

USANA



CONGRATULATIONS!

2009 CONVENTION AWARD WINNERS

**The Cellular
Nutrition Company**

Product changes you
need to know

Stop Hunger
in its Tracks
Children's
Hunger Run

WHERE IN THE WORLD IS

R3?

STICK IT!

(YOUR R3 STICKER, THAT IS.)

WHERE IN THE WORLD IS R3? THIS MAP SHOWS EVERYWHERE R3 HAS BEEN SPOTTED. NOW IT'S UP TO YOU TO SEE WHERE R3 STILL NEEDS TO GO, AND STICK IT!

SEND US A PICTURE OF YOUR UNIQUE STICKER DESTINATION, AND YOU COULD WIN A REV3 ENERGY™ PRIZE PACK AND AN EXCLUSIVE R3-STICKER-CONTEST-WINNER T-SHIRT.

REMEMBER, PUTTING A STICKER ON YOUR FOREHEAD? LAME! BUT PUTTING A STICKER, SAY, ON MT. RUSHMORE? AWESOME!

CHECK YOUR AUTOSHIP ORDER FOR YOUR R3 STICKER. A NEW WINNER IS ANNOUNCED EACH MONTH. SO GET STICKING!

- PISA, ITALY
- SHERBROOKE, QUÉBEC, CANADA
- INDIANAPOLIS, INDIANA
- WINNIPEG, CANADA
- SAVOIE, FRANCE
- VANCOUVER, BRITISH COLUMBIA, CANADA



Unbeatable R3

GO TO
WWW.WHATSUPUSANA.COM
TO SEE EACH MONTH'S WINNERS
OR FOR MORE DETAILS.



MAKE A FASHION STATEMENT WITH

NEW **2009**
LOGO GEAR
ORDER YOURS NOW AT USANA.COM.

USANA
E A R

What better way to share the name USANA
with friends, family, and prospects without
saying a word than with new logo wear!



22

**Jeremy Stansfield
named Distributor
of the Year**



[Contents]

Features

No Limits

2009 convention highlights 13

Stop Hunger in its Tracks

2009 Children's Hunger Run 19

2009 International Convention Awards

Distributor of the Year 22

Dr. Wentz Vision Award 24

President's Award 26

Rookie of the Year 28

Presenting...

2009 Award Winners 36

Fortune 25 37

Growth 25 37

Million Dollar Club 38

Special Award 38

Top 25 Associate Enrollers 39

Top 10 PC Enrollers 39

Rising Stars 39

Teamwork 40

Children's Champions 40

PaceSetter Creators 40

New Pure Rest™ From USANA

Great for sleep, bad for sheep 41

The Cellular Nutrition Company

Product changes you need to know 52

2009-2010 U.S./Canadian IDC

New members announced 54

USANA's Sales Tools

Your handy guide 60

USANA Games

Race to the finish line 62



**On the
Cover**

Congratulations 2009
Convention Award Winners



19

Thousands participate
in Children's Hunger Run

In Every Issue

New Diamond Directors

| | |
|---------------------------------|----|
| Dr. Wen Chi Wu & Zang H Wu..... | 6 |
| Flora & Benn Nagal..... | 8 |
| Dr. Christiane Northrup..... | 10 |

| | |
|----------------------------------|-----------|
| Emerald Advancements..... | 32 |
|----------------------------------|-----------|

| | |
|---------------------------------------|-----------|
| Asia-Pacific Advancements..... | 33 |
|---------------------------------------|-----------|

| | |
|-------------------------------|-----------|
| Ruby Advancements..... | 34 |
|-------------------------------|-----------|

| | |
|-------------------------------|-----------|
| Gold Advancements..... | 43 |
|-------------------------------|-----------|

| | |
|-------------------------------------|-----------|
| Top Associate Enrollers..... | 50 |
|-------------------------------------|-----------|

| | |
|--------------------------------|-----------|
| Top Income Earners..... | 51 |
|--------------------------------|-----------|

| | |
|--|-----------|
| Top Preferred Customer Enrollers..... | 51 |
|--|-----------|

| | |
|---------------------------------|-----------|
| Silver Advancements..... | 56 |
|---------------------------------|-----------|

| | |
|---------------------------------|-----------|
| Bronze Advancements..... | 59 |
|---------------------------------|-----------|

| | |
|-----------------------------|-----------|
| Upcoming Events..... | 64 |
|-----------------------------|-----------|



13

Larry King &
Super Pill heads
make a surprise
appearance





USANA MAGAZINE IS PUBLISHED BY USANA HEALTH SCIENCES, INC. FOR USANA INDEPENDENT ASSOCIATES.

PUBLISHER Dan Macuga
SENIOR MANAGING EDITOR Amy Haran
CONTENT COORDINATOR Laura Lewis
ADVANCEMENT STORY COORDINATOR Suzanne Houghton
SENIOR WRITER Camille Fletcher
SENIOR WRITER Patrick Kibbie
CONTRIBUTING WRITERS
Amber Bailey
David Baker
Doug Giddings
Amy Mullen
Cameron Smith
Sarah Tackett
EXECUTIVE CREATIVE DIRECTOR John Q. Cordova
SENIOR DESIGN MANAGER Brian Tatton
LEAD DESIGNER Penny Whitehouse
SENIOR DESIGNER Colman Aliaga
CONTRIBUTING DESIGNERS
Ashley Armour
Chris Bambrough
Alisa Hunsaker
Pete Iccabazzi
Nathan Paret
Stacey Soldan
PHOTOGRAPHERS
Kelly Branan
Pete Iccabazzi
Joe Wentz
GENERAL COUNSEL James Bramble

CORPORATE PHONE NUMBERS

USANA CORPORATE OFFICE (801) 954-7100—Office hours are 8 a.m.–6 p.m., M–F MDT

Customer Service (U.S.) (801) 954-7200

Customer Service Fax (801) 954-7300

Toll-Free Order Express (888) 950-9595

Customer Service / Order Express hours —6:30 a.m.–9 p.m. M–F MDT

Canadian Customer Service (801) 954-7474

Service à la clientèle en français (801) 954-7272

Servicios al Cliente en Español (801) 954-7373

Toll-Free Chinese Order Line (888) 805-2525

Caribbean Customer Service (801) 954-7676

24-Hour Fax Ordering (800) 289-8081

VP/TTY Deaf (888) 448-7262

VP/TTY Deaf (French) (888) 338-7262

VP/TTY Deaf (Spanish) (888) 558-7262

InTouch Customer Service (801) 954-7400—InTouch is offline from 9 p.m. Friday until 8 a.m. Monday, MDT

Technical Services (801) 954-7860

© Copyright 2009 USANA Health Sciences, Inc.

USANA Associates are hereby granted permission to reproduce any article that appears in USANA Magazine for personal use, provided the article is reprinted in its entirety and the reprint bears the following notice: "Reprinted with the permission of

USANA Health Sciences, Inc., Salt Lake City, UT 84120 U.S.A."

For additional copies of this publication, call the Order Express line at (888) 950-9595, and request Item #507.010104MJ (US\$1.50).

SEND YOUR COMMENTS OR QUESTIONS REGARDING USANA MAGAZINE TO: USANAMAGAZINE@USANA.COM OR USANA HEALTH SCIENCES;
ATTN: MANAGING EDITOR; 3838 WEST PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 U.S.A.

USANA

NOW A \$3 BILLION COMPANY.



Congratulations! You helped USANA reach a huge milestone this year, with cumulative sales growing to more than \$3 billion in the second quarter of 2009. Thank you for your dedication to the world's best products and compensation plan. We couldn't have done it without you!

NOW, WHO'S UP FOR HITTING \$4 BILLION?





2-STAR DIAMOND DIRECTORS

Dr. Wen Chi Wu &
Zang H Wu
New Jersey, USA

Recognized USANA leaders, Fortune 25 members, Million Dollar Club members, 2-Star Diamond Directors—without a doubt, these are prestigious honors for Dr. Wen Chi Wu and Zang H Wu. With the future success of their business in their hands, they remain dedicated to sharing the USANA vision with the world.

Written by Suzanne Houghton

Before USANA, Wen Chi spent over 30 years as an anesthesiologist, sometimes working up to 60 hours a week. Even though he had a tremendous love for his profession, a great portion of his time was spent wishing for some type of a change. "Before USANA came into my life, I truly thought I would have to continue my practice beyond 65 years of age," Wen Chi says. He realized that concern wouldn't become his reality, however, after launching his USANA business in 2002.

Within two and a half years, the Wus became 1-Star Diamond Directors and members of the Fortune 25. With team members worldwide, he and Zang have taken the next step to 2-Star Diamond and Wen Chi reflects that he has learned tremendously from the organization. "My Associates and I all feel much healthier, and I feel like I can help others improve their financial situations," he reports.

In the years since Wen Chi started building the business, he has been fortunate to accomplish a number of goals. Aside from feeling healthier than he had in years, Wen Chi's financial success has surpassed his expectations.

"I want the future to be even greater than what I am experiencing now."

-Dr. Wen Chi Wu

Wen Chi recognizes his team's hard work and dedication, and he believes success comes through teamwork. "Thanks to my group leaders and everyone's hard work, we have created one of USANA's biggest teams," Wen Chi shares. Although many team members have faced their own difficulties, in the end they have all worked hard and devoted themselves to USANA. In return, the Wus have committed themselves to their team.

Along with supporting their growing team, one aspect of the business that Wen Chi and Zang are especially focused on is building internationally. While the majority of their business is in the United States, Wen Chi explains, "I will always be dedicated to developing USANA worldwide."

With their business expanding globally, the Wus aren't going to let a slowing economy discourage them. Wen Chi has met numerous people facing financial difficulty, but he believes by working with USANA they can ultimately improve their lifestyle. "I tell people 'the worse the economy is, the more you need to get involved with USANA,'" Wen Chi stresses.

"You must be constant in order to find success."

-Dr. Wen Chi Wu

Although the Wus spend a tremendous amount of time promoting USANA, they find joy spending time with those they care the most about: their family. "We have a son and two daughters that are all doctors," Wen Chi says with pride. "We also have five grandkids that we love to spend time with." In addition to the quality time spent with family, Wen Chi finds the time to exercise, travel, or play his favorite game—ping-pong.

Although the Wus have a variety of accomplishments to be proud of, they aren't planning on slowing down. They look forward to many more years of USANA memories and are grateful for the experiences they have had. "The last seven years have proven to be much better than we could ever have imagined," Wen Chi concludes. ■

Keys to Success

1. Always try your best to show the USANA products and opportunity to anyone who might be interested.
2. You must use the products and believe in them.
3. Take advantage of all of USANA's tools, USANAtoday.com, conference calls, retreats. Whatever works!



\$85,000 is the average annual income for established, full-time USANA Associates. \$23,300 is the average annual income for Associates who earn as little as one commission check a month. Total includes all earnings from the compensation plan, Leadership Bonus, and contests and incentives. Calculations based on earnings between February 2008 and January 2009. Figures should not be considered as guarantees or projections of actual earnings, which result only from consistent, successful sales efforts. To be considered in a rank's earnings, Associates must have earned checks at a median rank for at least 16 weeks. According to results from an in-house survey taken between 2004 and 2006, the primary reason 17% of USANA independent business owners join the company is to improve their financial future. 21% of that group earns a check at least once a month. Of those whose primary reason is to earn enough to replace a full-time income, 41% have been Associates for at least one year and 56% are full-time Gold Directors and above. The number of Gold Directors and above who have maxed at least 1 Business Center during the year equals less than 1% of all Associates. Those earning as little as one check a month equal approximately 3% of all Associates. The average annual income for all 158,934 USANA Associates, including those who are brand new or who are not actively building a business, is \$618.55, with nearly one in three earning a check. To date, USANA has more than 130 Million Dollar Club members.



1-STAR DIAMOND DIRECTORS

Flora & Benn Nagal

Ontario, Canada

Flora and Benn Nagal didn't know what USANA was a year and a half ago; they were just concerned about getting their finances in order. After being introduced to the company in January of 2008, Flora thought it might just be the way. A short 18 months later, the Nagals have built an impressive business and achieved incredible success.

Written by Suzanne Houghton

Before USANA, Flora was busy running a daycare center. With five staff members counting on her, Flora was definitely feeling the pressure of the fluctuating economy. "My business didn't provide a fixed revenue," she says. "It went up and down as the children came and went."

"Our experience with USANA has surpassed all of our expectations."

-Flora Nagal

As a solution, the couple decided Benn should look into pursuing a career in real estate. But before he had a chance to do so, Flora was invited to attend a USANA presentation. Along with Benn and their two little girls in tow, Flora went and recognized USANA was the solution she had been looking for. "After the presentation, I wanted to sign up right away, but Benn felt like we should think about it first," she says. After Benn immersed himself in information about the company and saw the possible financial benefits, he was hooked.

With a solid desire to hit advancements, Flora and Benn made a pledge to work hard and do whatever they could to build their business. After becoming Gold Directors last October, the Nagals advanced straight to 1-Star Diamond Directors. "Without our team we couldn't have done it," Flora says. "Especially our team in the Philippines. They worked hard day and night."

Not only has their business provided for Benn and Flora financially, it has also given them an opportunity to meet and interact with people worldwide. With a new perspective on life, Flora is grateful for the lessons they have learned. "USANA has given us confidence, perseverance, and patience," she says.

Just as the Nagals experienced the effects of the economy themselves, they have watched as potential Associates have turned away opportunities with USANA because of financial concerns. But they aren't going to let it discourage them. "Some people have had to cancel their Autoships because they have been laid off or have had to cut down on hours at work. Most people are too scared to spend money, but we believe there are a lot of people who haven't heard about USANA, so wherever we go we try to tell anyone we meet about the company," they say.

After watching her business and team grow and seeing the challenges that can arise, Flora reminds new Associates that if they become discouraged, they need to take a step back and reflect on what they want to accomplish. "Think of your purpose and don't give up!" she exclaims. "Lead your team with humility and patience." In addition, the Nagals continually remind themselves that one of the purposes of their business is to spread their deep conviction and belief in USANA's products. Instead of focusing on financial gains, they have determined that without health, there is no wealth.

"Amazing things start to happen if you don't give up."

-Flora Nagal

With the future in their hands, the Nagals are excited for the possibilities it may contain and look forward to providing not only for their family, but also helping out those in need. "I hope to be able to help those in my hometown who are less fortunate have a better future," Flora concludes. ■

Keys to Success

1. Set a goal and stick with it, no matter what.
2. Lead by example.
3. Put all of your plans into action.



\$85,000 is the average annual income for established, full-time USANA Associates. \$23,300 is the average annual income for Associates who earn as little as one commission check a month. Total includes all earnings from the compensation plan, Leadership Bonus, and contests and incentives. Calculations based on earnings between February 2008 and January 2009. Figures should not be considered as guarantees or projections of actual earnings, which result only from consistent, successful sales efforts. To be considered in a rank's earnings, Associates must have earned checks at a median rank for at least 16 weeks. According to results from an in-house survey taken between 2004 and 2006, the primary reason 17% of USANA independent business owners join the company is to improve their financial future. 21% of that group earns a check at least once a month. Of those whose primary reason is to earn enough to replace a full-time income, 41% have been Associates for at least one year and 56% are full-time Gold Directors and above. The number of Gold Directors and above who have maxed at least 1 Business Center during the year equals less than 1% of all Associates. Those earning as little as one check a month equal approximately 3% of all Associates. The average annual income for all 158,934 USANA Associates, including those who are brand new or who are not actively building a business, is \$618.55, with nearly one in three earning a check. To date, USANA has more than 130 Million Dollar Club members.



DIAMOND DIRECTOR

As a best-selling author and prominent physician in women's health, Dr. Christiane Northrup is an ideal example of a successful businesswoman. Now she has a new title to add to her list of growing accomplishments: USANA Diamond Director. While she is taking pleasure in her new title, Dr. Northrup says her passion truly lies in promoting health to as many people as she can.

