



Health & Freedom

your path to independence

Revolutionary News on Finding True Health and the Financial Freedom to Enjoy It

True Health

Ageing Well

Live life to the fullest

How One Man's Vision

is changing the World



For more information contact:

Keep Kids Active

Health tips for your child



MEMBER
Direct Selling Association
of New Zealand





Confronting your Health

Degenerative Diseases

The world's most destructive diseases today are not those caused by viruses and germs.

They are degenerative diseases – which result from accumulated damage and degeneration of our cells, or progressive deterioration over time.

In its annual report, the World Health Organization warns that cancer, heart disease and other chronic conditions, which already kill more than 24 million people a year, will impose an increased burden of suffering and disability in hundreds of millions of others.

Degenerative diseases can be prevented.

Many people still think of chronic diseases as unfortunate but inevitable results of old age. We now know that “old” does not equal “sick”. Balanced nutrition, physical activity and a healthy lifestyle give us an excellent chance of reducing risk factors of degenerative diseases. ■



Health Statistics

Australia

- Approximately 275 adults in Australia develop diabetes every day.¹
- In 2004-05, 18% of the population reported one or more long term conditions of the circulatory system, with hypertension being the most common one reported by 11% of the population.²
- The proportion of males classified as overweight or obese rose from 52% in 1995 to 62% in 2004-05; for females the increase was 37% to 45%.²
- Only 16% of female and 11% of male Australians consumed five or more servings of fruit and vegetables on a daily basis; and 40% of female and 54% of male Australians did not usually consume the recommended two or more servings of fruit everyday.²

New Zealand⁴

- 4% of adults were diagnosed with diabetes.
- 20% of adults were told by a doctor they have high blood pressure; of these, two-thirds were taking pills for high blood pressure.
- 10% of adults were diagnosed with heart disease.
- 17% of adults were told by a doctor they have high cholesterol; of these, four out of 10 were taking pills for high cholesterol.
- 33% of adults were overweight and 20% of adults were obese.
- 67% of adults ate the recommended three or more servings of vegetables each day. Just over 50% of adults ate the recommended two or more servings of fruit each day.

There is an unexpectedly high prevalence of vitamin D deficiency among children, adults, the elderly and other vulnerable groups in Australia and New Zealand. Dietary intakes of vitamin D in Australia fall in the range of 2-3 µg/day, below the dietary recommendation of 5-15 µg/day.³

1. AusDiab 2005, International Diabetes Institute.
2. National Health Survey 2004-05, Australian Bureau of Statistics.
3. Nutrition & Dietetics, 2006, Vol 63(4).
4. <http://www.moh.govt.nz/moh.nsf/> – A Portrait of Health: Key results of the 2002/03 New Zealand Health Survey (Ministry of Health 2004).

Diabetes - The Escalating Health Issue

What is Diabetes?

Diabetes occurs when the body is unable to automatically regulate blood glucose levels, resulting in too much glucose in the blood. Glucose comes naturally from foods that contain carbohydrates (starches and sugars) – e.g. breads and cereals; milk and dairy foods; fruits and some vegetables.

Glucose, the body's preferred source of energy, travels in the blood stream to the muscles and other organs where it is used as fuel.

The blood glucose level is regulated with the help of insulin, a hormone (or chemical messenger) made in the pancreas. Insulin regulates blood sugar levels by facilitating the uptake of glucose into cells so that the glucose can be used as fuel and assists our bodies to work efficiently.

There are several types of diabetes, the two most common being Type 1 and Type 2 - so what do you know about them?

Type 1 Diabetes

Type 1 diabetes occurs in approximately 10-15% of all cases of diabetes and it usually occurs in people under 30, but can happen at any age.

It is an autoimmune condition, meaning the body's immune system turns on its own tissues and the cells of the pancreas produce little or no insulin.

Type 1 diabetes occurs in a small number of people who have the genes that confer susceptibility to this type.

Type 2 Diabetes

The majority of people with diabetes suffer from Type 2, which is normally associated with insulin resistance. Insulin is still produced by the pancreas, but is less effective than normal. This type of diabetes is a progressive disease and may exist for years before detection.

Risk factors for Type 2 diabetes include family history, obesity, hypertension, impaired glucose tolerance and poor diet and nutrition.

Are You At Risk?

While Type 1 diabetes is currently unpreventable, Type 2 diabetes is a lifestyle disease and can be managed by reducing risk factors and following a healthy lifestyle.

