

USANA

**DIAMONDS,
EMERALDS,
RUBIES,
OH MY!**

Look inside to see all the
latest rank advancements

QUÉBEC CITY
PUTTING AN ACCENT
ON THE CELEBRATION



Xiao Nan
(Sheila) Wang &
Dennis Chen, 2-Star
Diamond Directors



Ani Black
I-Star Diamond
Director



Kelly Chun Yan Li
I-Star Diamond
Director



Mei Huang
Diamond
Director



Solomon & Iris Lam
Diamond
Directors

Want to Take It All the WHEY?

Be a lean, healthy, energized, fat-burning machine!



Bodybuilders, athletes, and anyone else who wants to be healthy are beginning to see the many reasons why they should supplement their diet with whey protein!

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- Burn fat
- Feel energized

Look and feel your best! USANA's Chocolate Whey Nutrimeal™ not only keeps you energized, it also leaves you feeling satisfied longer to make it through a bodybuilding competition or just run that extra lap.



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It's ready for you!

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USANA's newest
Million Dollar Club
members



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Celebrating
success in
Québec

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On the Cover

Recognizing USANA's
latest rank advancements

See what it takes to reach the next level in your USANA business.

Each of the Associates featured in this issue have done it, and you can too.

To be eligible for advancement, the following criteria must be met:



DIAMOND—Maximize **4 BCs**
for **4** consecutive weeks.



EMERALD—Maximize **3 BCs**
for **4** consecutive weeks.



RUBY—Maximize **2 BCs**
for **4** consecutive weeks.



GOLD—Maximize **THE SAME BC**
for **4** consecutive weeks.



SILVER—Maximize **1 BC**.



BRONZE—Have **4,000 SVP**
on the left and right legs.

DIRECTOR—Have **3,000 SVP**
on the left and right legs.

ACHIEVER—Have **2,000 SVP**
on the left and right legs.

BUILDER—Have **1,000 SVP**
on the left and right legs.

BELIEVER—Have **500 SVP**
on the left and right legs.

SHARER—Have **250 SVP**
on the left and right legs.



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

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WE HAVE THE **SOLUTION...**

DEBUTING INTERNATIONAL CONVENTION 2010





2-Star Diamond Directors

Xiao Nan Wang & Dennis Chen

California, USA



“We are always looking forward to changing our lives with USANA.”

Ballroom dancing requires two people moving as one, complementing each other's every step, flowing perfectly, elegantly, across the dance floor. That's how newly minted 2-Star Diamond Directors Dennis Chen and Xiao Nan (Sheila) Wang see their business—that perfect union of two parties moving more gracefully together than they could apart.

It wasn't always such a beautiful waltz for the nearly 20-year network-marketing veterans. Over those two decades, and with a variety of different companies, they found that their partners didn't always move in unison, resulting in bruised toes and searches for new pairings.

“If your partner doesn't know how to work with you, the performance will never be as perfect,” Dennis and Sheila say about both dancing and business.

But in September 2005 they found their perfect partner, the one that would help them sashay their way to success. It hasn't been much of a slow dance between the 2-Star couple and USANA, though. In Dennis and Sheila's four and a half years with USANA, they've been one of the fastest growing distributorships in the company, earning a spot on the Growth 25 for three consecutive years—from 2007 to 2009.

Fueled by an unshakeable belief in the products and the opportunity USANA provides for financial freedom, Dennis and Sheila built their team all across the United States—in Texas, New York, Chicago, Los Angeles, Hawaii, Phoenix, San Diego, and Kansas. The couple says they spend quality time training their leaders and helping them understand how to use USANA as the perfect weapon to fight back against the economic environment we are facing today.

“Crisis might not be the end of the world, but it can be the turning point to making a change,” they say. “When you help your team fully understand that USANA is the solution to improve their financial and health situations then they will take the USANA business seriously.” And getting such a diverse group of people to share their belief in USANA is a constant, rewarding challenge for Dennis and Sheila. “You have to be ready to open your mouth to share the USANA opportunity at any time, in any place, and to anyone. I think it's the most difficult mission on the planet, and each success is an achievement for us.”

Another key to the couple's success is their participation in USANA Games. “Participate in all the USANA Games, and try to win first place, because it is a team success that is achieved by all of your team members, and it can be shared together,” Dennis says.

Before the 2010 International Convention, Dennis and Sheila's goal is to secure a place in the Growth 25 for the fourth year—a big milestone and challenge for them. The couple also wants to cement their place in USANA's Million Dollar Club before the year is up.

Dennis and Sheila are enjoying the dance and aren't planning on stepping off the floor anytime soon. They say the goal for the next five to 10 years is to explore the heights their perfect pairing with USANA can reach.

“You think 10-Star Diamond is the highest? 15-Star Diamond is the highest? No! There is no limit. How high can you think of? How high can you go? That's how high you will reach!” ■

Written by David Baker

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Dennis and Sheila believe success with USANA is possible when you build an unshakeable belief in the products and the company.



I-Star Diamond Director

Ani Black

British Columbia, Canada



“USANA offers everyone a magnificent way to live and earn, and a fulfilling way to be a part of other people’s lives.”

A Million Dollar Club member, a Dr. Wentz Vision Award finalist, and one of USANA’s most well-known leaders, Ani Black has a new title: 1-Star Diamond Director. Ani is proof to prospective USANA Associates that success is possible with USANA. She plants a question in the mind of everyone who is considering the company: “What could possibly be better than this?”

Ani didn’t really know what to expect when she first joined USANA but she soon realized it was going to change her life. “There’s no way to know what our journey in USANA will bring as we begin,” she says. “What I know for sure is this: the day I became a business partner with Dr. Myron Wentz, everything changed for the better.”

Ani’s recent advancement to 1-Star Diamond Director came after Ani realized the timing was right to run. “The right time to rank advance is when we are mentally ready to do the work required,” she says. “Using some simple features of DLM, I realized the timing was good in early 2010 to run for 1-Star. It wasn’t an instant decision. I looked at what was needed and I took three months to get psyched up to do it.”

Good planning isn’t all one needs to advance, however. Ani explains, “Getting to the top in USANA requires great team leaders and team members who aspire to become great team leaders. One individual alone cannot reach the top without a strong group of people working to reach higher levels.”

Knowing that success is dependent on the success of many others, Ani is committed to her team’s growth. “I work closely with everyone I personally sponsor, and I am completely available to the top leaders in my organization,” she says. “We believe it’s team building and leadership development that help us forge a strong foundation for expansion, growth, and success for anyone who wants to join us.”

The greatest gift Ani has experienced in USANA has been the chance to improve others’ lives. She also loves to travel the world with her husband, Ian. “In USANA I learned that I’m driven to give, and one of the best reasons to earn more than you personally need is to be able to channel your financial surplus to where there is need. I am an avid supporter of Children’s Hunger Fund. No job ever gave me the power to give charitably like I can now. When you have the power to be generous, very little else feels better,” she says. “I’m not motivated to own flashy cars or big houses. I have more than I need on the physical material level. My real love is travel, and in USANA we can really enjoy travel.”

Ani knows USANA’s power to change lives, and she’s passionate about sharing USANA with others. “In what line of work are you going to find possibilities like you find in USANA?” she asks. “Have you ever been to Convention? Go! The energy of the USANA family is unique, and I’m hooked on it!” ■

Written by Suzanne Houghton

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"I tell everyone:
It's never too late
to be healthy, rich,
and free!"



I-Star Diamond Director

Kelly Chun Yan Li

New York, USA



“With clear goals and a positive attitude, you can accomplish anything!”

New 1-Star Diamond Director Kelly Chun Yan Li believes the key to building a USANA business is to spend time winning your prospect’s heart. “Don’t start talking about the business first, talk about health,” she advises. “I spend a lot of time doing one-on-one presentations to open their hearts first. Second, never push them to sign up.”

It was that same no-pressure approach that led Kelly to USANA and to eventually join the company. Eight years ago, Kelly came to America in search of new opportunities and a better life. Long hours as a beautician with her own beauty salon eventually led to extreme exhaustion and depression. A good friend noticed her health problems and introduced her to USANA’s products.

Initially, Kelly just wanted to use the products for her health. However, after seeing the results for herself, she joined the company. “I was so excited about the products that I started looking into the business!” she exclaims, realizing they could have the same effect on other people. “I have completely fallen in love with USANA,” she says.

Though Kelly had no previous experience with network marketing, she was willing to work hard and prospect. “I set a goal for myself every day that I must obtain 10 telephone numbers and give 10 presentations a day,” she recalls. “If I didn’t reach my goal, I couldn’t go home. You would still see me on the street finding a prospect at 11 at night if I didn’t.”

Kelly admits it was hard. “It was difficult in the beginning,” she says. “I didn’t have much experience, and I got hurt sometimes. I would think, ‘I can’t do this. I can’t reach my goals.’” Then she realized that everyone has a first day. And everyone’s first day was probably just like her first day.