Written by Suzanne Houghton

Dr. Christiane
Northrup

Maine, USA

With 30 years of experience as a doctor already behind her, Dr. Northrup had an extensive professional background in health when her sister and brother-in-law, 1-Star Diamond Directors Penny and Phil Kirk, first presented her with USANA's products. "My roots with nutritional medicine run deep," she says. "Once I saw these products, I truly believed, like the saying goes, they were nutritionals you could trust."

After using the products for close to seven years, Dr. Northrup started to consider venturing into the business aspect of the company. However, one of her biggest trepidations was that it might be unethical for her, as a doctor, to recommend USANA's products. Over time, though, her apprehensions changed. Emphasizing that with her reputation as a doctor on the line, there is no reason she would be involved with something she didn't trust and believe in whole-heartedly. She explains, "I came to the conclusion that it was almost unethical of me *not* to share this business opportunity."

"You have to work to survive, but you don't always have to work for others."

-Dr. Christiane Northrup

As an advocate for women's health, Dr. Northrup determined that by sharing the USANA business possibility as well as the nutritional benefits of the products, she could help women combat the two factors she believes are most detrimental to their health: financial and physical stress. "If you don't take your health and freedom into your own hands, heaven help you," she states.

While promoting healthy lifestyles to women will always be a passion for Dr. Northrup, she says one of the greatest blessings of her USANA business has been being able to work side by side with her daughter Kate Northrup Moller. This dynamic duo is one of a few of USANA's family teams, and they both agree working together has been an honor and a blessing. "I feel so grateful to have the opportunity to work with Kate," Dr. Northrup says. "The relationship we have in our business is truly special and unique."

Kate, who started using USANA's products by the time she was 12 years old, was eager to get involved once she was old enough to start building her own business. "Sure my mom told me I needed to, but more importantly I did it because I love the products," Kate shares.

While Dr. Northrup is the executor of the business, Kate is the spokesperson. Team Northrup, as they are commonly referred to, is what USANA truly means to this mother-daughter team. "I can't even imagine a better place to be than working with my daughter," Dr. Northrup states. She also has another daughter, Ann, an actress and writer, who has a USANA business and helps with Team Northrup as her schedule permits.

Dr. Northrup admits building a business isn't always easy, especially when people might be quick to dismiss an opportunity with a network marketing company. But she does believe that by listening to others, you might also find a way of helping them overcome their own hesitations. "When I talk to someone who isn't necessarily receptive of USANA, I simply listen to their reasons," she explains. "If you can find the one aspect they believe is a negative, you might have the ability to turn it around."

As Dr. Northrup continues to build her business, she truly believes this is only the beginning of a great chapter of her life. "I am proud of myself and what I have accomplished," she says. With her dedication to spreading health to others, she undoubtedly has many more achievements to come. ■

"Our team is a community of support. The amount of love and support on our team is sometimes overwhelming. It isn't just one person succeeding. It is success as a whole."

-Dr. Christiane Northrup



\$85,000 is the average annual income for established, full-time USANA Associates. \$23,300 is the average annual income for Associates who earn as little as one commission check a month. Total includes all earnings from the compensation plan, Leadership Bonus, and contests and incentives. Calculations based on earnings between February 2008 and January 2009. Figures should not be considered as guarantees or projections of actual earnings, which result only from consistent, successful sales efforts. To be considered in a rank's earnings, Associates must have earned checks at a median rank for at least 16 weeks. According to results from an in-house survey taken between 2004 and 2006, the primary reason 17% of USANA independent business owners join the company is to improve their financial future. 21% of that group earns a check at least once a month. Of those whose primary reason is to earn enough to replace a full-time income, 41% have been Associates for at least one year and 56% are full-time Gold Directors and above. The number of Gold Directors and above who have maxed at least 1 Business Center during the year equals less than 1% of all Associates. Those earning as little as one check a month equal approximately 3% of all Associates. The average annual income for all 158,934 USANA Associates, including those who are brand new or who are not actively building a business, is \$618.55, with nearly one in three earning a check. To date, USANA has more than 130 Million Dollar Club members.



Kick Your Business into the Fast Lane with eApprentice!



Ready. Learn from expert independent business owners.



Set. Practice the arts of USANA business mastery.



Go! Achieve success armed with the skills of a network marketing ninja!

Developed in collaboration with the IDC, the eApprentice online training is part of the Business Development System—your secret weapon to helping your new Associates achieve Platinum PaceSetter. Sharpen your ninja skills! Visit USANAtoday to complete the eApprentice for yourself and order your BDS Refill Kit (Item #452), which includes the all-new Health & Freedom Flipchart, today!



"USANA's new eApprentice is such an empowering tool. New Associates don't even have to wait for their BDS to come in the mail; they literally can be fully trained to start their USANA businesses within hours of signing up. Reaching the level of Platinum PaceSetter is now easier than ever!"

—Diamond Director Dave Delevante, 2008–09 IDC Member

C NO LIMITS CONVENTION

**SURPRISE – CONVENTION
SPECIAL GUEST!**

Summer's Hottest Event!

Four days of education,
entertainment, and
excitement proved that
there are no limits to
what USANA will do for
the event of the year.

HELLO LOGO!

**A New Way To
Advertise Your
Business!**



**DISTRIBUTOR
Of The Year**



Now that's
ENTERTAINMENT!



CONVENTION CHATTER

NOTES AND QUOTES FROM CONVENTION '09



"We were the anti-oxidant company before antioxidants were cool."

USANA Founder
Dr. Myron Wentz

"This is real, and if you accept it, you won't have limits on the lifestyle you want."

◀ Bud Barth, 2-Star Diamond Director

"Because we're younger, people feel there needs to be a different approach. But every generation has something in common—we're all individuals."

Duke Tubtim, 4-Star Diamond Director and Million Dollar Club member

"The increase in vitamin D is the most important improvement to the Essentials since their introduction 17 years ago!"

Executive Vice President of Research and Development
Dr. Tim Wood

"Sometimes the things in our lives that we think are holding us down—the limits we have—are the things helping us soar."

Collette Larsen, 10-Star Diamond Director ▶



"I am so sick of this recession depression."

▲ USANA CEO Dave Wentz

"Nothing can stop me from spreading Dr. Wentz' vision; I am in USANA, and USANA is in me."

Connie Yao, 4-Star Diamond Director

"Go after those things that scare you, those things you don't want to change."

Jeremy Stansfield, 9-Star Diamond Director and the 2009 USANA Distributor of the Year



"Nothing can compare with my love affair with USANA."

Dr. Denis Waitley

"It is the USANA opportunity that has absolutely changed our family."

Amy Chen, 3-Star Diamond Director

"I'm a little crazy for USANA right now! I don't mind sayin' it, either. I'm crazy. And I don't want to be normal. When I was normal, I was broke."

Tim Lewis, 4-Star Diamond Director



"There are no limits to what we can achieve!"

▲ Convention '09 Theme Song

"USANA has the finest compensation plan on the planet! And I don't think there are five people on the planet who know compensation plans as well as I do."

USANA President Fred Cooper

"The No. 1 thing is we have the best Associates in the world."

USANA Chief Marketing Officer Kevin Guest

USANA CONVENTION ROCKS ON!



Don't worry Collin Raye, we can still feel you after an amazing performance at the 2009 USANAfest!

An avid product user, David Osmond definitely took his HealthPak before electrifying the USANA stage. ▶



We hope you didn't blink, because you might have missed the magic of David Michael Maas and Dania Kaseeva's Quick Change.



Hip-hop dance crew the Beat Freaks rocked the USANA convention!

IF YOUR FEET WEREN'T MOVING,
YOUR LIPS NOT SINGING ALONG,
AND YOU COULDN'T FEEL THE
ADRENALINE, THEN YOU
WEREN'T PAYING ATTENTION!



Peony, 4-Star Diamond Director Connie Yao's daughter, merengued her way into the hearts of the convention audience with her amazing ballroom skills.

SOCIAL MEDIA PROVIDES ALL-ACCESS PASS

For the first time, USANA chronicled convention like never before, utilizing social media sites such as Twitter, Blogger, and Facebook to provide thousands of attendees and non-attendees alike with an up-to-the-minute, all-access pass inside the USANA event of the year.

facebook **twitter** **Blogger**

Nearly 500 tweets — short bursts of breaking news as well as photos — were sent from @USANAinc over the course of convention. More than 1,200 tweets were sent by Twitterers at convention and throughout the world using the specifically designated #USANA09 hashtag. Blog-wise, 35 posts featuring 20 videos and dozens of photos were uploaded to What's Up, USANA? and the Corporate Blog throughout convention week.

Be sure to keep following us —
<http://twitter.com/USANAinc> and <http://www.whatsupusana.com>
— to stay updated on all the latest USANA news!

Who Wore It Best?



While some preferred USANA's leader in snappy suspenders, the majority sides with the king of interviewing, Larry King!

Convention Heavy Hitters



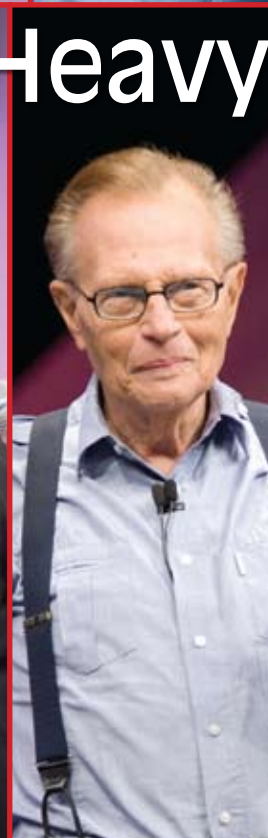
The star of every USANA convention, **Dr. Myron Wentz.**



The master on *Multiple Streams of Income*, **Robert Allen.**



Stimulating human potential is his game, **Les Brown** is his name.



Larry King, the cable TV talk-show host of CNN's Larry King Live.



MLM legend, **Tim Sales.**



Best-selling author and long-time friend of USANA, **Dr. Denis Waitley.**

As always, USANA brought in the big guns to help educate Associates to score a home run with their business!

They've Got The **LOOK**



How do you promote your business without saying a word?

Easy—logo wear!

How Did the Best Just Get Better? Let Us Count the Ways...



- ① Maximum Strength Vitamin D in Mega Antioxidant
- ② 15 Times More Resveratrol in AO Booster™
- ③ New! Super Pills for MyHealthPak™
 - Proflavanol® 180
 - CoQuinone® 100
 - Visionex® DS
- ④ Updated Packaging for Essentials™, HealthPak™, and MyHealthPak
- ⑤ No More Customization Fee

We can't wait to tell you all about USANA's exciting new product **Pure Rest**, but... can't talk...so...sleepy.



Z Z Z Z Z Z Z Z Z Z Z Z





Just a little
off the top!



You're right
Les Brown,
USANA is
#1!



Who's that
girl? It's
Julie Wentz
performing at
convention!



It's a bird! It's
a plane! No,
it's Dr. Wentz
flying through
the ESA!

There's
NO LIMIT
to the
craziness of
convention!



Proud Papa!



Secret Agent
Man? Is that
you?



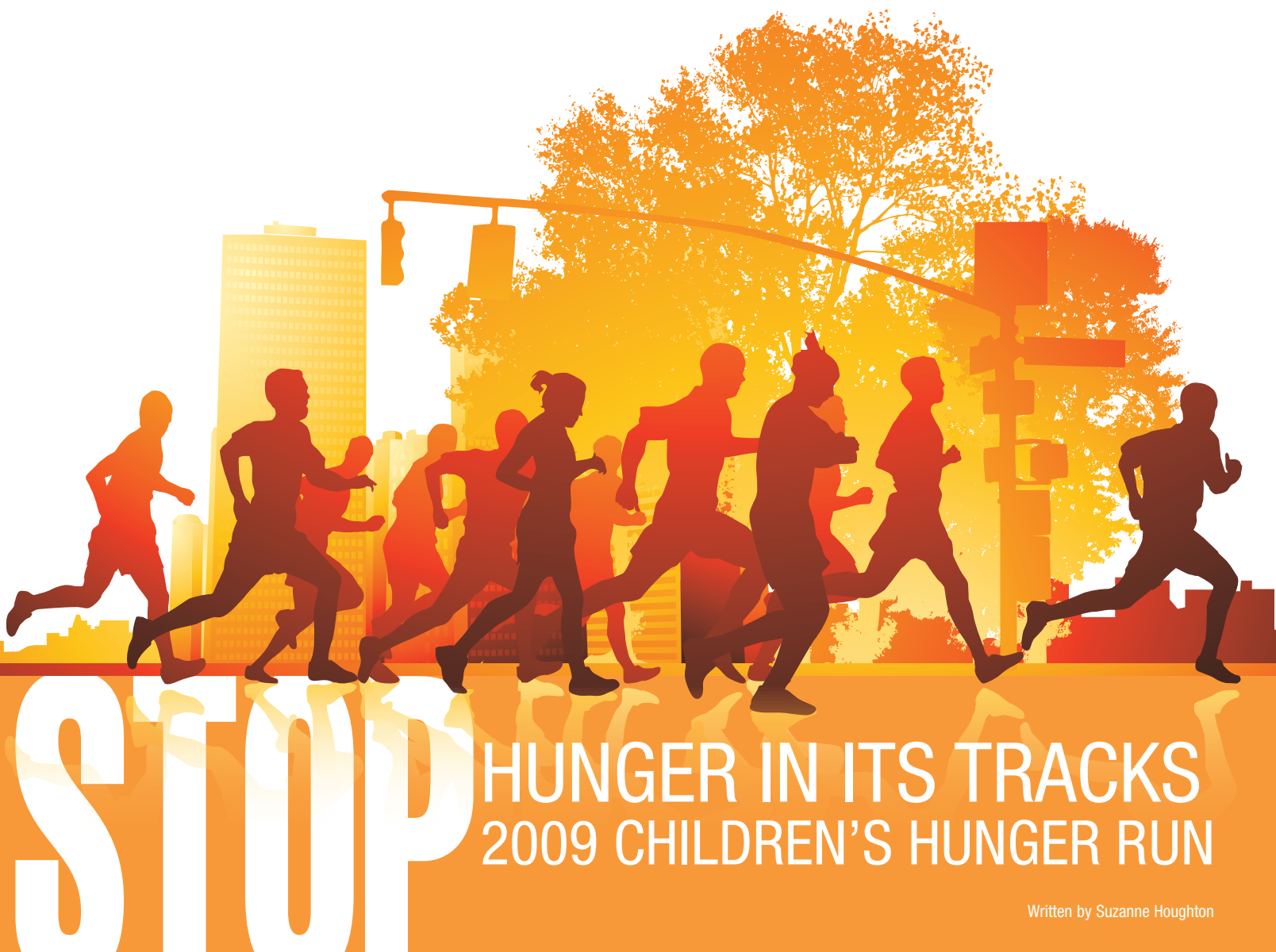
Abracadabra!



Slightly
overdressed but
always on time,
Werner Berger!



CHILDREN'S HUNGER FUND



Written by Suzanne Houghton

Nearly 1,500 participants laced up their running shoes and approached the starting line at this year's annual Children's Hunger Run in Salt Lake City. They came in large numbers but with one purpose, one mission, and ultimately one wish: to stop hunger in its tracks.

Before 8-year-old Samantha Macuga pushed the starting horn, participants were led by Gold Medalist and USANA Ruby Director Jennifer Azzi in a pre-run warmup. Despite the early start time, an undeniable energy and excitement made its way through the crowd. "It's not that easy to get up this early in the morning, especially with a busy convention. But to see so many of the USANA Associates out here is really fun," Jennifer shared.



While Gold Director Meg Heppner cheered for her husband, James, as he crossed the finish line, she reflected on the reason they consider USANA's partnership with Children's Hunger Fund (CHF) one of the best ways to help improve the lives of others. "USANA is about changing lives," Meg stated. "Donating to Children's Hunger Fund is a way to do that on a global level."

It wasn't just adults encouraging runners along the way. This year Samantha Macuga, daughter of USANA Vice President of Marketing and Public Relations Dan Macuga, made it her personal goal to get kids involved. As she ran across the finish line with a big smile on her face, she had an even bigger message to share. "It was fun to run and help kids," she said. "Kids helping kids is better than just adults helping them."