Regular physical activities; incorporating low glycaemic food into a healthy diet and maintaining a healthy weight, are lifestyle changes that can help people manage Type 2

diabetes. Prescription medicine is required if blood sugar levels are not controlled.

It is very important for those with diabetes, or with a high risk of diabetes, to consult regularly with doctors and accredited dieticians to assist in the management of diabetes on an individual basis. ■

Sources:
<http://www.diabetes.com.au/> – International Diabetes Institute
<http://www.health.gov.au/> – Australian Government Dept of Health and Ageing

World Diabetes Day held annually on 14th November, helps to build awareness on the global epidemic of diabetes as a chronic and costly disease.



Healthy Ageing

Enjoy the Future and Live Life to the Fullest

While people are living longer, they are not always living healthier.

The population of both Australia and New Zealand is ageing as indicated by census studies, so it is time to focus on healthy ageing so that we can enjoy our future and live life to the fullest.

Healthy ageing has been linked to factors such as attitude, leading an active lifestyle and good nutrition.

One of the best methods of maintaining your wellbeing at any age is to eat a healthy and nutritious diet. As we age, our bodies go through various changes and at different stages in our life we require nutritional supplements to assist our bodies' wellbeing, by maintaining the correct levels of nutrition.

Nutrition combined with moderate levels of exercise and activity can improve your physical and emotional wellbeing, so start with a simple strategy – for instance a daily walk in the park with friends, or join a sports club to get you started.

If you haven't already taken steps to correct the imbalances in your life, now is the time!

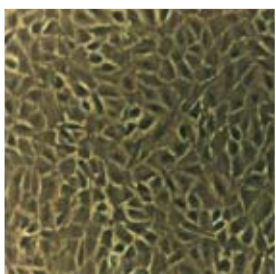
Look at your overall diet and exercise regime in order to help reduce lifestyle risk factors that are associated with some degenerative diseases, such as osteoporosis and diabetes.

Remember to consult your doctor before starting any exercise program or diet.

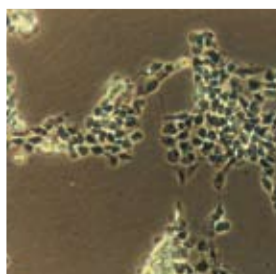
Ageing can be a positive experience – it is in your hands. ■

Start Living Today

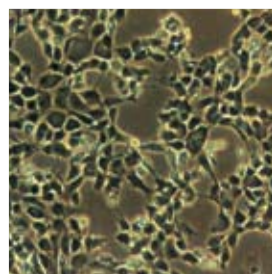
Dr. Myron Wentz and his scientific team at USANA Health Sciences conduct ongoing research into the harmful effects that our environment and certain foods have on human cells. This and other similar research is leading to revolutionary discoveries that will promote long-term health. ■



Healthy human cells in culture



Damaged cells after adding digested products from a fatty meal



Similar cells when oxidation defence mechanisms are included

Where do excessive free radicals come from?

- Stress
- Radiation from the sun
- Environmental pollution
- Toxic chemicals in the water
- Depletion of nutrients in the food supply

The cells of our bodies are fighting to stay healthy as they are attacked by free radicals

Keep Kids Active! - Health Tips for Your Child



Childhood obesity has become an alarming issue worldwide. At least 155 million school-age children (5-17 years old) worldwide are overweight or obese, according to the International Obesity Taskforce.

It is also the driving force behind an equally dramatic increase of Type 2 diabetes in both adults and now alarmingly among children.¹ Why is this so? Too many calories and too little activity, which is why children should be encouraged to be active everyday in as many ways as they can. Good food habits and daily physical activity will lead to a healthy lifestyle.

Health Tips for Kids:

1. Get active for one hour or more each day

- Build physical activity into family outings; walk the dog or go for a bike ride.
- Walk and talk – practice spelling, timetables or other homework with your child while walking.
- Be prepared. Have a box in the car and at home with balls, frisbees etc and you will always be ready for some games.

2. Encourage fun active play and recreation

- Give a present that encourages activity – a kite that you can make together.
- Encourage and support walking and cycling to school.
- Work with the school to increase physical activity opportunities.

3. Turn off the TV or computer

- Limit the use of the internet, computer and TV to less than 2 hours each day.
- Play some board games or read a book.

