplest plan. Small Effort = Big Reward.
My Experience: Tremendous improvement in her and her family's health.
To Share: Our "Why's" in USANA will determine our "Destination". Dare to dream and never give up.



Wong Kooi Peng & Mo Soon Loong

About Me: Businessman & Clerk.
Products: High quality products.
Compensation Plan: Fair and rewarding.
My Experience: Learned the benefits of cellular nutrition.
To Share: Success begins with you.



Lau Seong Keat & Chan Mei Yun

About Me: Software Engineer & Mortgage Loaner.
Products: Complete & best quality supplements. Improved family's health.
Compensation Plan: Fair and achievable with great potential.
My Experience: Social life expanded. Brought families and friends closer.
To Share: There will only be SUCCESS if you put your Heart and Effort into USANA!



Michelle Yau Bee Kim

About Me: Self-employed.
Products: Effective and affordable.
Compensation Plan: Rewarding, great potentials and long-term plan.
My Experience: Family's health improved. Helped others to gain health, wealth and happiness.
To Share: USANA can help us change our lifestyle - from our health to wealth.



Goh Hong Moy

About Me: Self-employed.
Products: Potent and effective.
Compensation Plan: Fair and easy to understand.
My Experience: Maintain and improve health effectively.
To Share: Health is wealth, put your trust in the products.



Nancy & Paul Kim

About Me: Housewife.
Products: Absolutely great as they are manufactured pharmaceutically.
Compensation Plan: Incomparably fair and rewarding.
My Experience: Slow and steady, but never give up!
To Share: Do not quit because of rejections – in time people will understand this business is unique.



Cheah Sai Boay

About Me: Housewife.
Products: Improved her health.
Compensation Plan: Work hard and it will be easy to achieve.
My Experience: Met many new friends, more time for family, life is more fulfilling.
To Share: Understand the importance of teamwork.



Low Wee Kiat & Joyce Law

About Me: Business Professional & Business Medical.
Products: Excellent, best of the best.
My Experience & To Share: Most enlightening to hear people's health improved through USANA products.



Joanne Sern

About Me: Property Agent.
Products: Great quality and reliable. Improved her health and the health of her loved ones.
Compensation Plan: Rewarding and Achievable.
My Experience: The joy of sharing and improving the health and wealth of family and friends.
To Share: Consistence and Perseverance.



Chew Siew Kim

About Me: Self-employed.
Products: Powerful and best of the best.
Compensation Plan: Achievable and rewarding.
My Experience: Achieved true health and true wealth through USANA.
To Share: Just do it! Take USANA + Learn USANA + Talk USANA = Gain health and wealth.



Ng Eng Thiam

About Me: Fashion/Stationery Line.
Products: Good. Helped to improve his health.
Compensation Plan: Stress-free plan. Easy to understand and achieve.
My Experience: Nutritional knowledge increased.
To Share: Don't miss this golden opportunity to discover more about USANA.



Teoh Kim Sia & Wong Ai Lin

About Me: Electrical Engineer & Manager in the healthcare industry.
Products: Superior quality and scientifically-proven.
Compensation Plan: Fantastic and fairest plan that brings wealth to everyone.
My Experience: What a great home-based business.
To Share: Ordinary people earning extraordinary income.



Steven Goh & Kong Mun Yee

About Me: Self-Employed.
Products: Top quality science-based cellular nutrition.
Compensation Plan: Easy to duplicate, promotes strong teamwork.
My Experience: Promotes and maintains good health for family and loved ones.
To Share: Excel in the USANA business, and it is important to attend trainings.



Law Geok Eng & Tan Chee Wee

About Me: Auditor cum Administrator.
Products: 5-Star, ranked #1, complete and effective.
Compensation Plan: Fair and promotes team cooperation.
My Experience: Learned and gained knowledge about healthy lifestyle.
To Share: Persistent + Focus = Success.



Noli Mendoza

About Me: Electronics and Communications Engineer.
Products: Superior quality and effective. Helped improved the health of his family.
My Experience: Gained good health and met new friends. Earning more than his full-time job.
To Share: Success makes you at the top, fulfillment leads people around you to succeed!



Nelson Chew

About Me: Full-time in USANA .
Products: High quality, efficient and safe.
Compensation Plan: Global business opportunity with a low capital.
My Experience: Gained more knowledge in nutrition.
To Share: Right attitude in the business is the key to success.