"The Children's Hunger Run was so cool! Raising money for Children's Hunger Fund is important and I am happy I was able to help them out. I ran the race in 32 minutes which is my best time ever. It was so much fun, and I can't wait to do it again next year!"

Samantha Macuga,
Jeremy Ranch Elementary School



Each year that goes by, CHF President Dave Phillips is continuously impressed by the generosity shown by USANA Associates. "We highly value our relationship with USANA. It allows us to change thousands of lives by feeding and providing nutritional supplements," Phillips commented. "By registering and walking, that \$20 fee can help impact a needy child for a month or more."

Associates Give Back


Associates donate to CHF year-round, but during the 2009 International Convention 10 Associates were given the distinct honor of receiving the Children's Champion Award. Those selected were recognized for their commitment to supporting CHF and helping children around the world. "I am so pumped!" Diwata Macalino exclaimed. "I feel so honored to have received this award."

For Children's Champion Award winners Cynthia and Brent Lane, their devotion to CHF is an ongoing commitment. "We actually send out Christmas cards each year and let our family and friends know that a gift has been given in their name to CHF," Brent shared. "I think it's one of the best gifts they can get."



During the opening session of convention, Phillips spoke of the influence a small donation can have on a family. Through monthly donations or by providing Usanimals™, Associates can feel joy in knowing they are helping someone in need. "USANA's impact has been significant. Thousands of families have been given food packs and vitamins thanks to their help," Phillips said. "USANA is providing hope for so many in need." Through donations, children who are malnourished are given a new beginning and a chance to live a healthy life.



As the 2009 International Convention drew to a close, Associates witnessed one of the best gifts as USANA CEO Dave Wentz presented a check to CHF in the amount of \$100,000. An amount that can help stop hunger in its tracks. 

Congratulations

to the 2009 Children's Champion Award Winners!

Miyoung Chai
 Louise Lagarde
 Cynthia & Brent Lane
 Conchita Vargas Lugo & Paola Vargas Lugo
 Diwata Macalino
 Bob & Vicki Mihalyov
 Akira Nomoto
 Matt & Shanna Ryan
 Elizabeth Vine
 Crystal Ann Yoder





Written by Amber Bailey

DISTRIBUTOR OF THE YEAR

Jeremy Stansfield

The past 12 months have been quite a ride for Jeremy Stansfield, beginning at last year's convention when he won the grand prize, a cool \$250,000, in the Millionaire Challenge and ending with the honor of the 2009 Distributor of the Year award. After racing down the USANA superhighway to win, it was fitting for the 9-Star Diamond Director and car enthusiast to be carried to the stage in a miniature yellow Lamborghini to accept his award.



DISTRIBUTOR OF THE YEAR AWARD

This award recognizes USANA's Top Income Earner who demonstrates vision and dedication in sharing the message of true health and true wealth. This Associate provides inspiration through his or her example and shows us not only possibilities do exist, but also the reality of a residual income through a USANA home-based business. His or her leadership and commitment to teamwork instill the belief in all of us that we are capable of achieving time and financial freedom most only dream of in life.

"Wow!" was all Jeremy could say.

After expressing his appreciation to Dr. Wentz, Dave Wentz, and other corporate leaders, Jeremy thanked his team. "I have so much respect, so much gratitude for the people on our STI team," Jeremy said. "It would not be possible without an incredible, phenomenal, strong team that has been with me throughout the years. There is no way I could have ever reached this position in the company without the efforts, the commitment, the fun, the energy, and the family that my team provides. It's been an amazing journey!"

Before USANA, Jeremy worked an exhausting job as a carpet installer. Then he received a debilitating injury—a pinched nerve in his shoulder—that forced him to find another line of work. "It really was a blessing in disguise," he remarked. "I had no savings, no college degree, and nowhere to turn. My back was against a wall and I had no other options to create the income I needed to survive."

"NONE OF US HAVE ANY LIMITS. WE DON'T. IF YOU REACH DEEP DOWN INSIDE, YOU CAN ACCOMPLISH WHAT-EVER YOU WANT TO ACCOMPLISH WITH USANA AS YOUR VEHICLE."

That's when he found USANA.

"People see me as a carpet installer who found USANA and suddenly built this big business," Jeremy states. "The fact of the matter is that I've had big dreams for a long time. If people could just temporarily experience the freedom a USANA business can provide, they would drop everything to focus on making the lifestyle of their dreams possible."

"None of us have any limits. We don't," Jeremy adds.

"If you reach down deep inside, you can accomplish whatever you want to accomplish, with USANA as your vehicle," Jeremy offers advice to those hoping to achieve time and financial freedom with USANA. "The key to success in this business is to chase your passion," he says. "It's the same formula for success in life."

Attending convention inspires this past President's Award winner and Million Dollar Club member who has repeatedly earned spots on the Fortune and Growth 25 and has often served on the Independent Distributor Council. He exclaims, "I love being here! It recharges my batteries. I'm so excited for the future."



Although Jeremy has made it to the top, he is committed to working harder than ever. He explains, "I have some definite goals that I'm working toward. I'd also like to continue to help develop more super success stories from within my organization."

Jeremy admits there are challenges with this business and that sometimes you'll say to yourself, "This is tougher than I planned on." But he emphasizes the importance of persistence: "No matter what, *no matter what*, never give up on your dreams!" ■



Written by Sarah Tackett

DR. WENTZ VISION AWARD

Patti Roney

Patti Roney, Ruby Director from Cody, Wyoming (population 8,000), experienced total amazement and instant celebration when she learned she won the Dr. Wentz Vision Award. "This is the most important award I have ever received and the one I have held in my heart for 13 years. It was exhilarating. One minute I thought Dr. Wentz had no idea who I was or how much his vision means to me, and the next he personally was giving me this award. I was truly shocked, humbled, and felt a bit like Cinderella!"



DR. WENTZ VISION AWARD

The Dr. Wentz Vision Award honors Associates who endeavor to improve the health and reduce the mental and physical suffering of everyone they meet. The recipient works to make the world a better place by sharing the vision of Dr. Wentz using every available opportunity to present possible solutions to health problems.

Dr. Wentz Vision Award Nominees

Brenda Guadalupe Alcaraz Perez & Dr. Alberto Peña del Moral, MX
Faye & Ray Despina, CA
Patti Roney, U.S.
Conchita Vargas Lugo & Paola Vargas Lugo, MX

In 1996 Patti was a single mother of six children who was financially upside down and had lost direction in life. She believes Dr. Wentz and USANA were a gift from God. She discovered the Dr. Wentz Vision Award during her first convention and “gained clarity, direction, and hope for my family and our future. This award was the only one I ever dreamed of.”

For Patti, the Dr. Wentz Vision Award holds great significance because it affects every aspect of a person’s life. She explains, “It is about heart, purpose, and gratitude. There is no path and no single leader to follow. We don’t get up every morning with the purpose of winning this award. Rather, we get up every morning with the purpose of doing, giving, and being part of this overall vision.”

“THE THREE GREATEST TREASURES I
HAVE BEEN GIVEN IN MY ENTIRE LIFE
ARE JESUS, MY FAMILY, AND USANA!
THANK YOU SO MUCH, DR. WENTZ!
YOU HAVE CHANGED MY LIFE!”

Patti sees winning the Dr. Wentz Vision Award as a new beginning: “I have committed to being even more of an ambassador, to going Diamond because that is the most obvious way to affect more people with this vision.” She plans to positively affect the health of those around the world through educating about Children’s Hunger Fund and Sanoviv. Patti is also planning to add even more value to her global conference calls and Webcasts as well as speaking to as many groups as possible about “The Networking Mom” or “Vision Without Limits.”

Patti has become what others describe as a “guiding light.” She is first to admit she could not have made this incredible transformation without her team. “No one accomplishes anything in this business without their team! My team, DiaMinds International, is made up of visionaries! They love USANA, Dr. Wentz, and his vision. They have giving hearts and work together without selfishness or complaint and with the bigger picture in mind.”



What Patti finds the most striking in her own story is the fact that she didn’t need to sacrifice time with her family to achieve success. “I could fully embrace Dr. Wentz’ vision without losing balance in my life.” She adds, “USANA allowed me and my children freedom—the time and the finances to accomplish all that we have. And, we never had to sacrifice our physical fitness, our spiritual or personal growth, or our fun.”

To those interested in following in her footsteps, Patti advises, “Find your purpose in this company and live it out, using all your talents and skills and giving your best. Decide today that you are in USANA for life. Never miss a convention and attend every possible Celebration. Embrace the things that Dr. Wentz stands for, because they are right and pure and unselfish and of tremendous value. Become an avid product user. And, obviously, build your business. We are of no use to this vision if we aren’t spreading it!” ■



Written by Cameron Smith

PRESIDENT'S AWARD

Sophia Marcoux and Jacques Fiset

The surprise was evident on the faces of Jacques Fiset and Sophia Marcoux as they accepted the coveted President's Award from Fred Cooper during the awards ceremony of the 2009 International Convention. Through the screams and uproarious applause, the only words that Jacques could muster were "Incredible. Amazing. Wow." Then, truly humbled by the response to his and Sophia's incredible success this past year, he admitted, "The words are not coming."



PRESIDENT'S AWARD

The President's Award is presented to our Top Growth Earner who continually shares the USANA opportunity of financial freedom with those around him or her. This award recipient demonstrates the utmost integrity in business dealings, provides unwavering support to his or her organization and others, leads by example, and is an icon of health, financial, and personal growth.

Throughout their long history with USANA, Jacques and Sophia have always been shining examples of Dr. Wentz' vision in action. From their beautiful home in their native Québec they have expanded their business to a truly international level, maintaining distributorships in several markets around the world. They have inspired many as consistent members of the Fortune 25 and Growth 25, Million Dollar Club members, former members of the IDC, and past recipients of the Dr. Wentz Vision Award.

When presenting their award at the 2009 International Convention, USANA's President Dr. Fred Cooper remarked how even with the massive successes they have experienced over the past few years, Jacques and Sophia "don't even sit to relax." When the couple advanced to 5-Star Diamond Directors earlier this year, Jacques admitted his sense of urgency. "We like to keep ourselves busy. It may not work for everyone, but for us it is how we want to run our business."

To achieve the highest amount of growth amongst all of the Associates in North America is quite a feat by itself. But, it is how Jacques and Sophia achieved this growth that is truly inspiring.

"WE HAVE BIG PLANS. WE HAVE BIG, BIG, BIG PLANS. YOU'LL SEE. IT'S JUST A START. IT'S NOT FINISHED."

In an international economic climate as generally gloomy as this past year has been, Jacques and Sophia have found a way to leverage the success that they have found with USANA to benefit the lives of others. Sophia states, "In bad economic times, people are looking for security. They also tend to invest less money in their health. The constant stress that comes from tough financial times can also be bad for your health. USANA is the solution to all of these problems. People can receive the health benefits and the financial stimulus they so desperately need."

During her acceptance of the President's Award, Sophia also divulged some of the personal struggles that she and her husband had experienced. "This past year was such a difficult year in many aspects. My mother was diagnosed with uterine cancer in February. For me, everything shut down. She was my first Associate and my first priority. I focused on rebuilding my faith, and I trusted God in the deepest part of my heart." Today, Sophia's mother's cancer is in remission and she was able to be at the EnergySolutions Arena in Salt Lake City to see her daughter accept one of USANA's most coveted awards.



Behind the award that Jacques and Sophia accepted that night is a wonderful and inspiring story about overcoming challenges and defying odds. Fred Cooper may have summarized it best when he said that Jacques and Sophia continue to achieve immense success in their lives, "proving that no matter how big you get, it's from within that you continue to grow." And their incredible story of growth and success is not over yet. "We are more than honored to serve the USANA family," Jacques proclaimed to the massive crowd at the awards ceremony. "We want to build the business more than ever." He concluded he and his wife's acceptance by saying, "We have big plans. We have big, big, big plans. You'll see. It's just a start. It's not finished." And for Jacques and Sophia, the entire USANA family can't wait to see what's next. ■

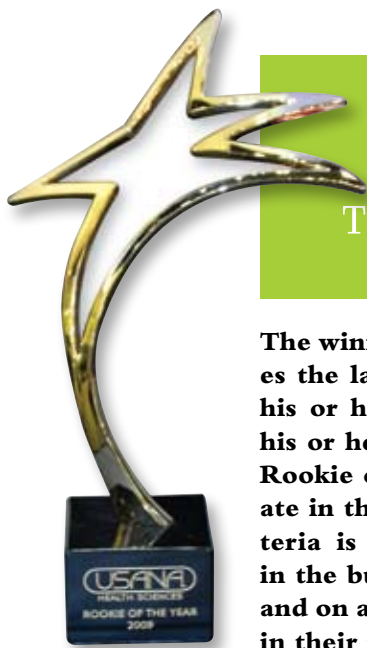


Written by Laura Lewis

ROOKIE OF THE YEAR

Caiping Mu

Whether adding stars to your Diamond status or just getting a glimpse of the stars as you begin building your USANA business, rising to that next level is an important step in any Associate's business. And for Caiping Mu, setting her sights on those stars is what helped her capture the Rookie of the Year award at the 2009 International Convention as the company's top Rising Star.



ROOKIE OF THE YEAR AWARD

The winner of this award experiences the largest amount of growth in his or her USANA business during his or her first year as an Associate. Rookie of the Year is the #1 Associate in the Rising Star category (criteria is based on Associates being in the business for two years or less and on absolute commission growth in their first 12 months).

Joining USANA only nine months ago, Caiping, from New York, USA, didn't waste much time getting started. Since becoming an Associate, Caiping's commission growth far surpassed every other new Associate in the company. That's quite a feat considering just how many people joined the ranks of USANA in the past two years. And according to Caiping, it's all due to her love of the company, the products, and her team.

Before USANA entered her life, Caiping hadn't felt such camaraderie in the workplace. "I am happier now than I've been in the past 10 years!" she exclaims. "I feel true happiness when I work with my USANA team and this great company." And that camaraderie, she says, is the core reason she was able to take home the coveted trophy.

"When I found out I won this award, I was so thankful to my upline, Ri Yue Liu; to Kelly, who introduced me to USANA; and to the people on my team who worked so hard together with me both day and night," she says. "This team supported me and taught me how to set up meetings and trainings, enroll people, and place orders online. They helped me reach the level of Gold Director very quickly. And now, they have helped me win this award."

"I AM HAPPIER NOW THAN I'VE BEEN IN THE PAST 10 YEARS. I FEEL TRUE HAPPINESS WHEN I WORK WITH MY USANA TEAM AND THIS GREAT COMPANY."

After achieving Gold Director status, Caiping was eager to set and reach even more goals, such as helping 10 members of her team also reach the level of Gold and to advance to Ruby herself (which she accomplished a week after convention). Never in her wildest dreams did she think she'd be winning such a prestigious award at convention just a few months later.

Caiping was quite surprised to realize she had even been nominated for Rookie of the Year. "I thought I was just doing what everyone else was doing," she admits. "I never thought I would receive such an honor from USANA. This means as much to me as winning the President's Award, which my upline, Ri Yue Liu, received last year."

And this award is doing much more for her and her team than making a nice addition to her office. "This has given my team and me a lot of encouragement. We are working even harder now on our business and sharing the products with others." Caiping also admits that earning this recognition is helping her become more confident as well, and she knows that it will continue to inspire her throughout her life.



The day Caiping decided to become a USANA Associate, she was overwhelmed with excitement. "That night I couldn't even sleep," she recalls. "I had finally found the business opportunity I had been dreaming about." Before that, she was unhappily working for a marketing company. Who would have thought that less than a year later, she would be standing on the stage of an arena packed with thousands of people who shared her same goals and beliefs about health and wealth, where people were applauding her for her success? Certainly not Caiping. "USANA changed my life!" she exclaims. "I understand myself a lot more now. I've learned how to take care of people. I've learned to view things from different perspectives. Finally, I can spend more time focusing on the well-being of others. USANA is helping me become a better and successful person." ■



Great
Design

is nothing without substance.