4. Eat more fruit and vegetables

- Choose a variety of food from within each of the five food groups – vegetables; fruits; breads and cereals; meats and dairy.
- Limit the intake of sugary drinks and replace with healthy drinks – water and milk.
- Eat fewer sugary snacks. Substitute snacks with fruit, vegetables and dairy products
- Avoid eating in front of the TV and don't use food as a reward or comfort. ■

Sources: <http://www.ietf.org> – The International Obesity Taskforce. <http://www.health.gov.au/index.html> – NSW Health.

USANA for all Generations

ESSENTIALS™

The ESSENTIALS™ for adults are a combination of two products packaged as one:



- **MEGA ANTIOXIDANT**™— a comprehensive formula of high-potency vitamins, antioxidants, and other important nutrients designed for every adult, every day for prevention of nutritional deficiencies and to counteract the damaging effects of free radicals.
- **MULTIMINERAL**™—a full-spectrum blend of essential minerals and trace elements in a balanced, highly bioavailable formulation. When taken together with **MEGA ANTIOXIDANT**, these supplements complete the nutritional foundation for every adult.

BODY ROX™*

The teenage years are trying times, especially in terms of nutrition. Teenagers need extra nutrition to support their adolescent growth spurt. External factors, peer pressure, and busy

lifestyles often combine to produce poor eating habits.

BODY ROX™ is specifically formulated to meet the nutritional demands of growing adolescent bodies.

BODY ROX provides a potent combination of antioxidants that help young bodies maintain health, including, rutin, grape seed extract, green tea extract, turmeric extract, lutein, and lycopene.



BODY ROX™ ACTIVE CALCIUM™ CHEWABLE

BODY ROX™ ACTIVE CALCIUM™ CHEWABLE is formulated with the same amount of calcium, magnesium, and vitamin D as our **ACTIVE CALCIUM PLUS™** tablet. However, because this product is chewable, it appeals to those who might not otherwise consider supplementing their diet with calcium. **BODY ROX ACTIVE CALCIUM CHEWABLE** provides comprehensive nutritional support for



optimal bone development and is an effective way to increase dietary calcium.¹

Contains sugars. Not suitable for infants under the age of 12 months. 1. Wood T, McKinnon T. Calcium- Magnesium- Vitamin D Supplementation Improves Bone Mineralization in Preadolescent Girls. USANA Clinical Research Bulletin 2001 Feb; No. 8. <http://www.usana.com/bin/8CRB.pdf>

USANIMALS™

Great-tasting **USANIMALS™** help make nutrition fun.

With children's growing bodies, it is crucial for them to receive adequate vitamins, minerals, and antioxidants. **USANIMALS** provide a full array of these nutrients in amounts designed especially for children. **USANIMALS** include advanced levels of vitamins C and E, two of the most powerful antioxidants and an antioxidant phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders. Your children will love the natural blend Wild Berry flavour and animal shapes. **USANA** uses only natural flavours and sweeteners. ■



Contains sugars. Not suitable for infants under the age of 12 months.

HEALTHPAK 100™ The most convenient way to get your daily dose of nutrition.

HEALTHPAK 100 is a four-in-one product providing a full four-week supply of USANA's premier products in convenient packets that include **ESSENTIALS™**, **ACTIVE CALCIUM PLUS™**, and the **AO BOOSTER**. These individual dosages make travelling and maintaining a hectic lifestyle easier. By not fussing with extra bottles or remembering which pills to take and when, **HEALTHPAK 100** makes maintaining your health and lifestyle more convenient.



*Do not take while on warfarin therapy without medical advice. *This product contains selenium which is toxic in high doses. A daily dose of 100ug of selenium from dietary supplements should not be exceeded. Selenium-containing products are not suitable for use by children under the age of 15 years. Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL. Before purchasing, please visit the USANA ANZ product Web site for full ingredient details: <http://products.usana.com/en/products/au/index.shtml?isRetail=1>

One Man's Vision

- A World-Wide Passion



The success of USANA is largely the result of its Founder and Chairman, Dr. Myron Wentz. With a Ph.D. in microbiology and immunology, Dr. Wentz is an internationally recognised pioneer in the use of human cell culture technology for the diagnosis of infectious disease.

In the early 1970's, Dr. Myron Wentz founded Gull Laboratories and spent 20 years developing products that would be used in hospitals and clinical laboratories around the world to accurately diagnose viral and other infectious diseases. The most successful of Gull's products was the first commercially available test for the diagnosis of infection with the Epstein-Barr virus (EBV), which causes infectious mononucleosis.