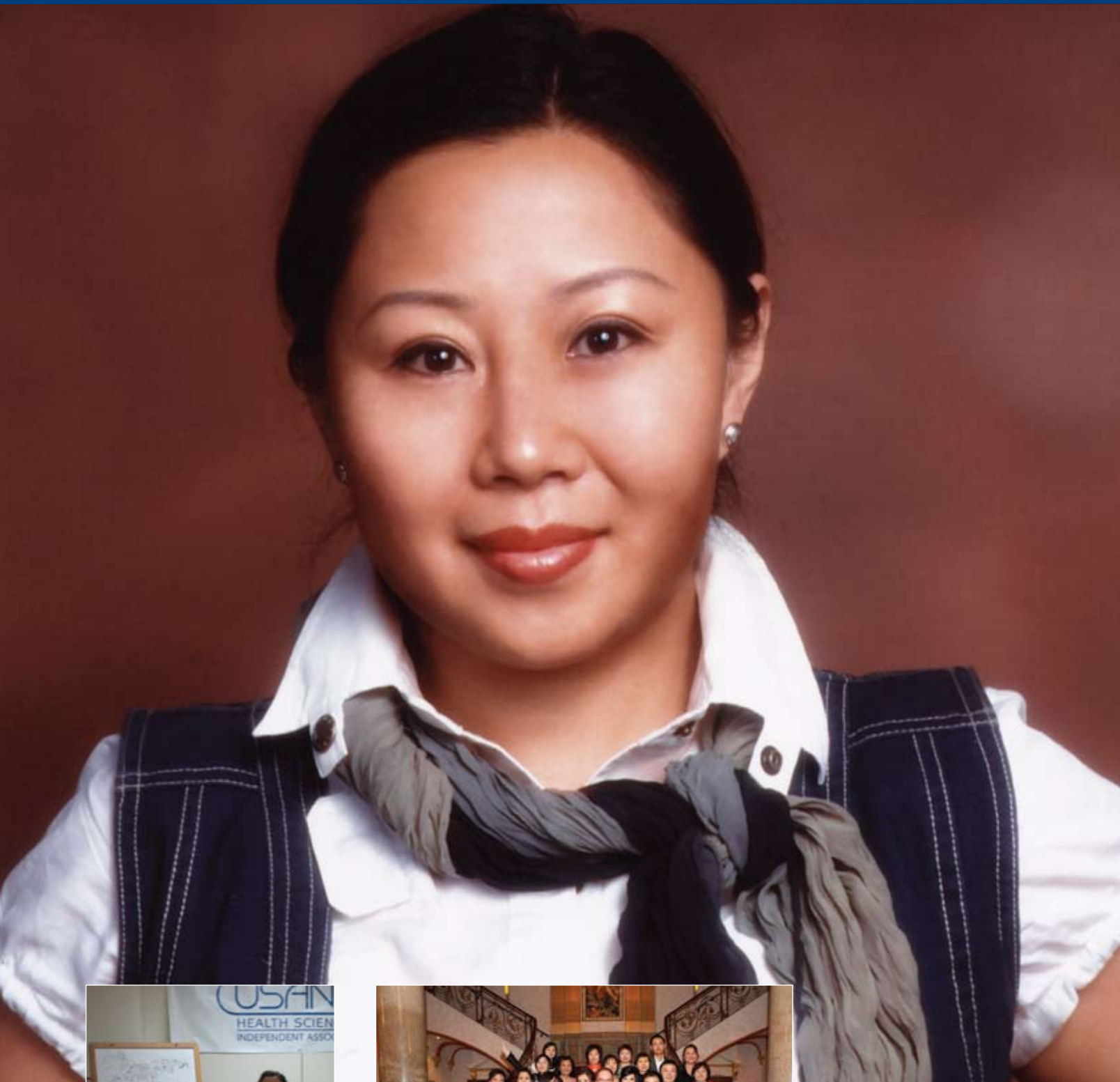
Kelly was inspired by the book *Think and Grow Rich* about someone digging for gold. “Everyone told this person to stop digging, but he insisted and ended up getting the gold.”

Kelly applied that same message to her USANA business. “Whenever I have faced difficulties, I always tell myself that if ‘I just worked a little bit harder I would be fine,’” she says. Having reached the title of 1-Star Diamond Director, she most certainly has. Far outreaching her goal of achieving Diamond Director in six to eight years, she has instead reached 1-Star Diamond in four.

“No matter how far you move up in the company, keep the same enthusiasm you had the first day you enrolled with USANA,” she declares. “Be humble and tolerant, and be sure to help your downline.” Kelly believes it’s her responsibility to educate her team on how to build their business. “I want them all to enjoy what I have,” she says. “I know it’s a long way to go, and it’s hard, but in the end you’ll enjoy working together as a family.” ■

Written by Amber Bailey

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Kelly believes her team is united because they share the same vision and believe that each person is responsible for sharing USANA with others.



Diamond Director

Mei Huang

New York, USA



“Always have hope in the future.”

Mei Huang didn't know a lot about nutrition, but she did believe in science. When her mom began taking USANA products, Huang started listening to what others were saying about the company. “I soon realized the quality of the products was trustworthy,” she says. “At the time I thought even if USANA couldn't help me earn more income, I would be willing to work at creating a world free of pain, suffering, and disease.”

Huang, a former math professor, tried numerous jobs after moving to the United States from China. But she could never quite find something well-suited for her, and that was discouraging. “I never reached financial independence, in part, due to language limitations,” she explains. “I didn't want to see myself working hard just for the sake of making a living. When I found out about USANA, I realized it was the best opportunity that could have happened to me.”

Having reached the level of Diamond Director, Huang is convinced she is right where she is supposed to be, doing exactly what she should be doing. “I consider USANA my career for life. This is what I want to do, and I feel that although I have reached Diamond, I will continue to go forward and inspire more people to understand the true essence of health,” she says.

When she looks back at her own experience with USANA, Huang is overwhelmed with gratitude. “USANA is better than I thought possible. I knew the products were good, but I didn't realize how amazing they were,” she states. “I am so grateful to know that I am part of USANA. The company mission is great, and Dr. Wentz' vision is noble.”

Five years ago, Huang didn't know what to expect. Now, having proved herself as a leader in USANA, she is very dedicated to helping her team and teaching them to find their own paths. “I will work even harder to help every single teammate who wants to be, become successful,” she says.

Huang feels her teammates have been an extremely important part of her success with USANA. “I am very lucky to work with an outstanding team,” she says. “My teammates are willing to walk this path with me and work hard to reach health and freedom.” As her teammates continue working hard, Huang strives to be a person they can turn to as an example and a confidant.

“I will work to be a role model and to truly become a reliable and respectful team leader,” she promises.

Looking toward the future, Huang hopes her life will continue to be enriched as she works to inspire others. “Ever since becoming involved in USANA, I knew this was the best chance for me to help others as well as myself. I hope my life will become more meaningful, not only in the next 10 years, but the next 20 and 30 years as well,” she says.

Huang concludes, “Even though I am now a Diamond Director, the road ahead is still long. My advancement is the first step of many to come along in this journey.” ■

Written by Suzanne Houghton

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Mei Huang visiting
Seven Treasures
Ancient Town in
Shanghai



Solomon & Iris Lam

British Columbia, Canada



“The most rewarding change is that we are able to truly realize that the potential we have in ourselves is truly unlimited.”

Iris and Solomon Lam took a leap—not only a leap of faith in themselves, but an advancement leap as well. From Gold to Diamond, this couple from British Columbia knew it would be a definite possibility, and with the dedication and support of their teammates it was a leap worth taking.

A practicing clinical pharmacist at a nearby hospital, Iris admits she wasn't overly confident when introduced to USANA. “To be honest, I was a huge disbeliever in supplements just based on the way I had been trained in school,” she says. “But after I started doing my own research I was very impressed with the company's background and Dr. Wentz. Before I knew it, it was like the pieces of a puzzle coming together.”

As their USANA business has continued to come together, Iris and Solomon each remain dedicated to their traditional jobs, as well as USANA. “In order to do both it is truly about time management and prioritizing. Solomon still owns his business, and I am still at the hospital. We do USANA part time, but with full-time dedication.”

Iris continues, “The people that we meet along our journey have truly made this worth it. We want our team to experience what we have. We really want to show them that this is the way.”

It's all about uniting together as a team for the Lams. “We have a diverse team. Pharmacists, housewives, young, old, you name it,” Iris says. “But more importantly, there is a strong bond between all of us. We know exactly where we are going, why we are doing it, what we want, and what we can do to get there.”

During the past three and a half years, the Lams have experienced many lessons and each agree it's been more rewarding than they ever imagined. “Our experience has been more than we thought it would be. We expected a lot of regular challenges, but what has surprised us the most is that it is much easier than we thought it would be,” they say. “It has been more fun and more fulfilling than we realized. You aren't competing with others because you want everyone to win.”

The Lam's recent advancement was an incredible experience and it will always remain in their minds as such. From Gold straight to Diamond took a lot of momentum and a lot of belief in themselves and their abilities. “During the last year and a half we worked very hard in building our foundation and securing that. We had to make sure that everyone was on the right track and working together,” Iris says.

Reflecting on the past, the couple realizes everything has turned out as well as they could have planned. “We had always wanted to retire early. We didn't want to work just to work, but we wanted to do it for the enjoyment of it. We were doing things that would help us get to that goal. USANA has helped us head in that direction.”

Just like Iris had thought the pieces had come together in the beginning, they continue to do so. One piece at a time, and seamlessly fitting as one big picture. ■

Written by Suzanne Houghton

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Iris and Solomon advise Associates to have belief in the products, the company, and in themselves.



Dr. Steve & Andrea Hryszczuk Illinois, USA

Dr. Steve and Andrea Hryszczuk didn't always have the time they desired. A former anesthesiologist, Steve wanted something that would ensure he had more time to spend with his family.

After being invited to a USANA presentation, Steve never imagined he would become an Associate and didn't have a great deal of belief in the products. Eventually he was impressed by them and, over time, became interested in sharing his experience with others.

According to Steve, building a successful business takes a number of elements, and it's important you don't leave any of them out. "You need to visualize your 'whys' and have personal development daily," he says. "You must invite people daily, present, follow up, and train them. You need each of these steps. Leave one out, and you will fail."