You can have both.

The allure of sleek, new packaging. The quality products you've come to expect from The Cellular Nutrition Company™.*



The perfect combination of design and substance.

*See pages 52-53 for more information about how USANA's making its quality products even better.

Emerald ADVANCEMENTS



Jane Y. Dong
New Jersey, USA

Emerald Director Jane Y. Dong spent years working in the IT industry. After immigrating to the United States in 1996, she decided to look into direct selling opportunities simply because she enjoyed being able to work from home. However, Jane couldn't find a company she truly was passionate about until she discovered USANA.

Jane believes that simply getting started is one of the biggest challenges new USANA Associates can face. When she started her business, Jane didn't place any limits on whom she would approach or where, building in and around Michigan, which is where she was living at the time. Gradually her numbers grew. Today, Jane has managed to build an impressive team of 3,000 members.

Jane's team has become her ultimate source of support. "I have been blessed with a great team," she shares. "It's all about teamwork." Working together, Jane hopes her teammates will be able to achieve their goals as well.

With her recent advancement to Emerald Director, Jane is eager to continue sharing the company and the products with others as she builds her business. "USANA's products have always been at the top of the industry. There are so many products out there, and it is so important to have ours stay at the top," she shares.

As Jane works toward more of her goals, she offers this advice to all Associates: "The success of your business is in your hands. Everyone can be successful, especially those who put forth an effort."



Brenda Guadalupe Alcaraz Perez
& Dr. Alberto Peña del Moral
Baja California Norte, México

As Emerald Directors Brenda Guadalupe Alcaraz Perez and Dr. Alberto Peña del Moral have built a business, their motivation to continue forward remains the same: attain financial freedom and better health.

Before USANA, Brenda was an architect and Alberto was a physician and both had dreams of a new opportunity. When approached about joining USANA, the couple jumped at the chance. "We didn't think twice," they state. "We didn't understand much about the industry, but when we were asked if we wanted a higher income and more leisure time, our answer was obviously yes."

As their business has grown over the years, one of the most valuable lessons they have learned is helping people realize their dreams will ultimately result in finding your own. "You have to teach anyone willing to learn how to work with the system and you will be successful," they say.

Brenda and Alberto admit that you can't run a good business without a good product. "The quality of the products is unrivaled! We think that is the cornerstone for USANA's long-term success," Brenda says.

Brenda and Alberto believe that the unpredictable state of the economy has ultimately helped their organization grow. With incomes dropping and the fear of downsizing looming, people are turning to other alternatives. "Many people that we approached in the past who weren't interested are now looking at this opportunity," Alberto says.

With a tremendous amount of success behind them, Brenda and Alberto offer these words of advice to new Associates: "You have to learn everything possible about USANA. The Business Development System, the industry, the products. Afterward you have to teach anyone willing to learn how to work with the system and you will be successful."

See income disclaimer on page 7.

ASIA-PACIFIC ADVANCEMENTS

USANA Health Sciences congratulates all of our Asia-Pacific Associates who advanced from May 17, 2009 to July 18, 2009.

DIAMOND

4-Star Diamond—Hsiu Jou Pan &
Tang Jung Liu, Taiwan

2-Star Diamond—Lee Hsin Huang,
Taiwan

Diamond—ByungSoo Kim &
Sihee Park, Korea

Diamond—Fong Yo Lai, Taiwan



EMERALD

Raman Chen & Meir Tang, Australia
Tze Liang Chiam &
Siew Nee Low, Malaysia

Dennis Leung, Australia
Baowen Sheng &
Baowen Zhang, Hong Kong

RUBY

Su Zhen Bai &
Catherine Zhao, Australia
Junmei Cao, Hong Kong
Siew Thing Goh &
Kern Li U, Australia

Kentarou Hirano, Japan
Zhi Yong Huang &
Aizhen Pan, Australia

Haruyoshi Iijima, Japan
Motomichi Isomura, Japan
Shung Chi Daisy Kam, Hong Kong

Hiroaki Kawauchi, Japan
Kai Chi Jeffrey Lee, Hong Kong
Xiao Shu Su Liang &
Raymond Yi Tao Liang, Australia
Theam Hin Lim &
Fong Ting Pauline Foo, Singapore
Fen Lan Liu, Singapore
Boon Sue Loh &
Mooi Yong Tee, Malaysia
Ariel Mata, Philippines

King Leng Ng &
Xue Qun Zhang, Singapore
Siew Choo Ng, Malaysia
Hiroaki Satou, Japan
Satoshi Shibata, Japan
Yasuhisa Togano, Japan
Pau Lin Wong, Singapore
Wei Xu, Hong Kong
Lay Hoon Doreen Yap, Singapore
Liu Chui Yeo, Singapore

GOLD

Rommel &
Daisy Balaguer, Philippines
Cheng Chi Chan, Taiwan
Chee Seng Eugene Chen, Malaysia
Huilin Chen, Hong Kong
Jack Chen & Zan Gui Lin, Australia
Meijuan Chen, Hong Kong
Yin Ru Chen & Anthony Kwok
Lung Ng, Australia
Mi Hwa Choi, Korea
Kok Wai Chow &
Lan Chin Tan, Malaysia
Xueting Cui, Hong Kong
Lily Yong Hong Guo &
Chongbin Xie, Hong Kong
Yun Ping He, Australia

Toh Li How, Singapore
Chang Jiang Huang &
Hong-Li Wang, Australia
Akifumi Itou, Japan
Tou Jou, Japan
Mingde Lai, Hong Kong
Qunhuan Li &
Jing Yuan Wen, New Zealand
Sun Li & Youming Li, Hong Kong
Jin Rong Lin &
Jin Rong Zhang, Australia
Li Yi Lin, Australia
Sy Huey Loh &
Chow Kuang Wang, Malaysia
Quanchao Ma, Hong Kong
Yan Hua Ma, Australia

Jennifer &
Eulogio Maghirang, Philippines
Li Xia Ou & Shi Lin Zhu, Australia
Giu Fang Shi &
Gong Min Zheng, Australia
Fuyou Shou, Japan
Lang Seng Tan &
Seh Kai Tee, Malaysia
Chiong Khing Tieu, Malaysia
Jinsong Xue, Hong Kong
Tebin Zhan, Hong Kong
Zemin Zhang, Hong Kong
Liqin Zhao, Hong Kong

Congratulations also to our 197 new Silver Directors and 30 new Bronze Directors from our Asia-Pacific market.

RubyADVANCEMENTS



Leanne Grechulk
Ontario, Canada

Leanne Grechulk had a clear vision of what she wanted to accomplish when she became part of USANA in 2006, and she still does. She wants to be a Diamond Director by 2010, and as a Ruby Director, she is clearly on her way to success.

Leanne was overworked as a sales manager with a cosmetics company before she learned about USANA. However, as she watched her friend and current Gold Director Natalie Dion build a business, Leanne observed that Natalie was leading a life she had only dreamt of. "I saw Natalie's lifestyle and she truly looked happy," Leanne recalls. "I thought it would be something I really might love."

It was one short week after signing up as an Associate that Leanne attended her first USANA International Convention. Leanne listened to a lecture by Diamond Director Carmen Marshall, which was her inspiration to not only go for it, but to go for it with everything she had. "Carmen really inspired me to believe that success was possible," she shares.

Three years later, Leanne is dedicated to a growing team in Ontario, Canada. "We are team Fire Power, and it's amazing how much synergy everyone has," she states. "I couldn't have reached Ruby without our beautiful team and my incredible coach and partner Christian Dion." Leanne's goals for the next six months are to not only advance to Emerald, but to help her teammates advance as well.



Alejandra Guzmán &
Guillermo Chávez Zamora
Michoacán, México

Married at a young age, Guillermo Chávez Zamora and Alejandra Guzmán were prepared to work hard to fulfill their dreams. Guillermo completed a master's degree and went to work for a mobile telephone company while Alejandra operated her own business. After introduced to USANA's products as a way to balance their health, the couple found themselves not only taking the products but also telling others about them. Those products eventually led them to start their own USANA business.

After attending a Celebration in Querétaro, the couple realized that if they were receiving commission checks by simply referring products to others, they could build a lifestyle by putting in all their effort.

Advancing from Builder to Silver to Gold and now to Ruby Directors, the couple has maintained their focus. In June of 2008, Guillermo was able to resign from his job and devote all of his time to USANA and enjoy his newfound time freedom. "This has been so beautiful for our family," Alejandra says. "Finally he can spend more time with his children." In addition the family can take vacations and create memories when they want and not just when their jobs allow them to.

As they build their business, the couple is devoted to teaching their three children about hard work. "We have been able to educate them with a success mentality—a mentality that changes only when you know that you can have control over your life," they conclude.

See income disclaimer on page 7.



Wei Liang
New York, USA

The past year of Wei Liang's life has been a blur. After he started his business last summer, Liang advanced to Gold in December and became a Ruby director in July. Now, more than ever, he is determined to share USANA's vision and attain his goal of financial freedom.

Liang was familiar with network marketing, having previously been a distributor for a similar company. However, that experience left him unsatisfied and looking for a better opportunity. When he heard about USANA through an acquaintance, Liang spent time researching the company. From the products to the compensation plan, he was intrigued. "I was firmly convinced that this was a once-in-a-lifetime opportunity I had to seize at any cost," Liang shares.

With a growing USANA business, Liang is convinced this was the right move for him. "My USANA career is bringing me a bright future," he says. "I am creating a life of financial prosperity and freedom." Liang is also dedicated to establishing a path that Associates can follow to get out of dead-end jobs.

As Liang watches USANA Associates build their businesses, he is in awe of their accomplishments and looks forward to many more of his own. "The more I hear success stories, the more I work hard at my USANA business. I know I chose the way to a bright future," Liang concludes.



Elia & Mario Ray
Texas, USA

Attending the San Antonio Celebration in April was just the push Mario and Elia Ray needed to motivate them to start advancing. Now as Ruby Directors, the Rays say they don't plan on slowing down anytime in the near future.

When introduced to USANA through his friend Seth Kuehn, Mario wasn't really interested. "I didn't want to sell vitamins. I was an engineer," he recalls. However, he decided to listen to Seth and told him he would do some research and think about it.

Although Mario felt like he didn't have the time to build a business, it was Seth and 2-Star Diamond Director Daniel Hunter that persuaded him to join. "To this day I don't know why, but I ended up joining the business," Mario shares. "After a few weeks, I had no doubt in my mind that it was God's plan for us."

Mario and his wife, Elia, believe that without a strong and dedicated team, they wouldn't be where they are today. Along with teamwork, the Rays say they have learned it's never too late to have dreams.

"We were so involved in work, children, and business, we had no time to dream," the Rays state. "Now we have achieved a number of them."

Ruby ADVANCEMENTS



Qian Zhao
British Columbia,
Canada

After watching her friends and family experience poor health, Qian Zhao decided she wanted to do something about it. Once she was introduced to USANA, Zhao realized it was her chance to educate people on the importance of nutrition and supplements.

Prior to her career with USANA, Zhao was a Ph.D. and Associate Professor in Food Science and Biochemical Engineering in China. After relocating to Canada, Zhao started to reflect on her priorities and determined she wanted to achieve financial independence. After trying other network marketing companies, Zhao was led to USANA.

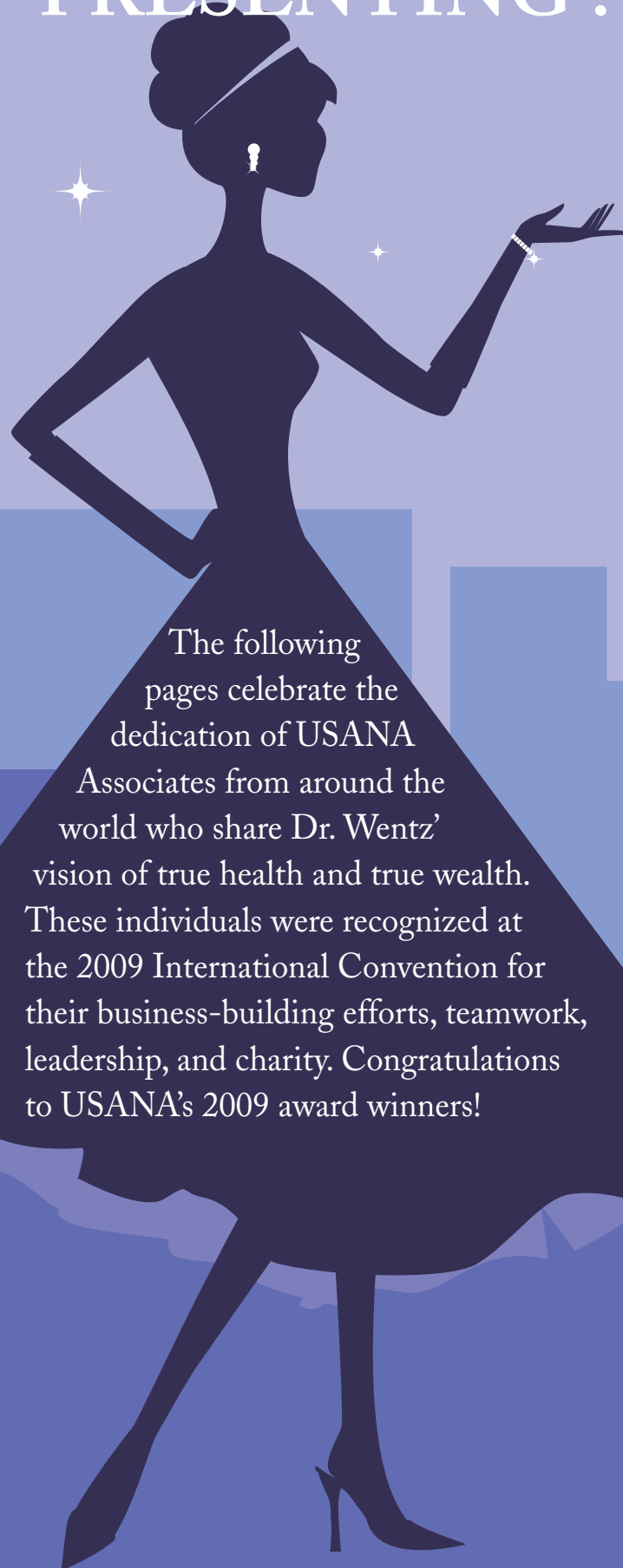
From the very beginning Zhao was determined to be successful. "When I joined, I was committed to making this a million-dollar business," she shares. "I knew I had the right company to work with and the right products to sell." By attending training courses and studying the business, Zhao has experienced great success with USANA.

As a Ruby Director, Zhao places a high value on communication and on coaching her teammates. She stresses that one thing new Associates can do to be successful is to think big. "Your achievement is dependent on how you visualize the business, even before you get started," she says. "If you devote yourself wholeheartedly, you can create wealth."

Zhao's hope is to continue building her team and become an Emerald Director.

See income disclaimer on page 7.

PRESENTING...



The following pages celebrate the dedication of USANA Associates from around the world who share Dr. Wentz' vision of true health and true wealth. These individuals were recognized at the 2009 International Convention for their business-building efforts, teamwork, leadership, and charity. Congratulations to USANA's 2009 award winners!