Edwin C. Mendoza

About Me: Electronics and Communications Engineering.
Products: Great products formulated with the best quality and integrity.
My Experience: Experienced optimum health. USANA has brought him and his Distributors a hope of achieving time and financial freedom that many could only dream of.
To Share:



Jasmine Lee

About Me: Full-time in USANA.
Products: High quality, science-based cellular nutrition for recurrence consumptions.
Compensation Plan: Allows the average Distributors to earn a decent income.
My Experience: Improved her health, increased her knowledge in marketing plan.
To Share: Believe, commit & consistent effort - The GOAL and GOLD will be YOURS.



Joanna Bong

About Me: Software Engineer.
Products: Fantastic, incomparable, brightened up her life.
My Experience: She shared about the products while the products speak for themselves. She gained a lot of health knowledge.



Soh Lian Yong

About Me: Real Estate Agent.
Products: Great, effective and brings true health.
Compensation Plan: Ordinary people earn extraordinary income.
My Experience: Discovered the fundamentals of life: True Health and True Wealth.
To Share: It is so joyful to bless others through the good news of USANA.

Lim Kooi Lean
Pong Soke Fun
Kong Mee Chiu
Lisa Wong
Katherine Yau

Leong Ooi Lai
Wan Kam Wah
Oung Poh Ngeek
Sam Ah Mooi
Cheong Swee Chua

Tan Chee Meng
Leonard Chong Soon Loong
Pravin Kumar Karunaivell
Woe Siok Khim
Tan Soo Mooi

Karen Cheong Wan Yeen
Robert James dela Fuente
Chong Kaw
Low Mui Chin

BRONZE DIRECTORS

RANK ADVANCEMENT 17 MAY - 15 AUG 2009

Joanne Khoo

Tan Lan Ooi

Pang Nyuk Chin

DIRECTORS

RANK ADVANCEMENT 17 MAY - 15 AUG 2009

Aaron Sim
Ah Yoke Sim
Andy Lim
Boon Foo Shee
Cheah Sek Cheen
Chee Keong Sit
Chew Tong Koh
Fei Ping Lai

Gun Lan Sin
Hou Thong Lim
Jalilah Binti Abdul Tabbar
Jane Leow Choy Har
Jasmine Lee
Lee Lay Choon
Lim Tek Tang
Logeswary R. Perinpanayagam

Loke Keen Yap
Mohd Ali Bin Abd Kadir
Ng Ah Poo
Ong Leong Tan
Pak Meng Chin
Poh Cheng Khoo
Sabihah Binti Hashim
Sai Luan Tan

Vinayagar A.L. Manian
Yasma Shahaliza Binti Che Ya
Yeoh Kar Yen
Zas Hazimi



PLATINUM PACESETTERS

RANK ADVANCEMENT 17 MAY - 15 AUG 2009

Aaron Sim
Ab. Kahar Bin Umar
Abd Halim Zahid Mohamed
Abd Khalid Bin Muhamad
Abdul Azim Mat Nang
Abdul Manap Bin Sulaiman
Ah Chye Leong
Ah Lan Soh
Ah Moi Lee
Ah Ngan Cheam
Ah Yoke Sim
Ah Yook Goh
Ahmad Bin Hashim
Ahmad Sabri Abdul Rashid
Ai Chen Lim
Ai Kiew Wong
Ai King Ting
Ai Li Lam
Ai Li Lee
Ai Ling Gan
Ai Ling Lai
Ai Sze Hang
Ai Tze Gui
Alice Teh Siew Beng
Anak Kulleh Dony Kelau
Angeline Lee
Anifa Binti Arbain
Asmiza Binti Ahmad
Aszeri Bin Abdul Kadir
Atikulah Bin Che Yaacob
Azmi Salleh
Azrul Izami Bin Ismail
Badariah Binti Esa
Bee Gek Khor
Bee Hong Kwa
Bee Hwa Lim
Bee Siang Tee
Been Yan Koh
Beng Heok Tan
Beng Hong Ng
Beng Poo Ng
Boon Leong Goh
Chang Hooi Teoh
Chang Kam Keong
Chang Wah Pau
Charlie Yap
Cheau Fong Yong
Chee Keong Ng
Chee Keong Wong

Chee Kooi Ang
Chee Kuan Wong
Chee Sian Ti
Chee Siong Lim
Chee Teng Tan
Chee Wuei Wong
Chen Neng Lim
Cheng Na Lee
Cheong Hong Chee
Cheong Wan Yeen Karen
Chew Choon Hwa
Chew Siew Geok
Chew Tong Koh
Chew Yu Lung
Chia Ying Tan
Chian Lan Cheng
Chin Wai Kuan
Chin Chin Khor
Chin Fuen Tan
Chin How Teh
Chin Lun Wong
Chin Peen Ong
Chin Ping Goh
Chiong Ing Tiau
Chiu Moi Ku & Chiew Moi Khing
Choi Peng Yong
Chon Ho Goh
Chong Yoke Peng
Choo Chin Beh
Chooi Ai Angeline Ang
Choon Meng Lai
Choy Fong Chen
Choy Yin Tong
Chua Gaik Lee
Chuan Boon Tan
Chun Hou Wong
Chun Ming Teoh
Chung Kim Leong
Chwee Geok Tan
Daniel Loy Onn Chay
Demitrius Lam Wai Keong
Derrick Ng Gek Chong
Dianah Binti Hashim
Ee Hui Lee
Ee Jen Eugene Pang
Eng Ee Goi
Fakrur Rozi Bin Ramli
Fei Jian Lim
Fei Ping Lai