Like many successful Associates, Steve and Andrea's advancement to Emerald Director was possible thanks in part to the encouragement and backing they get from their teammates. "Teamwork is absolutely essential for success in USANA. Everyone needs to identify what they are good at and work for the team," they say.

Steve continues, "I have an amazing team that really cares about people. They sincerely believe they are helping others when they listen to needs and then share USANA as a solution. My team knows how to move some serious volume because their belief in both the business and the products is so high!"

The Hryszczuks admit that their lives have dramatically changed for the better thanks to USANA. "For the first time we get to choose when to work, when to serve, and when to play. I am more involved in my four children's lives, and this was a major motivating factor for me when we began," Steve says.

And that control of their schedule is what keeps Steve and Andrea building toward tomorrow. "I am working on a vision of what I believe I am called to accomplish. My faith is important to me and is integral to my success and work in USANA," Steve concludes. ■

See income disclaimer on page 4.

Dr. Steve & Andrea Hryszczuk
"Prioritize what matters the most, and your life will work."

Cindy Yao

British Columbia, Canada

Each time Cindy Yao walked the hallways of USANA's Vancouver office she couldn't help but notice the pictures along the Wall of Fame. As she saw the pictures change following advancements, Cindy told herself that she could be one of them and decided it was time for her to make a push toward becoming an Emerald Director. Introduced to USANA through her sister and current 8-Star Diamond Director Connie Yao, Cindy was more focused on the products than the business in the beginning. "I thought multi-level marketing was a scam," she admits. "However, I saw Connie's success with my own eyes and I slowly started to change my mind. I told myself that I wanted to become financially independent too."

Cindy took that determination and focused in on how to overcome rejection. "It doesn't feel good when people reject you, but I told myself that maybe certain people just need more time. It's hard, but you've got to do it with a good attitude," she says. It's that good attitude that Cindy loves to see in her teammates.

"Our teammates motivate each other with their positive attitudes. Whether it's through discussion, meetings, or even exercising together," she says. "We also have a motivational DVD that we have created. Every time we listen to it we have the chance to learn something new."

Besides her teammates, Cindy is very grateful to know that she can rely on Connie for support and guidance. "There are always going to be ups and downs. Connie always motivates me when I am down," Cindy states.

Although there may have been challenges along the way, Cindy is grateful for the experiences that have made her stronger. "There has been a huge change in my life. USANA is a great platform that has made me financially independent and now I can support my whole family." ■



"I look forward to training more Gold Directors and leaders."

Cindy Yao



Amy Nie

British Columbia, Canada

Amy Nie loved USANA's products and was a loyal customer, but she admits she originally didn't consider USANA as a business. "I knew the products were good, but I didn't understand the concept of network marketing and I didn't consider it a professional career," she explains.

Amy eventually decided she was willing to look into the possibility of network marketing, but based on the recommendation of a friend, she only wanted to work with a health-related company. "I started doing research on the products I was taking and I finally decided to go for USANA," she says.

Three years later and already a new Emerald Director, Amy is grateful she decided to become a part of USANA. "This business gives me a sense of fulfillment and happiness. I am very passionate about the products and the company," she states. "I am the type of person who loves to help others. When I see people experience healthy lifestyles and my teammates experience wealth, I realize I couldn't have done this with any other company."

Although she has experienced success, Amy admits it doesn't come without hard work. "The first few years are tough because you are investing a lot of time on studying and understanding the company, as well as building up your network. I have seen some people give up after investing so much time, but I want to encourage people not to give up."

Amy's motivation to continue growing her business comes down to two factors: her family and helping others. When Amy was a Gold Director, she brought her son to the USANA office in Vancouver and he saw all the pictures of the Diamond Directors along the wall. Seeing this, he encouraged her to work hard to become one of them. "He said to me, 'Mommy, I want to see your picture on that first line,'" she says. "I hope that I can do that as I help others gain wealth and health." ■

“My team works so hard to help me and I appreciate them so much!”

Amy Nie

See income disclaimer on page 4.

ARE YOU READY TO TAKE IT TO THE NEXT LEVEL?

USANA is constantly working towards new goals, expanding its product line, and making improvements to its business model to help you amp up your business.

USANA
2010 INTERNATIONAL
CONVENTION

Over the past year, USANA has experienced many breakthroughs. Our International Convention is an ideal opportunity for us to share these new and exciting developments to help your dreams become a reality. Winning the Stevie Award for Best Live Event two years in a row, Convention is your chance to hear from top USANA leaders, USANA's management team, and industry experts who know exactly what it takes to make your business a success. Not only that, but you'll be able to share your experiences with other Associates from around the world and learn what they have done to achieve their goals. Don't miss out!

**BREAKING
THROUGH**

**AUGUST
25-28**

Go to usanatoday.com and register today!



Chen Liang
New York, USA

In the past 20 years, Chen Liang and her husband have never been able to take a trip as a family. Long hours at work and opposite schedules left them with little chance to do so. But now that Liang has discovered USANA, she realizes that isn't going to be the case anymore.

Liang was quickly impressed with USANA's products and soon learned that it wasn't just the products that she was pleased by. "I started looking at the product information and I wondered why I didn't see any information about USANA in stores," she says. "I soon learned that this business was based on network marketing and there was a possible opportunity."

Although she went from just wondering what USANA was to a new Ruby Director in five months, Liang admits she is still learning how to make her business work for her. "I had zero knowledge of how network marketing worked, but my upline encouraged me, gave me great one-on-one training, and taught me how to communicate with others," she says.

While her job as a restaurant owner still takes up some of her spare time, Liang knows that by remaining devoted to her business she will continue to grow with USANA. "Once you agree with the products and the company, you have to stick with it," she states. ■

As a pharmacist, Lisa Lui was not quite convinced on the subject of nutritional science; but when she started to try to find ways to help her parents maintain their health, she decided to learn what she could. With USANA, Lisa found a world of possibility.

Lisa's advancement to Ruby Director actually came as a surprise to her. She had just advanced to Gold when she realized that she was only a week away from Ruby. "Before my Gold run, I knew without a doubt that I would advance. There was an additional challenge to go to Ruby and I was hesitant, but by week three I knew that I was unstoppable and I became a Ruby a week later," she says.

Lisa knows a thing or two when it comes to success, and for her it comes down to the basics. "You have to be focused and persistent. You need to be very clear on what you are doing and what you want to do. You have to set up a goal and go for it without ever looking back," she says.

As a Ruby Director Lisa has seen many changes, but with each new change comes a new lesson and a new perspective. "I have been very impressed with the ongoing research and development," Lisa says. "I also believe the compensation plan is simple and fair. And that's important because everyone should have an opportunity to succeed." ■

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.

See income disclaimer on page 4.

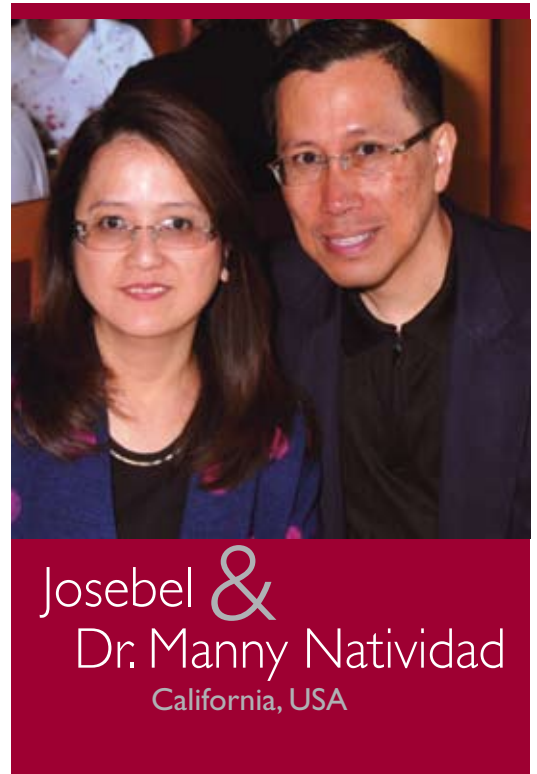


Lisa Lui
British Columbia, Canada

Dr. Manny and Josebel Natividad have always been passionate about health and helping others. Josebel is a registered nurse and her husband is a family physician. However when introduced to USANA through an acquaintance, they didn't immediately become a part of the USANA family. It wasn't until two years later that the couple agreed to at least take the products, and soon after that they decided to take a serious look at the company. "After learning about the company, Dr. Wentz' vision, the compensation plan, and other Associates, we quickly learned that it was a solid company that we could partner up with," Josebel says.

Just a short year later and already at the level of Ruby Directors, Dr. Manny and Josebel are quickly becoming two of USANA's growing leaders and admit that with determination and passion, success is in reach of anyone who wants to experience it. "Hard work, knowledge, perseverance, and repetition will lead you to success," they say.

Dr. Manny and Josebel have learned many valuable lessons during the first year with USANA. This determined couple believe that all Associates, new and veteran alike, need to always remember that sharing their experience with USANA with others is the first and easiest step to helping others. "Not sharing what we knew with our family and friends would simply be unforgivable," they say. "We know our feelings about the products, and sharing that with others is the easiest way to introduce the company." ■



At last year's International Convention, Karen Lu Yan made a goal to become a Ruby Director. Now that she has earned the title, Karen is looking forward to helping her team make, and fulfill, their own goals.