USANA'S 2009 AWARD WINNERS

FORTUNE 25



Names listed by rank in category: Jeremy Stansfield, US; Collette Larsen & Zachary Ross, US; Jacques Fiset & Sophia Marcoux, CA; Rita Hui, HK; Vincent & Mable Chan, CA; Connie Yao & Jim Barabe, CA; Liu Tang Jung & Pan Hsiu Jou, TW; Alan & Queen To, HK; Annette & Victor Que, CA; Bryan & Monica Penrod, US; Layda & Bryan Morris, US; Rick & Terri Young, US; Lynn-Allen Johnson, US; Dr. Wen Chi Wu & Zhang Houngh Wu, US; Lyndon Redman & Marie-France Morin, US; Bob & Mary Lin, AU; Amy & Xian Shen, AU; Susanne & John Cunningham, CA; Daniel & Dr. Paige Hunter, US; Steven Chen & Zhi Xian Jin, AU; Conchita Vargas Lugo & Paola Vargas Lugo, MX; Penelope & Phil Kirk, US; Frank Feng & Bin Yang, AU; Timothy & Delbra Lewis, US; Daryl & Robert Allen, US; Pete & Dora Zdanis, US

GROWTH 25



Names listed by rank in category: Dennis Chen & Xiao Nan Wang, US; Liza Pascal & Ayan Rivera, US; Tao Pang & Chun Y. Liu, US; Daen Cervantes & Raúl Izasmendi, MX; Amy Nie, CA; Duke & Sheila Tubtim, US; Wei Liang, US; Caiping Mu, US; Ri Yue Liu, US; Mei Huang, US; Luis Antonio Vega Chávez & Georgina Orozco, MX; Leanne Grechulk, CA; Vern Lapuz, Jr., US; Guillermo Chávez & Alejandra Guzmán, MX; Tony & Tammy Daum, US; Carlos Olivas & Deidra Robledo de Olivas, US; Dr. Christiane Northrup & Kate Northrup Moller, US; Martha Heppner, CA; Perry Chong & Nong Ren, CA; Anne & John Welsh, US; Ronette Wood, US; Brenda Guadalupe Alcaraz Perez & Dr. Alberto Peña del Moral, MX; Dong Qiuzhu, US; Jonathan Cheng, US; Chun Ling Zhang, US

MILLION DOLLAR CLUB



Names listed in order of induction date into Million Dollar Club: Collette Larsen & Zachary Ross, US; Bud & Bunny Barth, US; April & Mike Fano, US; Susan Waitley, US; Jeremy Stansfield, US; Lyndon Redman & Marie-France Morin, US; Daryl & Robert Allen, US; Sterling & Mary Ottesen, US; Pete & Dora Zdanis, US; Dan & Nanc Christy, US; Michael & Barbara Hollender, US; Barbara Souther, CA; Elizabeth Strand, US; Larry & Nancy Bunn, US; Mike & Jenny Larsen, US; Rick & Terri Young, US; Seta Der Artinian & Hubert Krause, CA; Tom & Lorie Mulhern, US; Patti & Rik Jamieson, US; Susanne & John Cunningham, CA; Liesbeth van Eerten, AU; Tom & LaDawn Painter, US; Connie & Michael Allen, CA; Dean & Evelyn Koontz, US; Elizabeth Vine, US; William Ohochinsky & Donna Trasher, CA; Vincent & Mable Chan, CA; John Kinnear, CA; Brian & Jennifer Douglas, US; Jacques Fiset & Sophia Marcoux, CA; Deanna & David Waters, CA; Jean & Peter Cheung, CA; Paul & Leslee Maki, US; Bryan & Monica Penrod, US; Rita Hui, HK; Dean & Sherri Chionis, US; Dan & Rebecca Brink, US; Connie Yao & Jim Barabe, CA; Patty Abraham, US; Dixie Moore, US; Michel & Suzanne Lavoie, CA; Kelli & Larry Lessie, US; Penelope & Phil Kirk, US; Sven & Patricia Poulsen, CA; Lyne & Germain Lafortune, CA; Line & Luc Dubois, CA; Dr. Wen Chi Wu & Zhang Houg Wu, US; Jean-Pierre Gagné & Nicole Boulé, CA; Lynn Allen-Johnson, US; Liu Tang Jung & Pan Hsiu Jou, TW; Daniel & Dr. Paige Hunter, US; Frank Feng & Bin Yang, AU; Matt & Shanna Ryan, US; Nathalie Deslauriers & Jean-Simon Marcoux, CA; Timothy & Delbra Lewis, US; Rory Jones, CA; Bob & Mary Lin, AU; Amy & Xian Shen, AU; Terry & Terri Wright, US; Steven Chen & Zhi Xian Jin, AU; Arnie & Linda Knight, US; Layda & Bryan Morris, US; Mario & Kveta Martucci, CA; Steve & Myrna Swartz, US; Annette & Victor Que, CA; Alan & Queen To, HK; Janet Moore, US; Tony & Tammy Daum, US; Carmen Marshall, US; Joanne Kotjan, US; Fiona Jamieson-Folland & Chris Folland, NZ; Conchita Vargas Lugo & Paola Vargas Lugo, MX; Eduardo Barreto, MX; David & Tricia Delevante, US; Dustin & Melissa Fields, US; Ani Black, CA; Gregory Stevens, CA; Charles Stivers, US; CheBum An, KR; Sheila & Garry Dancho, CA; Liang Yin Chiu, TW; Annette Sale Owens, US; Jerry & Fiona Clayton, NZ; Colette Evans, US

New Inductees: Elaine Lee, US; Mike & Miriam Miller, US; J'en El & Michael Adamson, US; Tonja & Wade Hillebrant, US; Stephen Daniel, US; Faye & Ray Despina, CA; Chiung Hung Huang, TW; Bill & Jenny Huang, NZ; Madeleine & Jacques Marcoux, CA; Louise Lagarde, CA; Majid & Kahnoush Mokhbery, US; Duke & Sheila Tubtim, US

SPECIAL AWARD

Distinguished Service Award

In recognition of his more than 14 years of support and friendship to USANA; for his leadership and efforts in advancing the fields of nutritional and lifestyle medicine; and for his years of service as a colleague in research and member of the Scientific Advisory Council, Dr. Ray Strand earned the Distinguished Service Award at the 2009 International Convention.



TOP 25 ASSOCIATE ENROLLERS



Names listed by rank in category: Timothy & Delbra Lewis, US; Jeremy Stansfield, US; Alma Corres Zíncunegui, MX; Yang Feng, US; Queeney Tang, CA; Jonathan Cheng, US; Denise Huang, CA; Connie Yao & Jim Barabe, CA; Dr. Noemí A. Díaz de León Martínez, MX; Amy Nie, CA; Tom & LaDawn Painter, US; Conchita Vargas Lugo & Paola Vargas Lugo, MX; Blanca Vega García, MX; Janny Chu & Denise Chen, US; Lynn Allen-Johnson, US; Vern Lapuz, Jr., US; Daniel & Luly Garza, MX; Robert & Daryl Allen, US; Biao Yang, US; Yuya Shibayama, JP; Cindy Yao, CA; Xuemei Chen, CA; Wei Liang, US; Lisa Ng & Ivan Wong, AU; Fiona Jamieson-Folland & Chris Folland, NZ

TOP 10 PC ENROLLERS



Names listed by rank in category: Jaysee Carsen, US; Dr. Christiane Northrup & Kate Northrup Moller, US; Zora Pesio, US; Linda Lee & Dr. K.B. Lim, US; Erika Negrete, US; Margot Aiken, US; Janice F. Moranz, US; Penelope & Phil Kirk, US; Soraya Abawi, US; Elizabeth Pasquale, US

RISING STARS



Names listed by rank in category: Caiping Mu, US; Wei Liang, US; Jonathan Cheng, US; Dong Qiuzhu, US; Chun Ling Zhang, US; Ronette Wood, US; Li Hua Fan, US; Ning Lu, US; Wang Zhen Hua, US; Yun Zhen Lin, US; Guang Peng Liu, US; Javier Michel Romero, MX; Min Liu, US; Marie Ransome, US; Claudia Reséndiz & Erik Meza, MX; Biao Yang, US; Barbara Champlin, US; Lina Slaughter, US; Emmanuel Sanchez, US; Eyston Perez, US; WeiXuan Gao, US; Yang Feng, US; Daniel Gutierrez, US; Susan Samuels, US; Ann Tran, US

TEAMWORK



Names listed by rank in category: Hyeran Lee, KR; Hong Xia Wang & Hong Jiang, US; Werner Berger, CA; James & Bella Lee, US; Scott McGee, US; Mayra Elvia Morales Charles & Cinthya González, MX; Janice Otremba, CA; Michelle Fyfe, CA; Olivia Munguia Rosas & Mario Ramirez, MX

CHILDREN'S CHAMPIONS



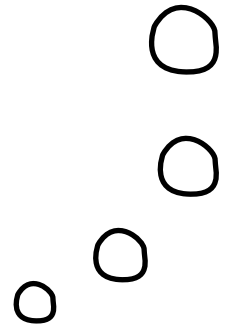
Names listed by rank in category: Cynthia & Brent Lane, US; Matt & Shanna Ryan, US; Elizabeth Vine, US; Akira Nomoto, JP; Miyoung Chai, KR; Conchita Vargas Lugo & Paola Vargas Lugo, MX; Bob & Vicki Mihalyov, US; Diwata Macalino, US; Crystal Ann Yoder, US; Louise Lagarde, CA

PACESETTER CREATORS



Names listed by rank in category: Rebecca Zhou, US; Annette & Victor Que, CA; Cindy Yao, CA; Jeremy Stansfield, US; Dong Qiuzhu, US; Conchita Vargas Lugo & Paola Vargas Lugo, MX; Bing Wong, HK; Xuemei Chen, CA; Koudai Magata, JP; Yuya Shibayama, JP

Just try and count me.



New

Pure Rest™ from USANA. Great for sleep.* Bad for sheep.



Rest Easy. Rest Pure.

USANA's new ultra-pure melatonin supplement is here and ready to turn your nights from sleepless to sheepless.



No more counting sheep. No more glasses of warm milk. No more tossing and turning. Pure Rest™, USANA's incredible new supplement, is here to help you win your bouts with occasional sleeplessness.* Pure Rest is an orange-flavored dissolvable tablet that contains ultra-pure melatonin sourced from Switzerland.

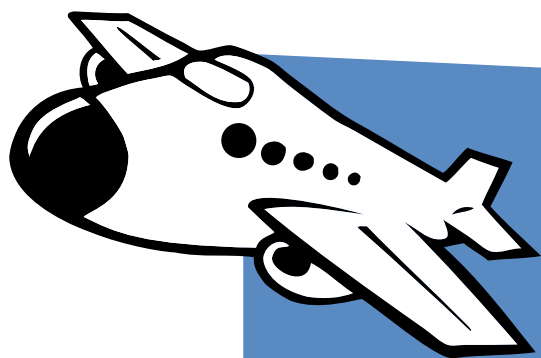
What Is Melatonin?

Melatonin is a naturally occurring hormone that maintains healthy sleep and wake cycles. Because of its formulation, Pure Rest helps you fall asleep and stay asleep throughout the night. It is not a sleeping pill, but a safe, effective and non-habit-forming way to support better sleep.*

Sleep Tight. Sleep Sound.

Everyone knows how wonderful it feels to wake up after a great night of sleep. Well, it feels so great because it is great for you. Sleep provides several benefits to your health, including defending against oxidative stress and maintaining a healthy immune system. Along with proper diet and exercise, getting enough sleep is an important part of a healthy lifestyle.* ■

Pure Rest is a healthy way to support healthy sleep.* After all, it is the stuff dreams are made of. Sorry sheep. Looks like you are out of a job.



Jet Set Without the Jet Lag

If you've ever experienced the effects of jet lag after a long flight, you know how miserable it can be. Jet lag happens when your circadian rhythms get out of balance. The sun rises a lot earlier in England than it does in Hong Kong. With this imbalance, you might find it difficult to sleep when you should be sleeping. You might also feel groggy throughout the day from your lack of sleep. Melatonin can help restore your natural sleep cycles and counter the ill effects of jet lag.* Pure Rest should definitely be on every frequent flyer's checklist.

*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.

Gold ADVANCEMENTS



Elbert Ballo & Veronica Leynes, California, USA

By the time he was 22 years old, Elbert Ballo was getting a taste of what the next 40 years of his life could be like. "I was a full-time student and a part-time mechanic," Elbert recalls. "I realized I had to make a change if I didn't want to have a monotonous routine for the rest of my life." That change came when Elbert, along with his significant other, Veronica Leynes, became part of USANA in September of 2007.

Elbert and Veronica didn't know what to expect when they first started, but they wanted to prove they could accomplish something on their own. Now Gold Directors, Elbert and Veronica are geared up to continue working hard. "We have a goal of becoming Ruby Directors and part of the Growth 25 by International Convention in 2010," they conclude.

"We have to say thank you to our teammates. Without their support, we would not be where we are today."



April & Rick Billings, Florida, USA

After 27 years as a professional photographer and instructor, it only took a half hour for Rick Billings to realize he was ready to start a new chapter of his life by building a career with USANA. "Once I saw the earning potential, I couldn't believe it," he emphasizes. Along with his wife, April, Rick is devoted to bringing USANA to others.

There are numerous ways for Associates to expand their business, and Rick advises they need to take advantage of them. "Boy! I love the Matching Bonus program!" Rick exclaims. "Also, make sure you become a Platinum PaceSetter. This should be your first major goal!"

The Billingses are excited to expand their business, and they are doing so with an optimistic attitude. "With an amazing company and the best products in the world, the only way to fail is by doing nothing," they conclude.

"Success only comes to those who try, and if you try long enough you will succeed!"



Josefina Castro & Gustavo Ament, Baja California Norte, México

It was initially an interest in maintaining their health that attracted Josefina Castro and Gustavo Ament to USANA. However, after joining, they quickly discovered USANA wasn't just providing them with health and financial benefits, it was also giving them the opportunity to spend more time with their loved ones.

Their business has flourished. And new Gold Directors Josefina and Gustavo recognize how deeply they are indebted to those who have helped them. "Everyone who has joined our organization has been, and will continue to be, an important part of our team," they say.

Looking toward the future, Josefina and Gustavo are excited to find new Associates and help them discover that anything is possible. "We want to continue to convey the message that USANA is a great way to discover your dreams," they conclude.

"Every single person has something important to give to the organization."



Dr. Alfredo Jalón Constante, Distrito Federal, México

Dr. Alfredo Jalón Constante has always been interested in health, but when approached about USANA he was wary of the multi-level marketing industry. "I didn't trust these types of companies because so many of them have been unsuccessful," Alfredo shares. However once he discovered a passion for the products, he concluded the business was something he could be excited about sharing with others.

After watching his business grow, Alfredo can now admit USANA is different. "The truth is USANA is a very serious business, and it is growing," Alfredo says. "Associates can trust this is not like the typical multi-level marketing company."

When looking toward the future, Alfredo believes he can continue to find success simply by telling himself that anything is possible. "Anything can be done, especially if you are resolute and confident," he concludes.

"I was motivated to start a USANA business because of the products."

See income disclaimer on page 7.

GoldADVANCEMENTS



Dr. Javier Hernández Covarrubias, Distrito Federal, México

Dr. Javier Hernández Covarrubias says attending a USANA event in Guadalajara was the key to getting him interested in starting a business with USANA. "I had the opportunity to see the serious and scientific work of USANA's professionals when I was there," he recalls.

Javier says one of his favorite things about USANA is it provides a chance for residents in México to easily access quality nutritionals. "It was complicated for patients because they had to bring supplements in from the States or had to use the next best form in México," he states.

With a growing team filled with relatives, assistants, and friends, Javier says without their backing, he wouldn't have the success he is experiencing.

Dr. Covarrubias would like to see USANA expand into Central and South America in the near future.



Ahmad Evaji, New Jersey, USA

Ahmad Evaji doesn't feel like he has experienced success yet; right now all he feels is luck. Introduced to USANA in April 2009, Ahmad realized it was the networking marketing company he had been searching for. "I had worked for another company, and I really wasn't happy as a whole," he explains. "When I found USANA, I found a company that was genuinely looking out for the best interest of their Associates."

As a new Associate and Gold Director, Ahmad credits his team for his experiences. "My team is the reason I have what I have," he states.

In addition to building his business, Ahmad is eager to help his teammates. "I haven't earned the title of success yet," he says. "When my teammates are successful, that will be success to me."

"When I looked into network marketing, I discovered each company was missing something. When I discovered USANA, I found what I was hoping for."



Yang Feng, New York, USA

Before hearing about USANA, Yang Feng used to spend his days working late into the night as a restaurant deliveryman. He received a low salary and would have to work up to 12 hours a day. After being invited to a USANA training event, Feng's life completely changed. "I was so amazed by the compensation plan, Matching Bonus, and the quality of the products," Feng says. "I knew this was the only network marketing company with a great vision behind it."