Although the products developed at Gull Laboratories set the 'Gold Standard' for detecting infectious diseases, they did little to prevent disease. An ensuing sense of discontent, combined with growing personal health problems, influenced the next phase in this North Dakota-born scientist's life.

Having learned from his cell culture experience the importance of good nutrition for optimal cell function, he learned that the average person's diet does not supply the nutrition

needed in today's world and quickly realised the necessity for supplementation. He began researching how to nourish the human body, specifically how to overcome the deficiencies in today's foods and the increased exposure of our cells to oxidative stress. He also studied how to optimise the assimilation of dietary nutrients.

Dr. Wentz began testing health supplements in his analytical laboratory to verify their quality and effectiveness. He was surprised to find many inadequacies in the available health supplements. He saw that ingredients were of low quality with low bioavailability and in inappropriate nutrient amounts and ratios.

Dr. Wentz determined that, based on the nutritional needs of cells in culture, the available health supplements were inadequate to promote good health. That's when he made a commitment to provide himself and his family with the highest level of nutrition possible.

Dr. Wentz developed a line of dietary supplements that rewrote the standard of excellence in the nutrition industry and spurred the rapid growth of USANA. The same level of scientific expertise and dedication has been employed to create additional nutritional and personal-care products. The most recent example of the high standards of USANA products is the Sensé—beautiful science™ approach to skin care. Once again, nutrition (now applied to the body's outer covering) acts as the key to good health.

In June 2003, Dr. Wentz was recognised for his continual devotion to developing state-of-the-art scientific products and his keen business sense by being awarded the Utah 2003 Ernst & Young Entrepreneur of the Year Award in the retail and distribution category. "I get a strong sense of satisfaction knowing that we are creating truly remarkable products," he says. "USANA is improving the lives of many people, both physically and financially." ■



Zero Tolerance for Error

USANA's manufacturing facility complies with pharmaceutical-grade Good Manufacturing Practices (GMPs).

"To adhere to drug GMP standards, we test the raw ingredients, we test the product during manufacturing, and we test everything before it goes out the door," says Glen Putnam, Quality Assurance Director, USANA Health Sciences, Inc., Salt Lake City, Utah.

Raw Ingredients

When raw ingredients are shipped to USANA, they are immediately placed in quarantine to await a string of elaborate tests to determine their purity, potency, and quality. Anything that doesn't meet all of USANA's internal criteria is rejected and returned to the supplier.

Paperwork, Paperwork, Paperwork

USANA's Quality Assurance Team keeps track of every minute detail, from elaborate testing and evaluation of raw materials to what happens to the products during shipping and storage. Everything that is done in quality assurance and manufacturing has a written, detailed procedure. All employees are trained to follow the book—exactly. "Nothing is left to chance," Putnam says. "Our book not only details how to manufacture and test our products, but how to avoid problems before they occur."

Quality Maintenance

"The design of our products is based on scientific research, but it is also based on customer feedback," Putnam says. "Our customers demand a high level of quality and we're happy to provide that quality. Our guarantee on the label actually means something." ■

USANA® Optimizers

An Extensive Selection of Products to Customise Your Nutritional Program



Part of a lifelong program, of good nutrition is recognising that we all have different nutritional needs, and that our individual needs change as we move from one stage of life to the next. For each of us, a unique combination of age, sex, lifestyle, and other considerations demand a nutritional program that is both flexible and customised. For this reason we have created the Optimizers, an extensive selection of state-of-the-art nutritional products that enables you to customise your nutritional program to meet your individual needs.

PROFLAVANOL® AND PROFLAVANOL® 90

PROFLAVANOL® contains a unique blend of POLY C™ and grape seed extract—antioxidants that appear to be some of the most powerful free-radical scavengers yet discovered. And now it is three times stronger with PROFLAVANOL® 90. Both PROFLAVANOL and extra strength PROFLAVANOL 90 contain a high quality grape seed extract—providing you with a powerful weapon in your fight for optimal health.