With previous experience in network marketing, Karen wasn't a stranger to the idea. But what she found in USANA was completely different than what she had experienced before. "At the beginning, I felt USANA was going to be the same as any other corporation," she says. "Three years later I feel that I have the responsibility to share these great products with others. I can say I truly understand Dr. Wentz' great vision."

One of the biggest challenges Karen had to solve was how to keep herself motivated. "Being in a home-based business you don't have a boss, so I could easily ignore things sometimes. I keep asking myself what kind of quality of life do I want and what is my goal. I realize that I want to have a work environment with little stress, and that keeps me motivated to work extra hard right now," she says.

Although she did accomplish her goal, Karen is ready to make new ones and admits this is just the beginning. "I hope to always help my teammates and I hope to one day advance to Diamond Director." ■



Morgan Yang
Ontario, Canada

Morgan Yang spent six years running a video store before selling his business and moving across the globe to Shanghai. However, within three years he found himself broke. With little savings to his name, Morgan was not about to give up hope.

After a friend persuaded him to look into USANA, Morgan became interested in the products and was equally impressed by the company's vision. "I was motivated to join when I found out my goals and dreams were similar to what Dr. Wentz has in his vision for USANA," he says.

As a successful Ruby Director, Morgan admits his recent advancement was possible thanks to the support he gets. "It was entirely a team effort. We concentrated on the bottom line and worked with enthusiasm plain and simple," he says.

Morgan hopes he can inspire other Associates, new and veteran alike, to realize that success is possible especially if you can be open to receiving help from others. "My personal advice to others just starting with USANA is to find a mentor, because they are there to teach you how to develop yourself as a leader and how to market yourself," he says. "For those who are working toward recognition, you need to be able to lead your team and teach them how to duplicate success." ■

Kevin Zhang was accustomed to taking supplements, so when it came to USANA he was fairly confident it wouldn't be any different than what he was used to. But with the reputation of network marketing, Kevin was determined not to get involved. However after looking into USANA himself Kevin realized this was an opportunity he couldn't pass up.

Kevin has seen many changes in himself since starting with USANA, and each of them has been positive. "Being a part of USANA has given me freedom. In addition, I have found that I get to work with many positive people," he says. "I now pay more attention to health news and my family's health."

Having joined USANA late last year and already a Ruby Director, Kevin's passion to share USANA comes from his love for the message he is sharing. "First of all, I love USANA's products and the company from the bottom of my heart. I am so passionate about sharing this with my friends and others around me," he explains.

One piece of advice Kevin can give new Associates is to have a strong knowledge of USANA and the products. "Experience USANA's products and know everything you can about them. Then you will be prepared to share the health vision with others," he concludes. ■

See income disclaimer on page 4.



Kevin Zhang
New York, USA

After advancing to Gold Director last year, Xuemei Chen was excited—and that made it even easier to get her motivated for her Ruby run. “I truly believe in the quality and the potency of USANA’s products, and I couldn’t wait to tell other people about them,” she says.

Chen first learned about USANA from leaders Liming Li and Amy Nie. After receiving their business cards, Chen was very interested in the company, so she set out to find more information about it. “I actually went to Li’s home to visit with her. It’s like I walked to USANA’s door and knocked on it myself,” she explains.

A former professor, Chen has learned many lessons about business and life outside of the classroom. “I have learned that knowledge can bring us health,” she says. “As for my business, I find joy in watching others succeed. Teamwork is key when it comes to business.”

Chen believes that anyone can be successful with USANA if they are willing to work hard. “You must always share with people. Because when you are sharing you are actually learning,” she says.

For her next goal, Chen is eagerly working toward helping her teammates advance. “My plan is to develop more Gold and Silver Directors. My personal goal is to rank advance every year,” she states. ■



Weiping Zou &
Xuemei Chen

British Columbia, Canada

When the Going Gets Rough, the Gut Gets Tough!

Sometimes you might feel like your gut is a war zone. After all, it’s the place where the fight for good health can be won or lost.






USANA® Probiotic

- is a food supplement designed to help replenish beneficial bacteria in the gut to maintain a healthy balance
- contains two strains of specific probiotic bacteria, clinically proven to survive the harsh acidic environment of the stomach
- packs a punch with 12 billion viable bacteria in each stick pack
- promotes healthy digestion and a sound immune function

Introduce those you care about to the friendly bacteria found in USANA Probiotic, and make sure to remind them about how easy it is to pack their billions of bacteria buddies with them wherever they go.

What Products Should You Take?

Take the USANA Health Assessment and Advisor to help you:

-  Analyze your nutritional needs
-  Optimize your diet and supplement regimen
-  Realize your full health potential

“USANA and I are creating a powerful relationship that will educate people on proper lifestyle habits in health, diet, and nutrition!”

Kathy Kaehler

Author, Celebrity Trainer, USANA Spokesperson



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It takes only a few minutes to complete, but the results can last a lifetime.

Health Assessment
   and Advisor



Royal Splendor

A stretch limousine. Police escort. Red carpet. It was a day fit for royalty...or USANA's newest Million Dollar Club members. On Wednesday, June 2, USANA welcomed three new distributorships for their Million Dollar Day, which included a behind-the-scenes tour of the corporate facilities and talking one-on-one with members of USANA's management team. Seeing USANA pull out all the stops, one couldn't help think this was a scene fit for a king and queen.

For these three distributorships, this was the culmination of years of hard work, and the beginning of a fun-filled weekend with activities that included iFlying (indoor skydiving) and shopping in some of Salt Lake's finest boutiques. New Million Dollar Club member Stephen Daniel states, "It was really overwhelming to have the entire Home Office clap for me. I loved iFlying but what I appreciated the most was going to dinner and having a one-on-one conversation with CEO, Dave Wentz. How many other companies do that? I loved it!"



Stephen Daniel

1-Star Diamond Director • Texas, USA

When Stephen Daniel first joined USANA, he was primarily interested in how the products could help him maintain his health and earn some extra income. “I never imagined USANA would become as big as it has for me,” he says. “I was just hoping to earn enough to pay for my products and maybe make a little extra money. Now, I’ve changed my lifestyle. My health is great, and I’m making enough money with USANA that it’s my major source of income.”

Today, Stephen is a 1-Star Diamond Director and new Million Dollar Club member. “I knew it was God’s will for me to be healthy and wealthy,” he says, referencing Jeremiah 29:11.

See income disclaimer on page 4.

“USANA has been the perfect tool to accomplish just that. I set the goal of becoming a member of the Million Dollar Club and it’s rewarding to enjoy the fruits of my labor. This was one of the main goals I set for myself.”

Stephen adds, “This milestone is just one more gift that both God and USANA have given me. Every day I am thankful for this opportunity.” In addition to becoming a new Million Dollar Club member, Stephen has been a Growth 25 and 100 member, Fortune 100 member, a Top 10 and 100 PaceSetter Creator, and has won many trips and contests.



Chun Ming Chang & Aileen Zhou

Diamond Directors • New South Wales, Australia

Joining USANA has proven to be the right choice for Chun Ming Chang and Aileen Zhou. As Chun Ming and Aileen explain, everything they have accomplished in USANA was determined by the fateful decision they made eight years ago to become Associates. They also believe everything they will achieve in the years to come will be determined by decisions they make today. “The right choice,” they say, “will produce the right results.”

That philosophy, along with hard work, dedication, and the belief in USANA’s products, has allowed Chun Ming and Aileen to become Diamond Directors and new Million Dollar

Club members. “As we look back and see what we have accomplished, we rejoice in the decision we made to join USANA,” they declare. “Over the years, we have enjoyed many happy times sharing Dr. Wentz’ vision with others.”

They believe the secret to their success is to take advantage of every opportunity. “Be motivated and seize the opportunity that befalls you,” they say.

In addition to being new Million Dollar Club members, Chun Ming and Aileen were Growth 25 members in Asia Pacific in 2007.



Nick Roditis

Ruby Director • New South Wales, Australia

Seeing his parents work seven days a week throughout his entire childhood inspired Nick Roditis to want a better future for himself and his family. In his spare time, Nick began searching for an answer. Six years later, he discovered USANA. “It was a revelation to me,” he says. “Here was a deal where there was a very small outlay, very little risk, and all I had to do was work hard part time to achieve my dream. I just knew this was for me.”

Nick always believed that he could make his business work. “All that mattered was focusing on my business, to make it grow,” he says. Within 14 months, Nick quit both of his jobs and hasn’t worked a traditional job since.

Today, Nick’s dream of living on waterfront property in Greece with his family has come true. “We own our time and spend lots of time together as a family,” he says. “We all have great health to enjoy these wonderful gifts. USANA has blessed my life more than I could have ever imagined.”

See income disclaimer on page 4.

Feel The Warmth Of The Holiday Season!



Celebration at Sea, December 5–12, 2010

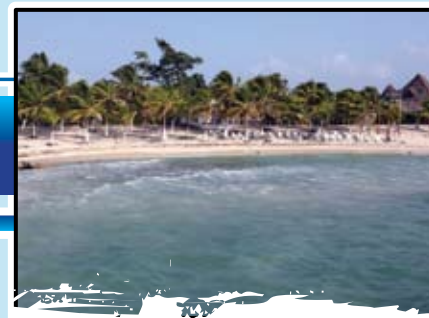
Spend an amazing week aboard the newest member of the Royal Caribbean family—Liberty of the Seas. Enjoy all the amenities the ship has to offer while receiving valuable business tips during the three days we're at sea. But, of course, it's not all about work. Don't forget to leave some time for fun in Miami, Costa Maya, Belize City, Cozumel, and Grand Cayman!

See you there!

"USANA cruises give us a unique opportunity to brainstorm with other USANA Associates in addition to getting to know and spend time with USANA corporate leaders and their families.