Feng hopes to help five members of his team become Gold Directors in the next few months. As for the future, he stresses he would like to see his entire team grow together and change more lives.

"Confident people can change things from impossible to possible."



Theresa Haney & Pepi Diaz-Salazar, New York, USA

Although owning a practice as licensed creative arts therapists was their goal, Theresa Haney and Pepi Diaz-Salazar realized it wasn't the key to financial freedom. After a failed attempt at selling products that they ultimately decided they couldn't stand behind, Theresa and Pepi didn't think network marketing was the way to achieve success either. However, after being introduced to USANA's Team Northrup, they were soon convinced they had found a company that would work for them.

Maintaining their therapy practice was a definite priority, but as the business suffered due to the economy, Theresa and Pepi would come to rely on USANA. "What happened was amazing," they say. "As our income from our private practice tanked, our USANA income grew almost in direct proportion."

Theresa and Pepi believe they wouldn't be where they are without their team. "Team Northrup and USANA are such a blessing in our lives, and we look forward to helping others realize the same blessing," they conclude.

"We went Gold because of Team Northrup!"

See income disclaimer on page 7.



Johnny W. Huang, New York, USA

Although he had little confidence in the network marketing industry, Johnny W. Huang was willing to do a little research on USANA and its products. That research definitely paid off, and Johnny says he is eager to see his business continue to grow.

A previous member of the U.S. Army, Johnny says it is USANA's products, compensation plan, and company background that keep him motivated to build his business. "I believe, thanks to USANA, I am able to find financial freedom," Johnny explains.

Johnny says Associates can attain success simply by finding the confidence in themselves and being willing to break through their own doubts. "Everyone in USANA can be successful," he advises.

As for the future, Johnny is eager to help his teammates become Gold Directors and is eagerly looking forward to purchasing his first home.

"Successful people will find solutions when they face problems."



Jordan Kemper, Illinois, USA

Between preparing for medical school and playing football and basketball, Jordan Kemper wasn't at a place in his life to start a new business venture. When his mom suggested looking into USANA, he initially laughed at the idea. "I thought I was far too busy for this," Jordan says. "I told my mom I would take the products, but I wasn't going to get involved in some vitamin business." Jordan quickly learned that getting involved would be the best business decision he would ever make.

Now as a Gold Director, Jordan's business continues to grow as he stresses that he is devoted to helping others. "Always put others' needs above your own," he says.

"Even beyond the health and financial freedom that USANA offers, USANA has been a platform for me to love others and share of my relationship to Jesus Christ," he concludes.

"Rewards come after sacrifice."



Sonia & Benjamin Lee, California, USA

Sonia and Benjamin Lee's time was stretched thin; both were working and raising their family of four kids. When approached by friends Annette and Victor Que about USANA, they were willing to at least take a look at it. What they came across were great products and new opportunities.

As Gold Directors, Sonia and Benjamin have looked globally when it comes to expanding. They travelled to Sonia's homeland of the Philippines earlier this year and are eager to build their business with their teammates. "I really try to find people who want to do this," Sonia says. "You can't do this by yourself. You have to have a good support system."

Working with teammates they consider as close as family, Sonia and Benjamin are geared up for success.

"When I started USANA, I was pleasantly surprised that it wasn't like a big corporation. People really are there to help each other out."



Lianshun Li, New York, USA

Lianshun Li became part of the USANA family in May of this year, and within a month she became a Gold Director. Li says without her upline and team of over 200 Associates, it would have been nearly impossible to accomplish. "I want to say thank you to everyone that helped me," Li says. "Now I will work just as hard to help them."

Li says thanks to USANA's Good Manufacturing Practices, products, and compensation plan, she was immediately attracted to the company. "USANA isn't just a company that can provide health, it also offers the best business opportunities," she states.

Motivated to continue building a larger team, Li hopes the next few months will be filled with helping more people "achieve health and financial freedom."

"After trying USANA's products, I wanted to share them with everyone I know."

GoldADVANCEMENTS



Sai Hang Li, New York, USA

Sai Hang Li was impressed with USANA's compensation plan, but it was the Matching Bonus program that sold her on building a business. Within a few short months of becoming an Associate, she became a Gold Director.

Li's belief in the company and the products is a vital part of how she builds her business, and she is always happy to share Dr. Wentz' vision with those looking for a new opportunity. "You need to believe in the company and the products," she shares. "Tell everyone about USANA and let them experience health and financial freedom."

As for the future, Li's major goal is to be a good example for her team and to provide as much help to them as she can.

"I am successful thanks to my team."



Genoveva Gutiérrez Martínez, Baja California Norte, México

After declining several offers from an acquaintance to learn more about USANA, Genoveva Gutiérrez Martínez ultimately decided to pick up a copy of the Health & Freedom Newspaper. Within minutes, she was floored by the company and couldn't wait to go to a presentation.

Four years later, Genoveva, who has six children, is providing for her family and enjoying the chance to tell others about USANA. "We have good health, our lifestyle is better, and we also help others enjoy a better quality of life," she says.

As a Gold Director, Genoveva advises that success happens to those who work hard. "Nothing arrives by chance," she states. "It is the result of constant work, focus, and teamwork."

"This business is about helping people."



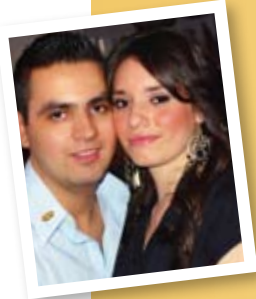
Arjay Mendoza & Jennifer Huynh, California, USA

Although it was a cousin who introduced Jennifer Huynh and Arjay Mendoza to USANA, they couldn't help but feel a bit skeptical of what they might be getting into. They thought they would have to go sell products door to door, but they found the opposite to be true. In addition, they discovered a company they would truly become passionate for.

Arjay and Jennifer credit their teammates, especially Aaron Dinh and Cathy Ngo, for their success. "When nobody believed in us, they picked us up and guided us all the way," the couple says. "They are the sole reason we are the people we are today."

The biggest piece of advice the couple can offer new Associates is to simply never give up. "As long as you don't quit, you will make it," they conclude.

"At the beginning of our journey, our mentor taught us to always have an attitude for gratitude."



Erik Meza & Claudia Reséndiz, Baja California Norte, México

After graduating from medical school, Claudia Reséndiz admits she was worried about finding employment. At the same time, she was looking for a health supplement for her mother, who was looking for a way to maintain her health. That search ultimately led her to USANA and, although she had only been looking for the products, she also found a career.

Claudia and her boyfriend, Erik Meza, are anxious to see what the future has in store for them. "We know this is only the beginning of our career with USANA. We are eager to continue sharing this opportunity with thousands of others," they share.

Claudia and Erik, who are eager to start working on becoming Ruby Directors, agree that the chance to learn from others and work in a team environment has been one of the greatest blessings they have derived from USANA.

After starting their USANA business, Claudia was able to stop looking for employment and Erik left his job as a Webmaster.

See income disclaimer on page 7.



Luis & Marieta Nuño, Baja California Norte, México

Luis Nuño learned about USANA from an unlikely source—a student in his martial arts class. After deciding to attend a presentation with his wife, Marieta, Luis was definitely interested in the products. However, once Marieta started to look at the business possibility, it was the beginning of a new journey.

Just over a year after starting with USANA, Luis and Marieta were bringing in enough income to allow him to quit his job as a professional chemist. “USANA has become a full-time activity for us. Now Marieta and I are supporting each other toward our one goal of having freedom,” Luis shares.

Luis and Marieta say they are grateful to their entire team as well as to the administrative team at USANA's offices in México.

“Reaching Gold is indeed an important achievement, but it is definitely just the beginning.”



Nong Ren, British Columbia, Canada

Nong Ren was a city planning engineer before discovering USANA. Ironically she was in the process of looking for supplements that might help with her health while searching for a business possibility that would provide her with the freedom to live her life on her terms. When introduced to USANA, she thought it might just be the opportunity she was looking for.

Ren advises teamwork is absolutely vital in building her business with USANA. “Teamwork is the core of my business,” she shares. “It is very fun to work with my partners and team members.”

Ren is eager for the future and hopes to advance to Ruby and eventually all the way to Diamond.

“If you want happiness for a lifetime, help someone.”



Jefté Álvarez Renteria & América Ceja, Baja California Norte, México

After watching their parents experience unimpressive results with other network marketing companies, América Ceja and Jefté Álvarez Renteria really had no desire to start their own direct selling business. But when an acquaintance showed them what they could potentially earn with USANA, it was the proof they needed that it might just work for them.

América and Jefté's advancement to Gold Directors was made possible by short, simple presentations and hard work. “The race to Gold involved effort, energy, and discipline,” they say. “It also wouldn't have been possible without every single one of our team members.”

The couple has a number of plans for the future, including helping their teammates advance as well as becoming Ruby Directors themselves.

“Act as though there is no possibility for failure.”



Raúl Rivera, Baja California Norte, México

Raúl Rivera says his reason for looking into USANA was simple: not only did he feel he was working himself to death, he wanted to attain better health. However, as with most new Associates, he was a little leery of network marketing. Today, after making the decision to build a business, Raúl is a busy and successful Gold Director.

Raúl explains he is experiencing great success, but his reason for being an Associate remains the same. “Every day I realize I was blessed to find this opportunity, and I love to help others achieve what they set out to do,” he says.

Although Associates might experience some challenges while building their businesses, Raúl says it can actually make them stronger. “Don't worry when someone criticizes you,” he shares. “Keep focused and work on your business every day.”

Raúl is working hard to become a Diamond Director by 2010.

GoldADVANCEMENTS



Emmanuel Sanchez, New York, USA

Emmanuel Sanchez was doing well in school, studying architectural engineering, and he was actually bringing in enough money to pay for loans and other expenses. But that success couldn't suppress his fear that everything he was working for could be taken away in an instant. "I didn't understand how so many people could work so hard only to have it come tumbling down," he says. "I couldn't see the security and logic behind that."

Soon after realizing he needed to make a change, Emmanuel was introduced to Gold Director Ahmad Evaji, and as a result his career with USANA took off. Now, as he builds his business, Emmanuel is grateful to his leaders and for the opportunity to build a secure future.

"Little did I know how USANA would change not only my emotional state of being, but also my bank account and my future," Emmanuel concludes.

"I am so grateful to all of my leaders for their friendship and support."



Martha Gómez Sánchez, Estado de México, México

Martha Gómez Sánchez is motivated by one thing: her kids. As a single mother, Martha knew she needed to find a profession that would allow her to provide for them. Although she worked various jobs, she wasn't bringing in enough of an income until USANA came into her life. Now, working from home and bringing in a good salary, Martha is eager to continue building her business.

The new Gold Director's advice to future Associates is to view USANA as an opportunity to make a change in their lives. "USANA is not only a business," she says, "it is a business scheme that helps you develop as a human being."

Martha stresses USANA has and will always be an important part of her life. "Developing this business has been such a blessing!" she exclaims.

"USANA is the vehicle that has provided a 180 degree turn in my life."



Wei Guang Tan, New York, USA

Wei Guang Tan's upline gave him some great insight before he became a USANA Associate. "I was told that when you choose a business, you are actually choosing the owner," he states. Tan says he couldn't be more honored to work for USANA or Dr. Wentz.

Tan's team started out with two people, but it has quickly grown to include over 1,000 Associates worldwide. Working with his teammates is important to Tan, and he says he feels an obligation to help them. "When I first started my business, I gave my team the name of 'Distributor Soldiers of New York.' I chose this name because I hope my team can be strong and face their difficulties," he shares.

"Even though I have experienced some difficulties, I would never give up."



Kyle Lee Williams & Elly Trepman, British Columbia, Canada

After passing up a chance to get involved with USANA more than 10 years ago, Kyle Lee Williams, a psychological counselor and holistic movement practitioner, knew she wouldn't let the same opportunity pass her by again. When Kyle suggested to her husband, Elly Trepman, an orthopedic foot and ankle surgeon, that they start their own business, he started doing some research and was impressed with what he discovered.

Despite recently being faced with the challenge of Elly's mother's passing, the couple pushed forward and became Gold Directors—a feat they wouldn't have accomplished without the help of their team. "This business is all about relationships, touching lives, and helping others live life to its fullest," Kyle says.

The couple is eager to continue helping their team hit their own advancements. "We are motivated by the satisfaction of helping our team members manifest their dreams," they conclude.

"Focus, trust, serve, and stay grateful. Your business and life will blossom in ways you could have never imagined."

See income disclaimer on page 7.



Alma Corres Zincúnegui & Dr. Efraín Pérez Peña, Jalisco, México

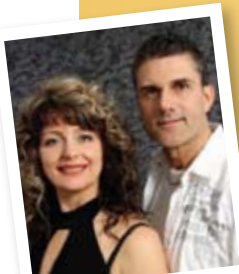
It took one Health & Freedom Presentation from her twin sister to get Alma Corres Zincúnegui excited about USANA and their products. Along with her husband, Dr. Efraín Pérez Peña, they enrolled, activated 3 Business Centers, and watched their business take off.

Alma advises that the key to running a successful business depends on an Associate's level of commitment. "Massive results depend entirely on massive activity," she says.

While she is devoted to expanding her business, Alma's passion will always be helping others. "My desire is to help people become healthier and successful," she shares. "I have learned from my husband that it's all about other people, not me."

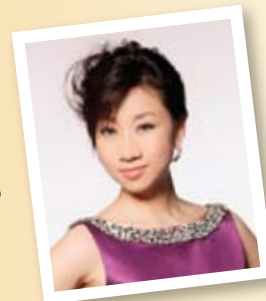
As Alma and her husband continue to work hard at their business, they feel blessed to have a supportive team working with them. "I have a wonderful team. I could not have achieved Gold without their full support," Alma concludes.

"If you start doing what is necessary, you will soon be doing what is possible. In no time you will achieve the impossible."



Edith St-Laurent & Marco Dallaire, Québec, Canada

Lijuan Xu,
British Columbia, Canada



Martha Heppner, Manitoba, Canada

NEW GOLD DIRECTORS NOT PICTURED:

Jonathan Cheng, California, USA

Jonathan Cheng's reason for getting involved with USANA was simple: he liked the products. However, he didn't just discover a product that would help him maintain his health, it also gave him a chance to achieve financial freedom.

Cheng admits part of the reason he is successful is because of his teammates. In return, Cheng is determined to help them, along with future teammates, see success is possible. "Thanks to USANA, a simple person like me can become successful too!" Cheng exclaims. "I also want to share my achievement with my parents and let them feel proud."

As his business continues to grow, Cheng hopes to travel around the world, share USANA's vision, and help those in need.

"I work very hard, but I gain so much in return."