Fen Fen Tan
Fong Kuon Siew
Foo Eng Nga
Fook Tian Chin
Freddy Fung
Gan Sia Ngor
Gek Mooi Low
Geok Boon Tay
Geok Chin Choo
Goh Thuan Lin
Grace Choo
Guek Lan Heng
Hafiz Bin Ahmad
Hamidah Binti Ismail
Hanizam Samsudin
Haslina Binti Rusli
Hasnah Binti Noh, M.D.
Hayati Binti Jalaludin
Hayati Husain
Hew Boon Chung
Hoi Fah Hew
Hon Lang Goh
Hong Geok Goh
Hong Guan Lim
Hoon Lan Tye
Huei Ming Josephine Quay
Huey Jen Fung
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Kooi Eng Cheah
Kui Fong Lim
Kui Thai Brenda Ee
Kulwant Kaur Tharma Singh
Kum Teck Hoong
Kumar Rama Krishnan
Kunasundari K. Balasubramaniam
Kwai Chun Ngai
Kwai Lan Sam
Kwai Mooi Yip
Kwan Swee Lok



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 Kwong Meng Lau
 Lai Har Goh
 Lai Heng Toh
 Lai Peng Geraldine Yam
 Lai Sim Chang
 Law Chui Mee
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 Lee Fong Lim
 Lee Kim Yong
 Lee Li Khor
 Lee Luan Tan
 Lee Lun Heng
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 Si Xian Ang
 Siao Mei Swu
 Siaw Mee Loi
 Sie Kam Tham
 Sie Peng Tham
 Siew Boon Chuah
 Siew Chan Soon
 Siew Chee Lim
 Siew Chien Chan
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 Siew Fun Lim
 Siew Hor Yeap
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 Siew Ken Tan
 Siew Kim Chew
 Siew Kim Millie Lee
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 Syafina Najwa Binti Sulaiman
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 Sze Chean Yap
 Tan Ca Reen
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 Teat Min Teh
 Teck Cheong Kwan
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 Tengku Malina Tengku Mahmud
 Tengku Mohd Harmizi Tengku Husain
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 Wee Hong Ng
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 Yee Ling Tee
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 Abdullah Zubair Bin Mat Zaini
 Abu Bakar Bin Deraman
 Abu Mansor Maturidi Bin Ismail
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Ah Ting Lim
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Basyarah Binti Laila Tudin
 Bee Bee Low
 Bee Teng Teh
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Chai Tey Thiam
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Che Zahana Binti Mohamad
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Norhayati Binti Abd Rahman
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Siew Kee Tan
Siew Kim Goh
Siew Lah Yii
Siew Li Siar
Siew Lian Neoh
Siew Ling Kor
Siew Ming Choo
Sik Yuong Wong
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Sook Lian Leong
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Suanly Ong
Sun Keng Ng
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Online lucky Draw *Winners*

Congratulations to the following winners of our
"Shop Online & Win" lucky draw for the months of **June, July & August 2009!**
They have each received a **USANA Product Voucher*** worth **RM100!**



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Cheong Lee Li
Hafizah Binti Abdul Rahim
Lily Foo Joke Lan
Lim Kue Jeng
Lim Ah Ting
Tang Tung King
Chin Kai Wai
Tan Miw Fong
Tan Yew Wah
Lim En Ou

July 2009

Lim See Eng
Tiong Chak Lim
Kan Tze Ching
Tjoa Sai Tju
Chee Seow Foong
Krishnan A/L Munisamy
Sim Soon Yee
Lutfi Amir Bin Abdul Rahman
Wong Foong Yee
Yow Ching Chong