The friendships and ideas that we have developed over dinner or on excursions to exotic locations are some of our most cherished memories."

1-Star Diamond Directors Phil & Penny Kirk



Miami


Costa Maya

Belize City

Cozumel

Grand Cayman

Visit www.morrismetings.com/reg/usanacruise10 for more information



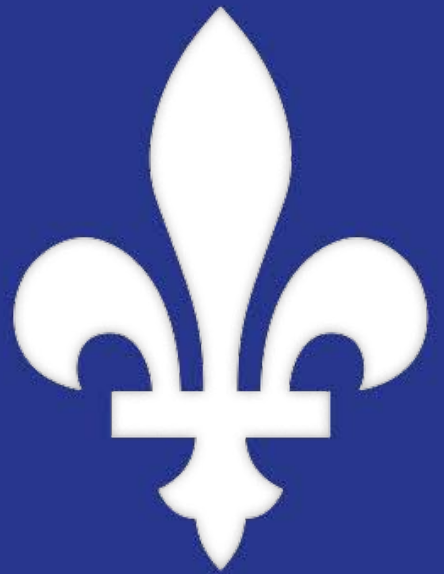
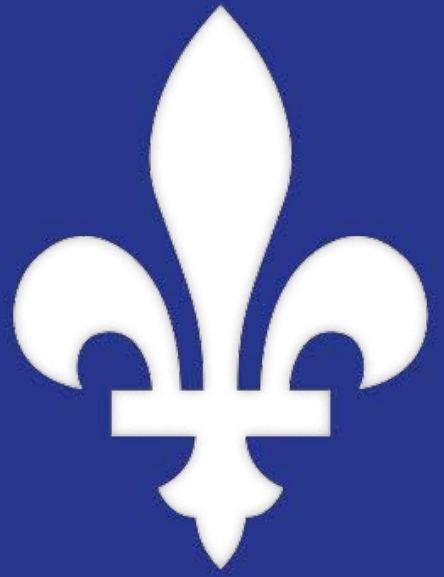
TRAINING TO GO **FASTER.**
TRAINING TO BE **BETTER.**
TRAINING TO GET **STRONGER.**
TRAINING TO REACH **YOUR GOAL.**
TRAINING TO GO **FARTHER.**

More than just a weekend getaway, Gold Retreat is a place to learn from the masters of the business. Associates receive exclusive training—giving them the tools to take their business to the next level. *Go for the Gold, then go farther.*

GOLD RETREAT

«C'est le fun!»

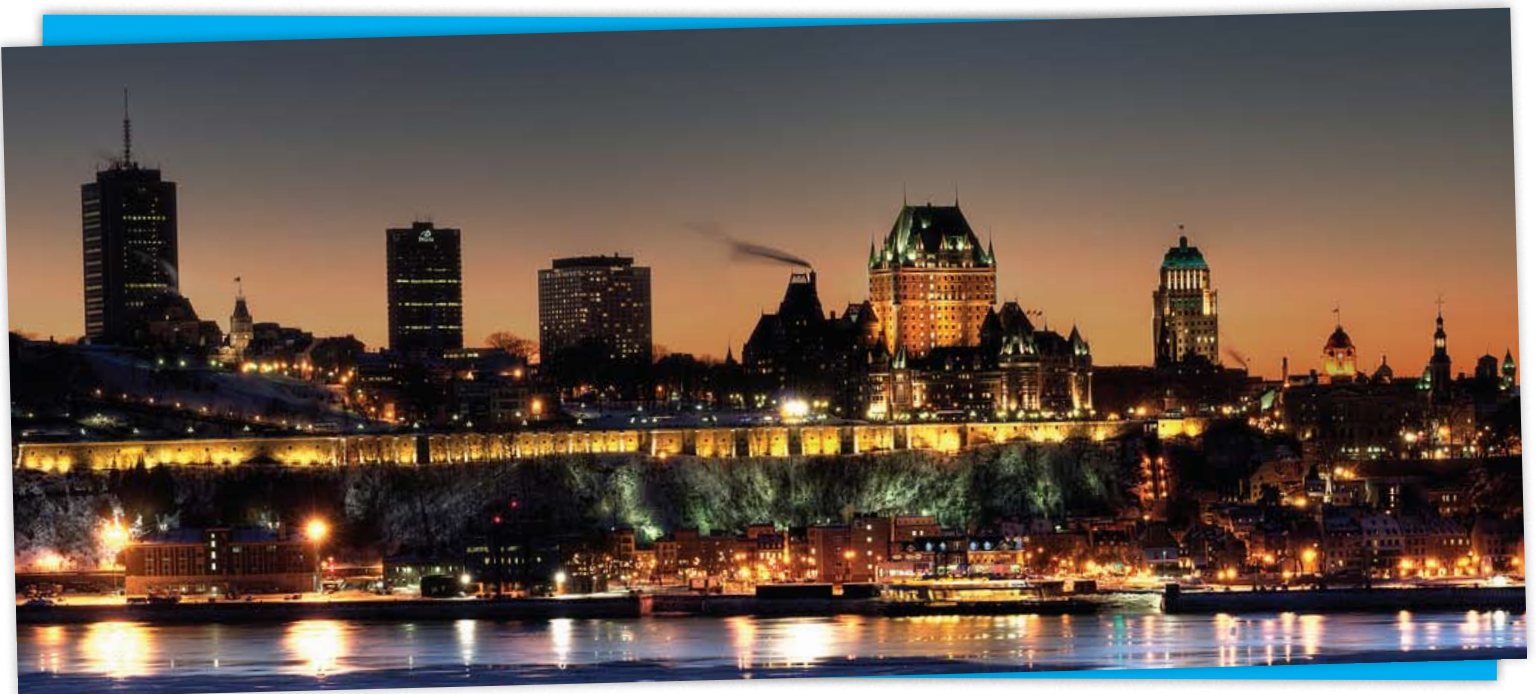
IN QUÉBEC CITY, THERE IS ALWAYS A CERTAIN *JOIE DE VIVRE*. WITH HUNDREDS OF USANA ASSOCIATES, CUSTOMERS, AND GUESTS ON HAND, THE QUÉBEC CITY CELEBRATION WAS AS CAPTIVATING AS THE CITY ITSELF.



Québec City

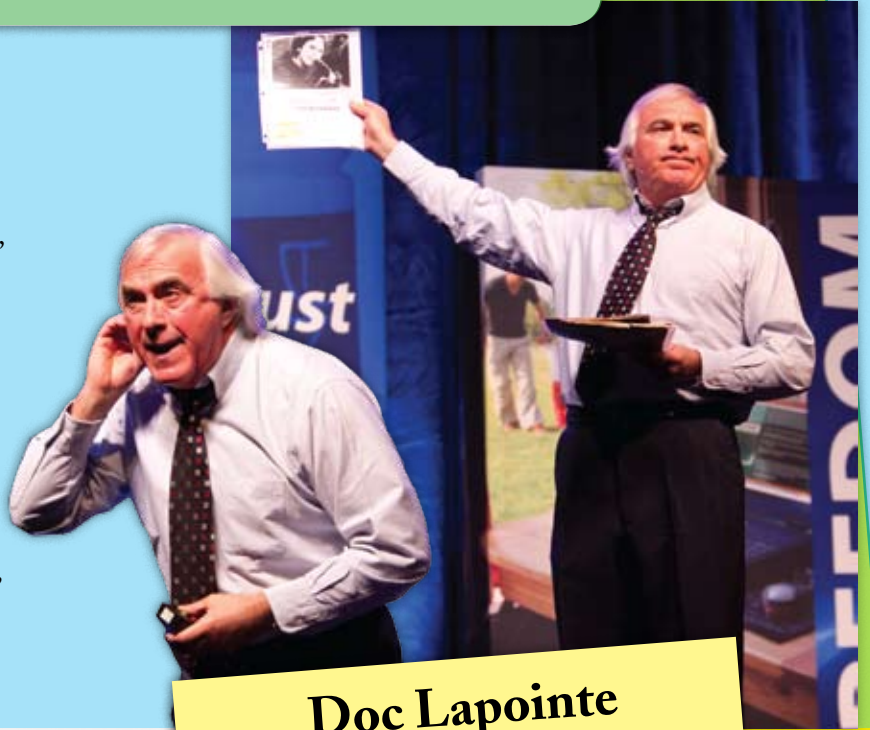


Québec City sits like a jewel on the Saint Lawrence River, where the crisp ocean waters narrow and create a gateway to the majesty of Eastern Canada. Québec is one of the oldest cities in North America and is steeped in history as well as in appeal. Just outside of the rustic, fortified walls that still surround the Old Town, USANA Health Sciences held a Celebration that will have its own place in history for all those who attended.



“The Stress Doctor”

If you've ever experienced the negative effects of stress in your life, Dr. Gilles Lapointe knows the prescription. The concluding speaker for the Saturday Morning session gave an audience-rousing, hilarious presentation about living stress-free, overcoming obstacles, and letting yourself laugh. A best-selling author and host of a popular television show in Québec, Dr. Lapointe even showed his musical chops with an Elvis Presley impersonation to get his presentation started. He has spoken to several different audiences across Canada, but had a unique and customized presentation for USANA Associates and their guests. “As USANA Associates, you essentially have the same mission that I have as a doctor—helping people live better lives.”



Doc Lapointe



Dave Wentz
« Vous êtes tous des présidents-directeurs généraux. »
("You are all CEOs.")