NEW GOLD DIRECTORS NOT FEATURED:

Jiexiao Chen, British Columbia, Canada
Rebecca Kingsford, California, USA

Top Associates for May 17, 2009 to July 18, 2009



Associate Enrollers

Top Associate Enrollers are based on the number of personally sponsored downline members enrolled.

| Associate Name | Number Enrolled | Region | Associate Name | Number Enrolled | Region |
|------------------------|-----------------|--------------------------|--------------------|-----------------|-------------------|
| Angel Umayam, Jr. | 45 | Philippines | Heshie Segal | 14 | Pennsylvania, USA |
| Lynne Lagazo | 40 | Philippines | Mooi Yong Tee | 14 | Malaysia |
| Shiao Jean Wu | 30 | Taiwan | Seh Kai Tee | | |
| Timothy & Delbra Lewis | 28 | Alabama, USA | & Lang Seng Tan | 14 | Malaysia |
| Flora Nagal | 27 | Ontario, Canada | Emi Uehara | 14 | Japan |
| Zhongfeng Zhang | 23 | Singapore | Hua Fei | 14 | Hong Kong |
| Mei Leng Chan | 22 | Malaysia | Ai Li Lee | 14 | Malaysia |
| Shung Chi Daisy Kam | 21 | Hong Kong | Xiaoling Cheng | 14 | Australia |
| Elizabeth Marquez | 20 | Philippines | Ling Liao | 14 | Hong Kong |
| Goh Siew Gim | 18 | Malaysia | Yang Feng | 14 | New York, USA |
| Lynn Allen-Johnson | 17 | Florida, USA | Ah Yook Goh | 14 | Malaysia |
| Liang Yin Chiu | 17 | Taiwan | Catherine | | |
| SongHee Sung | 17 | Korea | & William Zhao | 13 | Australia |
| Hong Zhou | 17 | Hong Kong | Blanca Vega García | 13 | Chihuahua, México |
| Carlos Quiamzon, Jr. | 17 | Philippines | Junmei Cao | 13 | Hong Kong |
| Denise Huang | 16 | British Columbia, Canada | Motomichi Isomura | 13 | Japan |
| Sun Li | 16 | Hong Kong | Maria Silverio | 13 | California, USA |
| Jade Low | 16 | Malaysia | Alicia Solorzano | 12 | Colima, México |
| Lim Ah Ting | 16 | Malaysia | Gihang Liang | 12 | Hong Kong |
| Gong Zheng Fa | | | Jiancheng Wang | 12 | Hong Kong |
| & Zhao Qian | 15 | Singapore | Kentarou Hirano | 12 | Japan |
| Sai Boay Cheah | 15 | Malaysia | Xiaodan Hu | 12 | Hong Kong |
| Kelly Painter | 14 | Arizona, USA | Zhongcheng Yang | 12 | Hong Kong |
| Wang Bai Lu | | | | | |
| & Chiang Chun Tze | 14 | Taiwan | | | |

Income Earners

Top Income Earners are determined by the total commissions earned.

| Associate Name | Region |
|---|--------------------------|
| Jeremy Stansfield | Utah, USA |
| Rita Hui | Hong Kong |
| Collette Larsen & Zachary Ross | California, USA |
| Liu Tang Jung & Pan Hsiu Jou | Taiwan |
| Connie Yao & Jim Barabe | British Columbia, Canada |
| Vincent & Mable Chan | British Columbia, Canada |
| Alan & Queen To | Hong Kong |
| Layda & Bryan Morris | Texas, USA |
| Jacques Fiset & Sophia Marcoux | Québec, Canada |
| Conchita Vargas Lugo & Paola Vargas Lugo | Querétaro, México |
| Bryan & Monica Penrod | Texas, USA |
| Dr. Wen Chi & Zhang H. Wu | New Jersey, USA |
| Wang Bai Lu & Chiang Chun Tze | Taiwan |
| Annette & Victor Que | British Columbia, Canada |
| Lynn Allen-Johnson | Florida, USA |
| Bob & Mary Lin & Xian & Amy Shen | Australia |
| Jasmine Zhao Lu | Singapore |
| Timothy & Delbra Lewis | Alabama, USA |
| Daryl & Robert Allen | California, USA |
| Zhen Hua He | New Hampshire, USA |
| Duke & Sheila Tubtim | California, USA |
| Steven Chen & Zhi Xian Jin | Australia |
| Bob Zou | Hong Kong |
| Frank Feng & Bin Yang | Australia |
| Lyndon Redman & Marie-France Morin | Nevada, USA |
| Tony & Tammy Daum | Florida, USA |
| Daniel & Dr. Paige Hunter | Texas, USA |
| Susanne & John Cunningham | Manitoba, Canada |
| Baodong Chen | New Hampshire, USA |
| Penny & Phil Kirk | Arizona, USA |
| Ying Chiao Wang | Taiwan |
| Feng Ye & Jian Qin Gu | Australia |
| Matt & Shanna Ryan | Texas, USA |
| Susan Waitley | California, USA |
| Eduardo Barreto | Distrito Federal, México |
| Carmen Marshall | Colorado, USA |
| Huang Lee Hsin | Taiwan |
| Dennis Chen & Xiao Nan Wang | New York, USA |
| Pete & Dora Zdanis | Pennsylvania, USA |
| Huang Chiung Hung | Taiwan |
| Tom & Lorie Mulhern & Patti & Rik Jamieson | Washington, USA |
| Rick & Terri Young | Utah, USA |
| Liang Yin Chiu | Taiwan |

| Associate Name | Region |
|---|---------------|
| Josephine Hsieh | Taiwan |
| Fiona Jamieson-Folland & Chris Folland | New Zealand |
| Bill & Jenny Huang | New Zealand |
| Dr. Christiane Northrup | Maine, USA |
| Dean & Sherri Chionis | Illinois, USA |
| Stephen Daniel | Texas, USA |
| Liu Ri Yue | New York, USA |

Preferred Customer Enrollers

Top Preferred Customer Enrollers are calculated by the total enrolled Preferred Customers who purchased a minimum of 25 points.

| Associate Name | Number Enrolled | Region |
|----------------------------|-----------------|--------------------------|
| Janet Morrison | 76 | Australia |
| Jaysee Carsen | 65 | Texas, USA |
| Matt Johnson | 57 | Wisconsin, USA |
| Dr. Christiane Northrup | 42 | Maine, USA |
| Wesley Epplin | 28 | Illinois, USA |
| Zora Pesio | 25 | Washington, USA |
| Maureen Buchbinder | 25 | Florida, USA |
| Catherine Mann | 24 | Québec, Canada |
| Xiaoming Lou | 22 | Hong Kong |
| Elizabeth Pasquale | 21 | New York, USA |
| Vincent Verdi | 20 | Florida, USA |
| Margot Aiken | 19 | California, USA |
| Adrian Ward | 16 | New Zealand |
| Stephane Tougisgnant | 16 | Québec, Canada |
| Linda Lee Lim | 16 | California, USA |
| Sara Freedman | 15 | Maine, USA |
| Sue Ross | 14 | Australia |
| Janny Chu & Denise Chen | 14 | California, USA |
| Luke Shen | 14 | California, USA |
| Carl Sherry | 13 | Australia |
| Tracey Malunay | 13 | California, USA |
| Michael Spencer | 12 | United Kingdom |
| Gerard & Susan Ventrella | 12 | New Jersey, USA |
| SunHee Son | 12 | Korea |
| Elizabeth Diaz | 12 | Illinois, USA |
| Sue Cullen | 12 | Massachusetts, USA |
| Arthur Webb | 12 | British Columbia, Canada |

USANA Health Sciences is



The Cellular Nutrition Company™

PRODUCT CHANGES YOU NEED TO KNOW

USANA Health Sciences is committed to developing the very best in cellular nutrition. Our scientists are always searching for innovative ways to stay ahead of the curve when it comes to protecting your health.* See what improvements we made to some of our most popular products to continue leading the way in the supplement industry.

MEGA ANTIOXIDANT



Now with Maximum Strength Vitamin D



Vitamin D Health Basics

- Produced in the skin upon exposure to sunlight
- Necessary for normal bone mineralization and growth*
- Important for the maintenance of muscle strength and coordination*
- Supports cardiovascular health*
- Promotes robust and balanced immune function*
- The current recommendation of 400IU of vitamin D per day may not be enough to prevent vitamin D deficiency in certain populations. Mega Antioxidant has 1800IU of vitamin D.

Recent reports show that populations around the world are suffering from vitamin D deficiency. The problem is widespread and increasing, with potentially severe repercussions for bone fracture rates and overall health.* USANA's Mega Antioxidant is now formulated with maximum strength vitamin D. Mega Antioxidant is part of the **Essentials™** and **HealthPak™**, and it is offered in **MyHealthPak™**.

*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.

AO BOOSTER™

Now with a Concentrated Dose of Resveratrol and Increased Alpha Lipoic Acid

Resveratrol Health Basics

- A unique phytonutrient with multiple benefits for health and longevity*
- Provides an extra dimension of antioxidant protection*
- Supports cardiovascular health*
- Promotes balanced liver function and healthy detoxification*
- Complements the activities of many of the other phytonutrients in USANA's line

Alpha Lipoic Acid (ALA) Health Basics

- Promotes phase II detoxification enzyme induction*
- Maintains mitochondrial health *
- Regenerates other antioxidant molecules*
- Acts as a metal chelator

Resveratrol is a potent antioxidant that helps prevent free-radical damage and the premature aging of cells.* USANA's new AO Booster now has 15 times the resveratrol found in the previous formula. The new daily dose is equivalent to the amount of resveratrol found in five bottles of red wine. Alpha lipoic acid is beneficial in supporting the detoxification process and for cellular energy.* AO Booster is part of the **HealthPak** and is offered in **MyHealthPak**.



SUPER PILLS

Now Popular Supplements Are Offered in Concentrated Tablets



Super Pills

- Proflavanol® 180 is double the strength of Proflavanol 90
- CoQuinone® 100 is more than three times the strength of regular CoQuinone 30
- Visionex® DS is double the strength of Visionex



Supplements are most effective when used every day, so convenience matters. These supplements provide the maximum strength of several beneficial ingredients in one single tablet, helping you stay on top of your nutritional goals. Super Pills are exclusively offered in **MyHealthPak**. Build yours today at www.USANA.com.

U.S./CANADA

The mission of USANA's Independent Distributor Council (IDC) is to be the voice of the Associates, uplift and nurture Dr. Wentz' vision of a world free from pain and suffering, and strive in partnership with USANA Health Sciences to create the strongest self-employment opportunity available in the world.



Zachary Ross
10-Star Diamond Director
Encinitas, California

"What an honor it is for me to be inducted to the Independent Distributor Council for USA and Canada. Over the past decade, I have seen wonderful changes and enhancements brought about by the IDC. I believe it will take a whole new generation of leaders willing to step up to the plate to propel USANA past the billion-dollar mark. As a member of the IDC, I pledge to do my part to keep USANA moving onward and upward."



Pete & Dora Zdanis
1-Star Diamond Directors
Chester Springs, Pennsylvania

"It is an honor and a privilege to be chosen to represent the field in working with the USANA Home Office to make USANA the best company possible. We take the responsibility of IDC membership very seriously and look forward to another very exciting year for USANA and its Associates."



Deanna & Dave Waters
Diamond Directors
Winnipeg, Manitoba

"Having served on the IDC before, we understand the tremendous responsibility to represent the interests of Associates at all levels. We'll be working in harmony with management to keep USANA the most incredible opportunity for health and finances for everyone."



Annette & Victor Que
6-Star Diamond Directors
Richmond, British Columbia

"Thank you for giving us this opportunity to represent all of you and to be a voice between the field and corporate. We will strive to work for the benefit of the whole USANA family."

IDC 2009-2010



Susanne & John Cunningham
2-Star Diamond Directors
Winnipeg, Manitoba

"There is so much possibility for our business and USANA. This is the year to make dreams a reality. No limits—see you where you want to be!"



Lyndon Redman & Marie-France Morin
2-Star Diamond Directors
Lake Tahoe, Nevada



Seta Der Artinian & Hubert Krause
4-Star Diamond Directors
Sainte-Adele, Québec



Myrna & Steve Swartz
Diamond Directors
Stockton, California



Melissa & Dustin Fields
Diamond Directors
Olympia, Washington



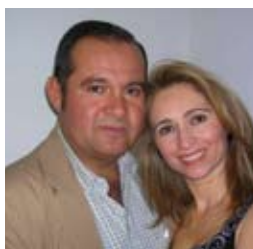
Tony & Tammy Daum
2-Star Diamond Directors
Palmetto, Florida

Submit your ideas to the IDC by visiting USANAtoday and clicking on the IDC Proposals section underneath the Recognition tab, or speak with a member of your upline who is a Gold Director or above.

SilverADVANCEMENTS



Mario Armitano,
British Columbia, Canada



Hugo Arreguín Arredondo & Ivon
Ochoa Llanderal, Michocán, México



Omar Ávila, California, USA



Krystle Braff, California, USA



Lupe & Mary Casas, California, USA



Vincent Chan, California, USA



Mayra Elvia Morales Charles &
Cinthya González, Puebla, México



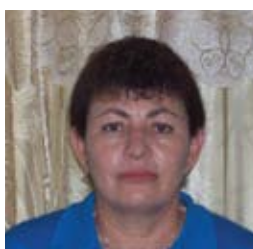
Justin Cho, California, USA



Christina Custodio, California, USA



Lyne Delage, Québec, Canada



María Inés Delgado,
Tamaulipas, México



Christian Dion, Ontario, Canada



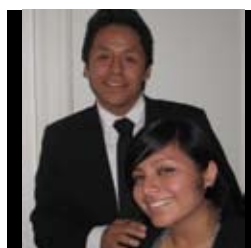
Fabio Rodríguez Duran & Sandra
Zuluaga, Jalisco, México

NEW SILVER DIRECTORS NOT FEATURED:

Pierre Allard, Québec, Canada
Sarah Bowling, Florida, USA
Caitlin Carlson, Utah, USA
Marie-Sandra Dion, Québec, Canada
Henry Espinosa, British Columbia, Canada
Alfredo Failano, California, USA
Claire Goyette, Québec, Canada
Aileen Jin, British Columbia, Canada
Greg Lehman, Indiana, USA
Jennifer Lewis, Georgia, USA
Kun Liu, New Hampshire, USA
Feng Ting Ouyang, British Columbia, Canada
Guofeng Shan, New York, USA
Susan Smith, Utah, USA
Anni Tao, Virginia, USA
Ying Wang, New Jersey, USA
Yulan Wu, New York, USA
Huifang Yang, New York, USA
Leisen Yang, New York, USA
Suhong Yang, British Columbia, Canada
Susan Yao-Arkilander, Ontario, Canada
Jandrew Ysmael, California, USA
Cai Yun Zheng, New York, USA



Jessica Elazegui, California, USA



Josh Falcon & Liz Gudino,
California, USA



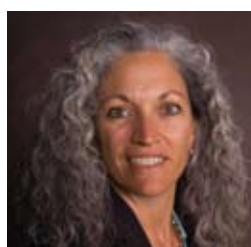
Linda Fenske, Texas, USA



Sébastien Fortin, Québec, Canada



Priscilla Friedlander, Colorado, USA



Lisa Godin, New Mexico, USA



Luis González, Baja California
Norte, México



Linda Harmon, Montana, USA



Laura Kaiser, Alberta, Canada



Denis Lam, California, USA



Quyen Le, California, USA



Evelyn Chua Lim,
Alberta, Canada



Carleen & John Machart,
Montana, USA



Phuong Ngo, California, USA



Shirley Ni, British Columbia, Canada



Charles Ace Naranong,
California, USA



Carolyn & Chiedu Odiatu,
Manitoba, Canada



Marie-France Peterson,
Québec, Canada



Marsha Pierce, Maine, USA



Elizabeth & Bobby Plaster, Texas, USA



Jonathan Poulin, Québec, Canada



Javier Ramos, California, USA



Maryse Richard, Québec, Canada



Norma & Patricio Saldivar,
California, USA



Elizabeth Sánchez, Baja California
Norte, México



Jan Haiste-Shields,
British Columbia, Canada



George Siy, Ontario, Canada



Oliia Skala, Manitoba, Canada



Patricia Sprecher, Alberta, Canada



Joe Tritton & Valentina Llapitan-Tritton,
Ontario, Canada



Luis & Mary Ann Uy,
Ontario, Canada

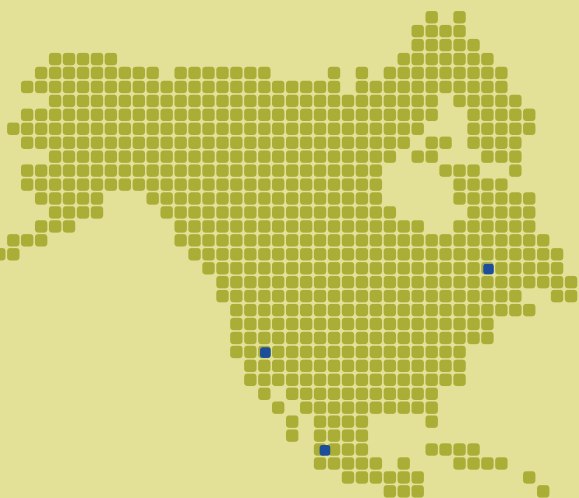


Stephanie Yang, California, USA

USANA[®]

CELEBRATION NORTH AMERICA 2010

Mix business and pleasure when you come celebrate the USANA opportunity at some of the most incredible spots across the continent.