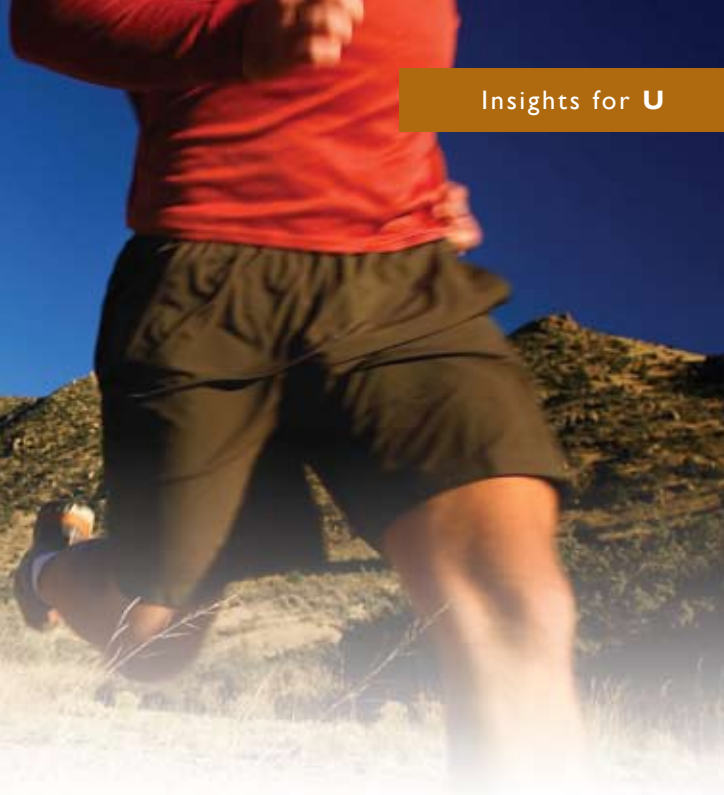
August 2009

Ng Chong Hong
Yeok Hoon Tan
Ng Kim Won
S'ng Ik Kuan
Dr Noor Fauziah Binti Omar
Raymond Jerome Seaton
Yu Yong Choon
Sharifah Raihan Bte Syed Mohd Zain
Shamsheila Binti Ibrahim
Yee Tet Lim

Log on to www.usana.com to find out how you can participate!

* Winners are required to contact our Distributor Services at 03-79538028 to redeem the voucher. Each voucher can only be used once. Other terms and conditions apply.

Breaking Through Your Boundaries



One of my mentors, Earl Nightingale – a well-known motivational speaker and author – told me a story about a farmer walking through a field where he had planted a crop of pumpkins. He came across a glass jug and, as an experiment, poked a very small green pumpkin through the neck of the bottle.

Months later, when the field was ready for harvesting, the farmer again came across the glass jug. While the other pumpkins on the same vine were fully developed, the pumpkin in the jug had not been able to grow beyond the confines of the glass prison and was shaped to its exact dimensions.

What size and kind of bottle are you going to grow into? By enlarging the size and scope of your goals, your own field of dreams will take any shape you give it. Your success will be as big as you dare to envision it, not constrained in some small, transparent prison. So how can you become a “no limits” individual and break out of your bottle?

First, realize that your financial “net worth” will be dependent on your “self worth.” You see, performance doesn’t create value, it reflects value. Your inner value will determine the level of performance you ultimately will achieve.

Second, help others get what they want and you will get what you want. The fastest way to the top in USANA is to become a Platinum PaceSetter and

ensure that every new member of your team becomes a Platinum PaceSetter too. With this commitment there are no limits to what the Matching Bonus program can provide.

Third, take advantage of USANA’s banquet table of tools. They are the envy of the industry. You need Media Center, Web conferences, DVDs, CDs, all the literature, and every Web-based social and business networking vehicle available. Unless you tell it, you won’t sell it.

“What size and kind of bottle are you going to grow into? By enlarging the size and scope of your goals, your own field of dreams will take any shape you give it. Your success will be as big as you dare to envision it, not constrained in some small, transparent prison. So how can you become a “no limits” individual and break out of your bottle?”

Finally, attend USANA meetings. By doing so, you get a permanent boost in your belief in yourself and your decision to join people with similar beliefs in the USANA family. It is a contagious emotion that spreads like wildfire throughout the entire network.

There are two critical events that often spell the difference between outstanding accomplishment and merely earning a living. The first is experiencing a “moment of truth” wherein you become fully committed to success at any cost. The second happens when you encounter other people with the same passionate vision of the future that you have. In my experience with USANA, both of these critical events are present and dynamically fostered during the USANA International Convention in Salt Lake City. Trust me on this! The magic doesn’t wear off. It becomes momentum. Convention is the catalyst and fusion that creates total commitment. With that kind of stimulus, there can be no limits!

Dr. Denis Waitley
World Renowned Speaker and Author



USANA®

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SINGAPORE | MALAYSIA

9 January 2010 (Saturday)

10:00AM - 10:30PM

Kuala Lumpur Convention Centre

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