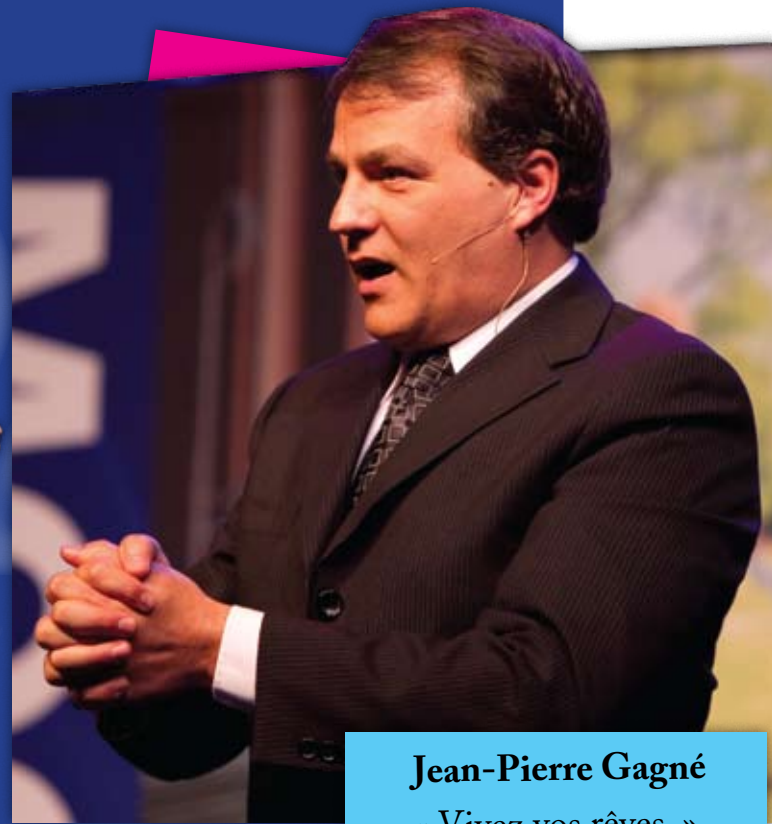
Jeremy Lunt
« Et maintenant, la cravate...bleue. »
("And now... the blue tie"—indicating that the following speaker would present in French. The red tie signified an English presentation.)

French Lessons



Seta der Artinian

« Commencez aujourd'hui! Ne regardez plus au hier! »
("Begin today! Don't look back to yesterday!")

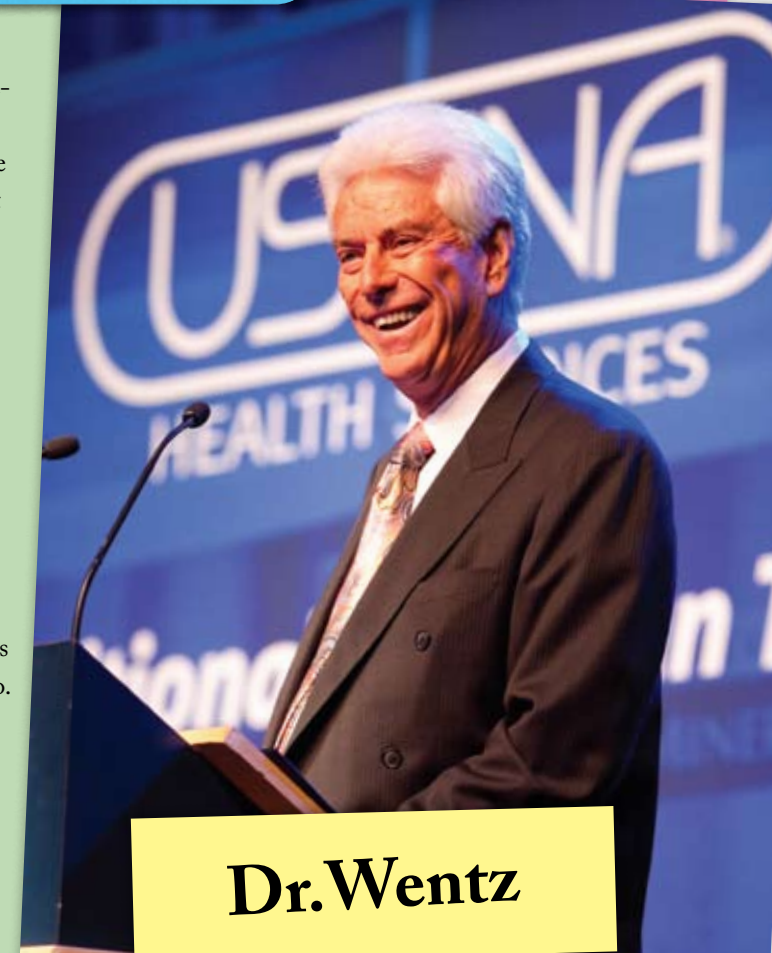


Jean-Pierre Gagné

« Vivez vos rêves. »
("Live your dreams.")

The Guest of Honor

Dr. Wentz stood in front of the audience and gave an amazing address about the power of USANA. But, what was truly amazing is that he was at the Celebration at all. "With the way my schedule has been lately, it is difficult for me to make it to many of the Celebrations and events that USANA has unless I am already in the area," he explained. "When they asked me to go all the way to Québec City, I said that I just couldn't do it. But then I heard of a group of Associates who had won a special contest." This group was made up of Associates from Québec who were most successful at growing their business over an 8-week period. For doing this, they won the opportunity to travel to a small, CHF-sponsored orphanage in México and volunteer their services to help the children. These services included cooking, cleaning, working in the nearby fields, and even demolition and remodeling efforts. "And these are the winners?" Dr. Wentz laughingly wondered as he was told of this group. "I met with them as they finished their efforts in México. It was such a wonderful, meaningful evening of fellowship and getting to know the Québécois people who had given so much love. The following morning, I called USANA to say 'I want to go to Québec City for their Celebration.'"



Dr. Wentz

What Does It Mean?

MA SANTÉ, J'Y VOIS

The USANA store was in full swing during registration and between sessions at the Celebration. From energizing sips of the Rev3 Energy™ drink and free samples of MyHealthPak™, to the free skin surveys during the Health Fair, guests had plenty to keep energized, informed, and entertained. But what seemed to catch everyone's eye was the women's t-shirt made exclusively for the Québec Celebration. So what does the French phrase mean? It literally translates to "My health is something I see to". More loosely, it reflects the theme of Kathy Kaehler's message at the celebration—"Commit to be fit!" The pink and white workout shirts were a hit for speakers of all languages and provided a unique souvenir of the messages shared at the Celebration.



Belynda Lee-Tjandra



Michel Lavoie

« L'argent est dans le suivi. »
("The money is in the follow-up.")



Kathy Kaehler

« Un...deux...trois... »
(Counting off the audience's workout routine.)

French Lessons

French Lessons



Robin Tremblay

« N'abandonnez jamais!
Ça vaut la peine! »
("Never give up! It's worth it!")



Olivier Jean

« USANA m'a aidé à construire
une base solide. »
("USANA has helped me build a solid foundation.")

Le Petit Déjeuner

On Saturday morning, 36 Associates and their guests were treated to an exclusive private breakfast at the Centre de congrès. These Associates were winners of a six-week-long enrollment contest. Not only did they receive the reward of a newly rejuvenated business, but they also were able to eat and mingle with members of USANA's management team, including Dr. Wentz. All those in attendance were also entered into a raffle to win some amazing prizes, including passes to USANA's Celebration at Sea cruise. Among the winners were Bill Gonidis from Lyn, Ontario (who won a half-cabin for the cruise) and Sylvie Tougas from Le Gardeur, Québec (who won a full cabin). It is true what they say—breakfast really is the most important meal of the day.



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Autoship is an automatic shipment of products conveniently delivered to your home every four weeks. And the best part is that you never have to pay full price again.

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*Based on 200-point Autoship.

Top

March 28 to May 15, 2010

ASSOCIATES

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
Shinichi Kasedou	34	Japan	Guokuan Tan	12	Hong Kong
Iris & Solomon Lam	27	British Columbia, Canada	Huali Mai	12	Hong Kong
Connie Yao & Jim Barabe	24	British Columbia, Canada	Nor Aizah Binti Zakaria	12	Malaysia
Cai Yumin	23	Hong Kong	Wang Wei	12	Hong Kong
Mei Yang	21	Hong Kong	Noppharat Lam	12	Hong Kong
Li Zhang	21	New York, USA	Jingyuan Zhang	12	Hong Kong
Kaiping Lin & Hua Cao	18	New Zealand	Ah Lam Chai	11	Hong Kong
Lisa Lui	16	British Columbia, Canada	Romeo Tajanlangit, Jr.	11	California, USA
Meixian Hua	16	Hong Kong	Jan Paul Santos	11	Philippines
Jian Wang	15	Hong Kong	Lui Li	11	Hong Kong
Dra. Noemi A. Díaz de León Martínez	14	San Luis Potosí, México	Rolando Refuerzo	11	Philippines
Shui Choi Loh	14	Malaysia	Daniel & Luly Garza	10	Nuevo León, México
Li Wang	13	Australia	Chun Yan Kelly Li	10	New York, USA
Robin Tremblay & Annie Poitras	13	Québec, Canada	Karen Lu Yan	10	New York, USA
Chen Liang	13	New York, USA	Elizabeth Haro Villarreal	10	Coahuila, México
Yan Haust	13	Pennsylvania, USA	Jichun Fan	10	Hong Kong
MiYoung Kim	12	Korea	Chunxiang Zuo	10	Hong Kong
Aristotle Ibasco	12	California, USA	Junjun Yu	10	Hong Kong
Qing Liu	12	Hong Kong	Zhao Changjing	10	Hong Kong
Guo Weifang	12	Hong Kong	Dexin Huang	10	New Zealand
Kwok Hing Wong	12	Hong Kong	Xiuchun Ji	10	Hong Kong
Li Li	12	Hong Kong	Calvin Fu	10	British Columbia, Canada
			Zi Chen	10	New York, USA
			Peter Wei	10	New York, USA

Income Earners

Top Income Earners are determined by the total commissions earned.