COQUINONE™

The USANA commitment to quality, using only the best ingredients in the right amounts and proper formulations for optimal bioavailability can be seen at its best in CoQUINONE™. This product contains a full 30 mg of CoQ10 and 12.5 mg of alpha lipoic acid per soft gel capsule. The unique USANA formulation provides these important antioxidants in a natural mixture of lecithin, and vegetable-derived glycerin mono-oleate. CoQUINONE is clinically proven to be more bioavailable than some other CoQ10 products. Do not take with warfarin therapy without medical advice.



GARLIC EC™

GARLIC EC™ may provide temporary relief of mild upper respiratory infections, such as colds and bronchitis. It also helps to maintain general well-being.

IF SYMPTOMS PERSIST CONSULT YOUR HEALTH CARE PROFESSIONAL.



OPTOMEGA™

OPTOMEGA™ is a certified organic, all-vegetarian product designed to replenish an optimal ratio of essential omega-3 and omega-6 fatty acids. With a unique blend of cold-pressed flax, sunflower, pumpkin seed, and extra virgin olive oils, OPTOMEGA is an excellent way to supplement the important essential fatty acids in your diet.



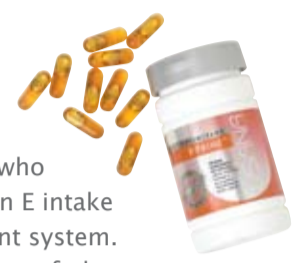
BIOMEGA-3™

The USANA BIOMEGA-3™ gel capsules supply the body with the polyunsaturated omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These nutrients help support normal, healthy cardiovascular function and helps maintain good joint health.



E-PRIME™

The USANA E-PRIME™ supplement is a premier vitamin E product for those who wish to increase their vitamin E intake and enhance their antioxidant system. The USANA E-PRIME uses state-of-the-art liquid hard-shell encapsulation technology, further enhancing the bioavailability of E-PRIME. The result is a potent and complete vitamin E formulation.



SELENIUM 25

Designed to complement the USANA® ESSENTIALS™ in providing broad spectrum antioxidant activity for the body, SELENIUM 25 is especially important for people living in geographic regions with selenium deficient soils. It delivers a convenient dose of selenium in the highly bioavailable form of selenomethionine.

This product contains selenium which is toxic in high doses. A daily dose of 100ug of selenium from dietary supplements should not be exceeded. Selenium-containing products are not suitable for use by children under the age of 15 years.



SELENIUM 150 WITH PATENTED Olivol™

A unique formulation designed to compliment the USANA® ESSENTIALS™ and to provide supplemental selenium, especially important for people living in geographic regions with selenium deficient soils. SELENIUM 150 also contains the USANA Olivol™ extract and two important trace minerals—boron and vanadium.

This product is currently available for sale in New Zealand only. Do not exceed stated dose of one tablet per day.

Olivol is a trademark of USANA Health Sciences, Inc., and is protected under U.S. patents 6,358,542, or 6,361,803.



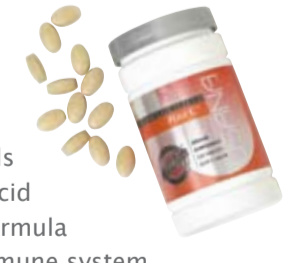
HEPAPLUS™

The unique formulation of HEPAPLUS™ helps to support healthy liver function with a powerful blend of antioxidants, including green tea extract and broccoli concentrate, and a daily dose of 192 mg of high quality, highly bioavailable milk-thistle extract. HEPAPLUS provides comprehensive support for the liver and in the maintenance of general well-being.



POLY C™

Formulated with a unique blend of highly bioavailable mineral ascorbates, POLY C™ maintains higher blood levels of vitamin C than ascorbic acid alone. The unique USANA formula helps maintain a healthy immune system and supports the synthesis of collagen.



ACTIVE CALCIUM PLUS™

ACTIVE CALCIUM PLUS™ provides comprehensive nutritional support for optimal bone development and maintenance throughout all stages of life. ACTIVE CALCIUM PLUS is carefully formulated with an optimal dosage of calcium, magnesium, and



vitamin D to offer a balanced nutritional supplement for maintenance of strong, healthy bones. Supplementation of calcium is one of the keys to help prevent osteoporosis and increase quality of life. A great-tasting chewable version is also available for kids, teens, or anyone who prefers a chewable tablet.

PROCOSAMINE® II

Feel the difference with the advanced USANA PROCOSAMINE® II supplement that offers a daily dose of 2,000 mg of glucosamine sulfate for support and maintenance of healthy cartilage. In addition, PROCOSAMINE II contains turmeric extract, Vitamin C, and manganese—all powerful ingredients that work together to provide temporary relief of the pain of osteoarthritis and help reduce joint swelling associated with arthritis.