Morelia February 25–27, 2010

Immerse yourself in the colonial architecture of one of Mexico's most beautiful cities.



Mireille St-Gelais Diamond Director Québec, Canada

"Celebrations are a must in order to achieve that high level of enthusiasm and focus between International



Conventions! Be the leader and set the pace by getting as many people as you can to attend. Plant those seeds now, and they will give you and your Associates a bountiful harvest!"

Simon Chan Diamond Director California, USA

"If I were to choose one thing that had a huge impact and helped me become successful in



USANA, it would be going to a USANA Celebration. Back in April 2004, I was doing OK in USANA, but my business really skyrocketed after I attended my first USANA Celebration in San Diego. Within one week, I became a Silver Director and I've never looked back."



Las Vegas March 4–6, 2010

It's no gamble. You're guaranteed to hit the business-information jackpot at the Rio Hotel & Casino.

Québec City April 29–May 1, 2010

Enjoy the charm of the old-world in the shadow of the famous Château Frontenac and Citadelle.



**Register now by calling
Order Express at 1-888-950-9595.**
For more details, go to USANAtoday.com.



BronzeADVANCEMENTS



Adessoyi Adenka &
Afi Imma Souka Adenka,
Québec, Canada



Joel Ayala,
Puerto Rico



Andrea Berrondo,
Querétaro, México



Israel Enríquez & Karen
Méndez, Baja California
Norte, México



Blanca Margarita Rentería
García, Guanajuato,
México



Danny Gonzales,
California, USA



Guoqing Hu,
New York, USA



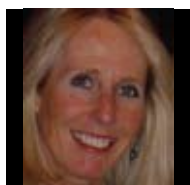
Carol Kuczkowski,
Illinois, USA



Joanne Lam,
Ontario, Canada



Eligia Barrios Martínez &
Benajamin Morales León,
Distrito Federal, México



Monique Raymond,
Québec, Canada



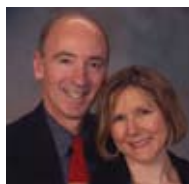
Luly Rocha,
Guanajuato, México

NEW BRONZE DIRECTORS NOT FEATURED:

Lilin Cai, Nevada, USA
Dave Carlson, Utah, USA
Archie & Katherine Chan, British Columbia, Canada
Huo Ming Chen, New York, USA
Darell Davie, California, USA
Hongmei Huang, New York, USA
King Leung, British Columbia, Canada
Roger Montgomery, Minnesota, USA
Dorina Peralta, New Jersey, USA
Jinli Wang, New York, USA
Yu Jie Xie, Nevada, USA
Tay Yung, New York, USA
Meng Ling Zheng, New York, USA



Aurora Trejo,
Texas, USA

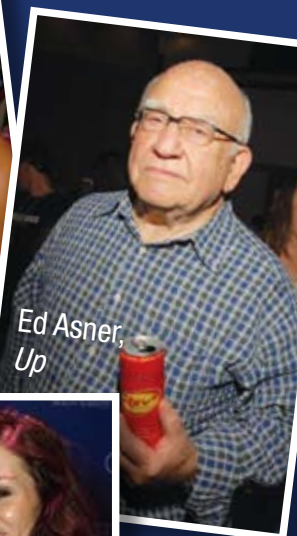


Samuel & Joyce Vura,
Ohio, USA

Behind the Scenes
with USANA at the
EMMY'S®



Regina King,
Southland



Ed Asner,
Up



Kara DioGuardi
American Idol judge

Check out more of
USANA's newest
celebrity fans
in the next issue of
USANA Magazine!

Your Handy Guide to...

USANA's Sales Tools.

USANA has a wide array of sales tools that its Associates can use to help increase their sales volume. And now we've updated them with the newest and the most current scientific references, the best Associate and customer testimonials, and other great features that are sure to help you find more prospects.



Here's a handy guide that shows how each of these tools have been updated and gives exclusive tips about how you can use them to help grow your business.

Along with the five mentioned below, USANA has a wide array of enhanced sales tools. These include a new Sensé brochure, a new Essentials brochure, and a library of DVDs. You can also head online to USANAtoday.com to find great downloadable, printable sales tools.



Item #577

> Vision Book

What is it? – A clear and concise outline of USANA including our opportunity, our science-based product lines, corporate accolades, and USANA's global efforts.

What's new? – Well, the whole thing since this is USANA's newest sales tool. It was created to introduce USANA to your new prospects and provide an overview of the business opportunities and product lines.

How can I use it? – With its sleek and simple design, it's tailor made to be the best tool for introducing USANA. It is perfect to leave on a coffee table where your new prospects are sure to show it to their own friends and family.

> Health & Freedom Flipchart

What is it? – A page-by-page presentation for those who are new to the USANA business.

What's new? – The flipchart features new slides about Rev3™ and Sensé™ along with updated health statistics.

How can I use it? – Whether using the flipchart in a one-on-one presentation or the PowerPoint on a big screen for a large group, the Health & Freedom Presentation is designed to help answer any questions that may arise while you present the USANA products and opportunity.



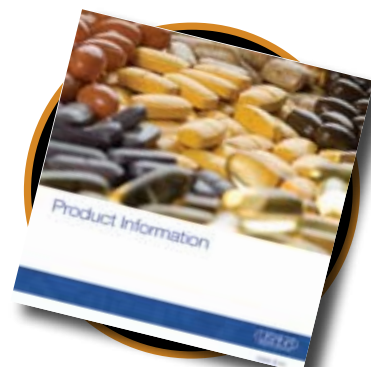
Item #501

> Product Information Book

What is it? – A detailed, science-based book that gives all of the information you could ever want on each USANA product.

What's new? – Along with a fresh new look, the Product Information Book has the most up-to-date scientific information on all of the products, including the new Pure Rest™ supplement.

How can I use it? – This is the perfect reference tool for someone who wants to know all the specific details about the products they're taking. It is great for building the credibility of USANA and its products.



Item #502

> Prospecting Catalog

What is it? – A powerful marketing tool for the casual customer that features easy-to-read product descriptions with an emphasis on a complete, healthy lifestyle.

What's new? – In the new Fall-Winter edition, you can find information on USANA's Pure Rest™ supplement as well as exciting changes to some of USANA's most popular products.

How can I use it? – This shopper-friendly publication is updated seasonally, so it provides a great way for you to follow-up with past prospects as well as attract new referral business. Leave the catalog with a customer and let it do the work.



Item #519

> Health & Freedom Newspaper

What is it? – A newspaper with all the fast facts about products and the USANA business that your prospects are looking for. Extra, extra! Read all about it!

What's new? – The newspaper has a whole new look along with all-new testimonials from USANA Associates.

How can I use it? – Think of it as a 16-page business card. You can leave it with a prospect and let them discover on their own time the power behind your business. ■



Item #500

USANA GAMES: RACE FOR SUCCESS

RACE TO THE F

The second round of USANA Games was intense! With 70 teams, the competition was fierce. Whether Associates sprinted, hurdled, or relayed, the race was ON all the way to the finish line. See which teams won and what they had to say about their incredible prizes!



"The games are awesome! The reason I participate in them is because people will do more for a team than they will for themselves. In addition, it stimulates so much growth for your business."

5-Star Diamond Director
Lynn Allen-Johnson
Won an elliptical machine



"The only way you can really succeed in this business is to work together as a team and help others. USANA Games helps provide both. And the prizes were awesome!"

Raffy & Annie Lagado
Gold Directors
Won luggage, two shirts, pen

"The USANA Games are fun! They help you become even more focused as you compete and work together as a team to achieve one goal!"

Cheryl Landwehr, Builder
Won a mountain bike, duffle bag, and USANA shirts

LEAGUE 1

- 1st Place: First Place Team
- 2nd Place: Integritas Group
- 3rd Place: Queeney Health Team
- 4th Place: 888
- 5th Place: ETI Group 1
- 6th Place: Team XLR8
- 7th Place: Team Legacy-Alpha
- 8th Place: Team Genius
- 9th Place: One World One Dream
- 10th Place: Millionaire Babies

LEAGUE 2

- 1st Place: Best Team
- 2nd Place: Team Power
- 3rd Place: Olympians Return
- 4th Place: Love Life
- 5th Place: Wealth
- 6th Place: Kingdom Workers
- 7th Place: Be the Change
- 8th Place: Sargan
- 9th Place: Healthy for Life
- 10th Place: Delta Diamonds

FINISH LINE

LEAGUE 3

- 1st Place: ETI Group 2
- 2nd Place: Winny
- 3rd Place: Wealth and Health
- 4th Place: Shining Star
- 5th Place: ETI Group 3
- 6th Place: 212 Degrees
- 7th Place: Health-2-Us!
- 8th Place: Let's Go Do It...Again!
- 9th Place: Tag Team
- 10th Place: Lifestyle!eti

LEAGUE 6

- 1st Place: Freedom Legacy
- 2nd Place: Aspire
- 3rd Place: Royal Associates
- 4th Place: Living Dreams
- 5th Place: Bluesky team
- 6th Place: Success on the way
- 7th Place: Smart Move
- 8th Place: Gold Diggers
- 9th Place: Bright Horizon Team
- 10th Place: Bravo

LEAGUE 5

- 1st Place: Aphrodite
- 2nd Place: Success
- 3rd Place: Russana
- 4th Place: LEO
- 5th Place: MA-MD Team
- 6th Place: CompleteVictory
- 7th Place: Option Slappy's
- 8th Place: World
- 9th Place: Unlimited
- 10th Place: Freedom Achievers

LEAGUE 4

- 1st Place: Body Inc
- 2nd Place: Extraordinario
- 3rd Place: Superman
- 4th Place: Happy Team
- 5th Place: Option Marketing
- 6th Place: Team XLR8 2
- 7th Place: Diamond
- 8th Place: Health Team for Success
- 9th Place: GPI Team
- 10th Place: Team OYL: Tweets

LEAGUE 7

- 1st Place: Usana Power
- 2nd Place: Gold Medal
- 3rd Place: White Tiger Legacy
- 4th Place: Just Do It!
- 5th Place: Victorious Secrets
- 6th Place: Option Gals
- 7th Place: Succès-santé
- 8th Place: ETI Group 4
- 9th Place: Reb team
- 10th Place: Shakers

Upcoming EVENTS

November 2009

THE GARDEN ISLE
IS WAITING FOR YOU.

3–8 **Fortune 25 Retreat**, Kauai

January 2010

GO GOLD AND PREPARE FOR YOUR
TRIP TO A WINTER WONDERLAND.

28–31 **Winter Gold Retreat**,
The Homestead

WANT TO KNOW WHAT'S GOING ON
IN YOUR AREA? CHECK "CONTESTS
& EVENTS" ON USANATODAY.COM TO
FIND AN EVENT NEAR YOU.



February 2010

25–27 **Celebration**, Morelia, Mexico

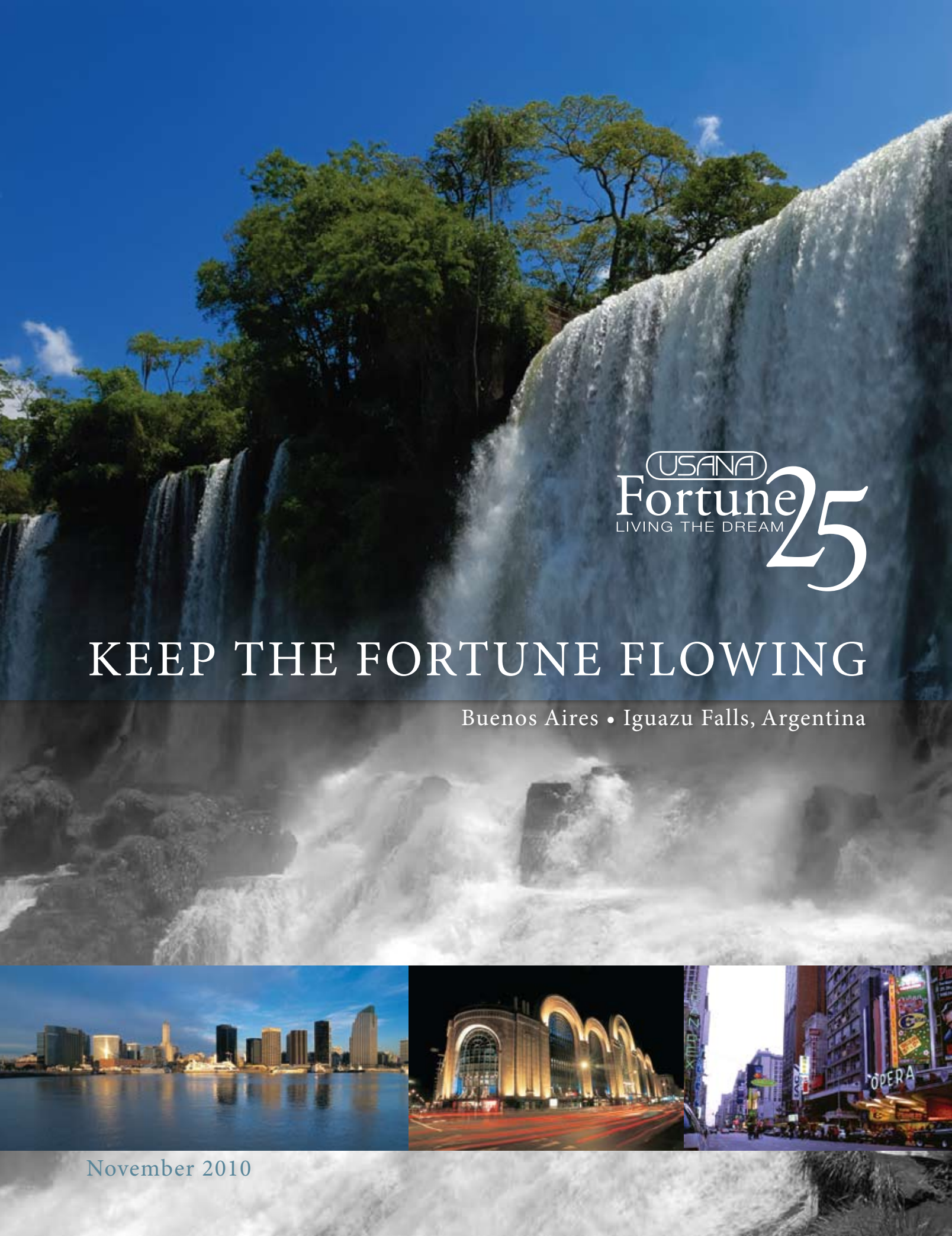
March 2010

4–6 **Las Vegas Celebration**,
Rio All-Suite Hotel &
Casino Resort

GET READY TO CELEBRATE
IN THE GLOW OF THE NEON
LIGHTS.



Dates are subject to change without notice.
Visit USANAtoday.com for more information.



USANA
Fortune
LIVING THE DREAM
25

KEEP THE FORTUNE FLOWING

Buenos Aires • Iguazu Falls, Argentina



November 2010

USANA Health Sciences
3838 West Parkway Blvd.
Salt Lake City, UT 84120
USA



Work Hard, Play Hard. Hawaii is an adventure. The members of the Growth 25 are adventure seekers. Imagine how much fun you could have in Hawaii. Now imagine how much fun it would be to share an adventure with the brightest shining stars of USANA.

Amazing people paired with an amazing place make for a once-in-a-lifetime experience.

The adventure lasts from September 30 to October 4, 2010. Stop by USANAtoday.com to get full details and qualifying rules for the North America Growth 25.

“The Growth 25 trip definitely opened my eyes to the type of people USANA attracts. I experienced bonding with a group of people that were very family-oriented, fun-loving, and had hearts of continuous support. I am proud to be a part of USANA!”

- Duke Tubtim, 4-Star Diamond Director

USANA
25
GROWTH