Associate Name	Region
Rita Hui	Hong Kong
Alan & Queen To	Hong Kong
Collette Larsen & Zachary Ross	California, USA
Connie Yao & Jim Barabe	British Columbia, Canada
Jeremy Stansfield	Utah, USA
Bryan & Monica Penrod	Texas, USA
Mable & Vincent Chan	British Columbia, Canada
Liu Tang Jung & Pan Hsiu Jou	Taiwan
Wang Bai Lu & Chiang Chun Tze	Taiwan
Tao Pang & Chun Y. Liu	Maryland
Jasmine Zhao	Singapore
Daniel & Dr. Paige Hunter	Texas, USA
Lynn Allen-Johnson	Florida, USA
Dr. Wen Chi Wu & Zang Houng Wu	New Jersey, USA
Steven Chen & Zhi Xian Jin	Australia
Layda & Bryan Morris	Texas, USA
Bill & Jenny Huang	New Zealand
Robert & Daryl Allen	California, USA
Annette & Victor Que	British Columbia, Canada
Chun Yan Kelly Li	New York, USA
Peter & Bibiana Pau	Washington, USA
Bob, Mary, Amy & Xian	Australia
Lin Shi	Australia
Frank Feng & Bin Yang	Australia
Susanne & John Cunningham	Manitoba, Canada
Dennis Chen & Sheila Xiao Nan Wang	California, USA
Carmen Marshall	California, USA
Wang Ying Chiao	Taiwan
Dean & Sherri Chionis & Matt Chionis	Illinois, USA
Duke & Sheila Tubtim	California, USA
Sophia Marcoux & Jacques Fiset	Québec, Canada
Zhang Jianhong	Hong Kong
Lyndon Redman & Marie-France Morin	Nevada, USA
Ying Li	Hong Kong
Pete & Dora Zdanis	Pennsylvania, USA
Cao Junmei	Hong Kong
Fiona Jamieson-Folland & Chris Folland	New Zealand
Eduardo Barreto Gómez	Distrito Federal, México
Hou Ya Chen	Taiwan
Feng Ye & Jian-Qin Gu	Australia
Mei Huang	New York, USA
Matt & Shanna Ryan	Texas, USA
CheBum An & JuHyun Yoo	Korea
Penny & Phil Kirk	Arizona, USA

Associate Name	Region
Timothy & Delbra Lewis	Alabama, USA
Susan Waitley	California, USA
Conchita Vargas Lugo & Paola Vargas Lugo	Querétaro, México
Sterling & Mary Ottesen	Utah, USA
Huang Li Shin	Taiwan

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	48	Australia
Elva Shen	41	California, USA
Matt Johnson	41	Wisconsin, USA
Hong Shen	36	California, USA
Zora Pesio	32	Washington, USA
Tina Matthews	32	Ontario, Canada
Wesley Epplin	28	Illinois, USA
Ning Lu	24	California, USA
Dr. Christiane Northrup	23	Maine, USA
Dr. John Principe	19	Illinois, USA
Karin Henderson	15	British Columbia, Canada
Donna Webb	14	California, USA
Jody Kathleen Patterson	13	British Columbia, Canada
Julieta Robles Caballero	13	Sonora, México
John Hepworth	13	Florida, USA
Don Mordecai	13	Texas, USA
Janice F. Moranz	12	New Mexico, USA
Jing Pellet	12	California, USA
Dean & Brigitte Hines	11	Australia
Melissa Johnson	11	Wisconsin, USA
Michael Spencer	10	United Kingdom
Elizabeth Pasquale	10	New York, USA
Catherine Mann	10	Québec, Canada
Brian John Boulette	10	Massachusetts, USA
Meah Robertson	10	Australia
Jackie Preece	10	Alberta, Canada
Nola Trainer	10	Louisiana, USA



Justin Cho California, USA

With previous experience in network marketing, Justin Cho wasn't necessarily skeptical about the industry, but he just couldn't find that "it" company. Well, that is until he ran across Diamond Director Nancy On.

After sitting through his first USANA presentation, Justin was blown away by the possibilities. "I thought to myself 'man, I need to get into this game as soon as possible!'" he exclaims. Today, with encouraging friends and teammates helping him along the way, Justin gives this piece of advice: Don't quit, and stay consistent.

First driven by the ability to become financially well off, Justin's motivation has taken a different turn. "It's more than that. It's really showing people the possibilities and helping people achieve what they always wanted to achieve in life," he says.

"This business is a treasure!"



Becky Huang & Calvin Fu British Columbia, Canada

Calvin Fu and his girlfriend, Becky Huang, reached a simple conclusion—working three jobs, trying to save money, all while trying to spend more time together wasn't working. Although unconvinced network marketing was a good idea, Calvin was willing to take a chance. And that chance has paid off.

One of the greatest changes in Calvin's life has indeed been the ability to spend more time doing the things he wants. "Becky and I wanted to have financial freedom, but not just when we were older. Working more and more jobs wasn't going to get us there, so that is why we chose USANA," he says.

With that decision, Calvin didn't just find new opportunities but also a strong support system. "We would really like to thank our team members who walk with us every step of the way," he concludes.



Soomin Kim California, USA

Soomin Kim was striving for balance—searching for a way to pursue his personal goals and have a successful career. While his love for bodyboarding led him to a position as the Editor-in-Chief for an international bodyboard surf publication, he didn't feel satisfied. He kept looking.

So when he was introduced to USANA, Soomin, while skeptical, kept an open mind. After one Health & Freedom Presentation, he realized he was lacking time freedom and the residual income that was possible with the USANA business.

Now a Gold Director, Soomin has plans to help his teammates find and experience their own success among other goals. "My ultimate personal goal is to retire my mother who raised me on her own. I am also getting married to my lovely fiancée, Natalia, and I want nothing more than to be at home with her to raise our future children," Soomin says.



Monica Mo Ontario, Canada

Monica Mo was curious about USANA when she borrowed the *Comparative Guide to Nutritional Supplements* from a friend. That curiosity soon turned into a passion, one that left Monica excited to tell others about USANA.

Monica's inspiration to building her business comes down to the products. "I have been working very hard to share the products," she says. "They are absolutely amazing!"

The *Comparative Guide* was her inspiration, and Monica admits it's now her favorite business tool. "I can easily compare products with the ones that my prospects are taking," she says.

Today Monica's passion has spread to her family. "My son and husband also joined USANA and we are working together to help our downline. Teamwork is amazing, and that's the key for me to become successful," she concludes.



Anthony Truong California, USA

Anthony Truong graduated from UC San Diego with a degree in pre-med, however he wasn't quite sure where his future was headed. That's when USANA came into his life. Just a short five months later, Anthony knows the direction he is going.

Anthony has always had a desire to give back to his family. "I didn't grow up with much, so I was always very ambitious to become successful—I just didn't know how," he says. "I was a broke college graduate who wanted nothing more than to be able to give back to my mom."

Today, Anthony has discovered that he truly has found his path in life, and he looks forward to the future. "It's my goal to retire my loved ones to Diamond. I am not there yet, but I am excited for the future!" he exclaims.

"You never know what Diamonds you are going to find in your searching."



Hongxia Wang Illinois, USA

Hongxia Wang was once frustrated when it came to network marketing companies. Among other options, she tried a couple of companies before finally being introduced to USANA. She realized that her endeavor to discover USANA proved to be a highly rewarding one.

After attending her first International Convention, Wang was truly convinced she had made the right decision. "I was really motivated and touched by the atmosphere," she says. "I realized that this was a fantastic way to do business."

Wang admits that USANA has given her the chance for a better lifestyle, but it has done more than that. "This business not only helps people reach health and wealth freedom, it also helps with self-improvement and growth," she concludes.

"My dream is to help many others realize their dreams of health, wealth, and freedom."



Meng Ling Zheng New York, USA

Meng Ling Zheng was busy working on her education when she was first introduced to USANA. In the beginning, the products and opportunity intrigued her, but now Zheng realizes that it has become a central part of her life.

For Zheng's Gold run, she relied on her teammates and their experience to help her. "I am so lucky to have them," she says. "With their patience and help I was able to become a Gold Director rather quickly. This honor doesn't only belong to me, it belongs to everyone on my team."

As for Zheng's future, she is content to see where it will take her. "I will continue to work the hardest I can to get to the place that I believe will be the best for me," she concludes.

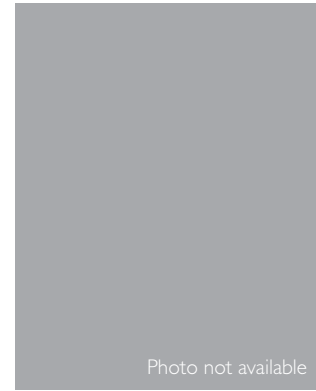


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Lianqin Zhu New York, USA

Ask Lianqin Zhu how her Gold run was possible and she will give you a simple answer: Great products, great company, and a great team.

Zhu, a former housewife, was intrigued when a friend introduced her to USANA's products. Even more intriguing was the fact that she could get them at USANA's Autoship price. The more she learned about the products USANA offered, the more she considered it to be a good opportunity.

Zhu will tell you her favorite sales aids are the Product Information Book and word of mouth. "I like testimonials from others because it's one of the most powerful sales tools," she says.

"My goal is to always keep learning new things."



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 who 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

ASIA-PACIFIC ADVANCEMENTS

USANA Health Sciences would like to congratulate all of our Asia-Pacific Associates who advanced from March 28–May 15, 2010.

DIAMONDS

7-Star Diamond

Alan & Queen To, Hong Kong

2-Star Diamond

Wang Ying Chiao, Taiwan

MiYoung Kim, Korea

Diamond

Zhang Jianhong, Hong Kong

Wei-Ching Ko & Jia-Chien Shieh,
New Zealand

Mayumi Mitsui, Japan

Amily Shieh, Taiwan



RUBY

Lu Lu Chang, Taiwan

Dongri Jiang, Hong Kong

Xiaohong Jiao, Hong Kong

Young-Hee Kim, Korea

Junichirou Kojou, Japan

Foo Chee Shean, Singapore

Nathaniel Sunio & Joan Julio,
Philippines

Mutsuo Takagi, Japan

Hwa Yoong Tan, Singapore

Su Bi Tsai, Taiwan

Heping Yao, Hong Kong

GOLD

Sun Chan, New Zealand

Yingliang Chang, Hong Kong

Hui Chen, Hong Kong

Xiaohong Chen, Hong Kong

Chih Ting Chueh, Taiwan

Yiqin Dai, Hong Kong

Jinrong Gan, Hong Kong

Yanru Geng, Hong Kong

Carol Guan, Australia

Xiumei He, Hong Kong

HaRyung Kim & YoungSook Jun, Korea

MinJoo Kim, Korea

Seok Young Kim, Korea

Shin Ying Kuo, Taiwan

Clarence Li, New Zealand

Jian Wei Li, Australia

Xiaohong Li, Hong Kong

Qing Liu, Hong Kong

Robert Low, Malaysia

Zhaoren Meng, Hong Kong

Eduard Miguel, Philippines

Cheng Tong, Hong Kong

Xu Wang, Hong Kong

Wei Wu, New Zealand

Ling Xing, Hong Kong

Benwei Xu, Hong Kong

Yishun Yang, Hong Kong

Gu Yu, Hong Kong

Zhao Yuqin, Hong Kong

Chorong Zhang, Hong Kong

Naiqin Zhang, Hong Kong

Fei Yu Zhao, New Zealand

Linlin Zhao, New Zealand

Xinyu Zhao, Hong Kong

Xie Mei Zhong, New Zealand

**CONGRATULATIONS ALSO TO OUR 132 NEW SILVER DIRECTORS
AND 27 NEW BRONZE DIRECTORS FROM OUR ASIA-PACIFIC MARKET.**



Gregory Alba & Sofia Pardave,
California, USA



Marielle Blanchard,
Québec, Canada



Diana & Chris Bouch,
California, USA



Phyllis Browning,
Alberta, Canada



Debra Callahan,
Illinois, USA



Jacky Chan,
British Columbia, Canada



Yue Ha Liliana Chang,
British Columbia, Canada



Zi Chen,
New York, USA



Alexander Denk,
California, USA



Gwen & Dennis Doty,
Nevada, USA



Clive Francis,
United Kingdom



Jennifer Galeana,
Texas, USA



Jay & Jack Henserling,
Texas, USA



Cici Huang,
British Columbia, Canada



Joe Katchka,
California, USA



Brian Lee,
California, USA



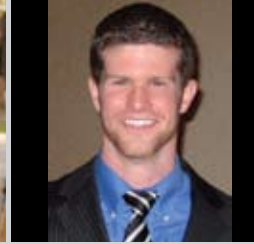
Vivian Lee & Alex Tai,
British Columbia, Canada



Mei Jie Lin,
British Columbia, Canada



Frances Xinyu Lu,
British Columbia, Canada



Bryan McBroom,
Illinois, USA



Lisset Montes de Oca,
California, USA



Luke Odom,
Illinois, USA



Anthony Orque,
California, USA



Wiroj Phetsangval,
California, USA



America V. Posadas &
Leo De Vera,
California, USA



Lily Song & Ivan Li,
British Columbia, Canada



Carlos Suttles,
Texas, USA



W.Y. (Linda) Tan,
New York, USA



Xiao Yong Tan,
New York, USA



Leo Tang,
California, USA



Wendy Terry &
Jeneen Yungwirth,
Manitoba, Canada



Kenneth G. Valdez,
California, USA



Kim Valdez,
California, USA



Lupe Villanea,
California, USA



Fan Wenge,
California, USA



Sue Wilson,
United Kingdom



Ivy Kai Loo Wong,
New York, USA



Shu Fen Wong,
British Columbia, Canada



Shao Xia Wu,
British Columbia, Canada



Kenneth Yang,
British Columbia, Canada



Sarocha Yensai,
California, USA

NEW SILVER DIRECTORS NOT FEATURED:

Yazhen Dai, New York, USA
Xia Yun Gu, Washington, USA
Kenton Kuwada, California, USA
Solomon Lam, British Columbia, Canada
Charlie Morales, California, USA
Jira Phairat, California, USA
Albert Samball, Florida, USA
Elva Shen, California, USA

Chun Jie Shi, New York, USA
Qiang Shi, British Columbia, Canada
Christopher Smollack, Arizona, USA
Thong Tran, California, USA
Jun Yu, Vermont, USA
Chuanlin Zhang, British Columbia, Canada
Wei Bi Zou, New York, USA



MAKE A FASHION STATEMENT WITH

NEW **2010**
LOGO GEAR

ORDER YOURS NOW AT USANA.COM.

USANA
G 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!



UPCOMING **2010** EVENTS

August

25-28

International Convention in
Salt Lake City, Utah

**USANA's International
Convention will be here
before you know it.**

**Have you
registered yet?**

Get out your calendar
and circle these dates.
If you miss convention
this year, you'll
definitely regret it!

October

Sept 30-Oct 4

Growth 25, Wailea Beach,
Marriott Resort & Spa
in **Maui, Hawaii**

19-21

Million Dollar
Club Retreat

21-24

Fall Gold Retreat at
The Canyons



November

Keep the fortune flowing. Qualify as a member of the Fortune 25 and earn a trip to Argentina! Spend time in historic Buenos Aires, and visit one of the largest waterfalls in the world. A new culture and a new experience await.

14-20

Fortune 25, **Buenos Aires and Iguazu Falls, Argentina**



December

5-12

Celebration at Sea,
Western Caribbean

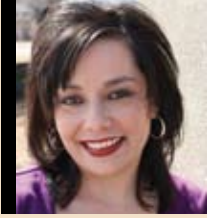
Don't let this ship pass you by. Learn how to earn your free cruise by logging on to www.USANAtoday.com. Click on "Leadership Incentive Awards" under the "Recognition" tab.



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



Chyu Chen,
Texas, USA



Michelle Flores,
Colorado, USA



Jinke Kuang & Jia Liang Lao,
Oregon, USA



Cheung Pui Har Lui,
British Columbia, Canada



Sylvia R. Suttles,
Texas, USA



Kellie Sweeney,
Illinois, USA



Li Wei Yang,
New York, USA



Qiang Zhou,
New York, USA

NEW BRONZE DIRECTORS NOT FEATURED:

Maria Liza Cruz, California, USA
Bruce Henderson,
British Columbia, Canada
Shuk Yi Leung,
British Columbia, Canada

Tommy Liu, British Columbia, Canada
Osborn Roxas, California, USA
Yidong Zhao, Oregon, USA

The Science Behind Pure Rest™

Sound Sleep

Did you know sleep deficiency has been linked to a shortened lifespan and increased risk of developing degenerative diseases?



Pure Rest is a fast-acting melatonin supplement that promotes the body's natural sleep and wake cycles. Research

shows that getting enough sleep can help people feel energized, be more productive, and even increase their odds of living healthier lives. While asleep, the body's cells and tissues have the opportunity to recover from the previous day. Many of the body's major restorative functions occur almost entirely during sleep, including tissue repair, muscle growth, and protein synthesis. Additionally, sleep is required to maintain normal brain and immune function.

Antioxidant Support

- By promoting sleep and inactivity, melatonin allows the body's natural antioxidant defenses to overcome the oxidative stress that accumulated during the day's activity. Melatonin also acts as a free-radical scavenger, stimulating the activity of several antioxidant enzyme systems in the body.

Immune Function

- Melatonin becomes especially important as we age because daily melatonin production cycles stimulate immune cell synthesis and function, a process that naturally declines as we get older.

Pure Rest: What Makes It Work?

- **Pure Rest** contains 2 mg of melatonin in a dissolvable, orange-flavored tablet.
- Melatonin is a naturally occurring hormone that promotes sleep and helps regulate the body's natural sleep and wake cycles.
- Sleep provides numerous health benefits, including defense against oxidative stress and maintenance of a healthy immune system.

Pure Rest: What Makes It Better?

- The melatonin in **Pure Rest** is ultra-pure.
- **Pure Rest** is NOT a sleeping pill.
- **Pure Rest** is NOT habit forming.
- **Pure Rest** carries USANA's potency guarantee so you can feel confident that it is safe and effective.
- **Pure Rest** contains no animal ingredients.

Restore your natural
sleep cycles with
Pure Rest!



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.



Simplify



Get all the supplements you need in two convenient packs a day with **MyHealthPak™**. Plus, save time and money when you order on Autoship!

visit the Health Assessment and Advisor at www.usanahaa.com to discover which products are best for you.