Derived from seafood. IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PROFESSIONAL.



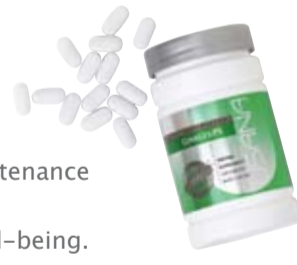
VISIONEX™

This comprehensive formula is designed to maintain long-term eye health with two of the most powerful free-radical fighting antioxidants—lutein and zeaxanthin. Because our eyes are constantly exposed to harsh environmental factors such as air pollution, dryness, and oxidative damage from sunlight, the extra health maintenance you'll get from VISIONEX™ will go a long way toward maintaining your healthy vision. VISIONEX contains guaranteed levels of lutein and zeaxanthin as well as vitamin C, bilberry extract, and zinc for additional support in the maintenance of healthy eyes.



GINKGO-PS™

GINKGO-PS™ is a combination of *Ginkgo biloba*, phosphatidylserine (PS), and lecithin to assist in the maintenance of peripheral circulation and improvement of general well-being.



PHYTELLE™

PHYTELLE™ is a combination of soy isoflavones combined with herbal extracts that address a number of health issues affecting women relating to hormone changes and hormone release patterns.



If you are pregnant, consult your physician before taking this product. Black cohosh may harm the liver in some individuals. Use under the supervision of healthcare professionals. IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PROFESSIONAL.

PALMETTO PLUS™

PALMETTO PLUS™ is a comprehensive formulation that provides long-term support for the male physiology and function. It contains all-natural botanical components guaranteed for potency, and furnishes a comprehensive, unique formulation of clinically proven saw palmetto, lycopene, and soy isoflavones, in a single, highly effective product.



USANA® Sensé - beautiful science™

theBASICS



The daily 3-step program for healthy skin gentle daily cleanser

- Gently cleanses without drying
- Leaves skin moist and supple
- Contains pure-plant extracts

This mild, soap-free formula washes away surface dirt and impurities without drying or irritating the skin. Enhanced with green tea extract, GENTLE DAILY CLEANSER defends against harsh environmental elements while it soothes and moisturises with aloe and clary sage.

hydrating toner

- Restores proper pH balance
- Contains revitalising plant extracts
- Non-drying formula safe for all skin types

Wipe away lingering surface impurities after cleansing and restore skin's pH balance with this gentle revitalising toner. The gotu kola and coneflower in HYDRATING TONER refine and brighten skin's appearance while green tea and whole grape extracts help calm oxidative stress caused by environmental influences.

AM daytime protective emulsion with sunscreen

- Day moisturiser
- Delivers intensive, all-day moisture
- Contains Regenisomes™ enzyme complex

Restore moisture and support the skin's natural cell renewal process with this lightweight moisturiser enriched with light activated Regenisomes™ enzyme complex. Many natural plant extracts boost the benefits of DAYTIME PROTECTIVE EMULSION: aloe delivers concentrated moisture, plankton guards against the drying effects of the sun, gotu kola and coneflower help skin look firmer, and Irish moss softens the skin.

PM night renewal

- Night moisturiser
- Works overnight to deliver vibrant looking skin
- Delivers powerful moisturising plant extracts
- Contains Regenisomes™ enzyme complex and Dermal Surface Renewal™ (DSR) anti-ageing technology

Wake up to younger looking skin with this hydrating overnight crème. DSR™ anti-ageing technology and penetrating Regenisomes™ enzyme complex help combat the signs of ageing and visibly refine the skin. Whole grape and green tea extracts undo the damage of daily stress. Rich in vitamins A and E, NIGHT RENEWAL brightens the complexion with coneflower and gotu kola and softens the skin with Irish moss, shea butter and mallow.

theENHANCERS



Solutions for your skin's individual needs perfecting essence

- Illuminating lotion
- Combats multiple signs of ageing with DSR™ anti-ageing technology
- Contains two skin brighteners
- Gentle enough for sensitive skin

Fight the appearance of ageing and reduce uneven skin tone and texture with this acid-free refining treatment. DSR™ anti-ageing technology along with the bearberry leaf and licorice root found in PERFECTING ESSENCE provide brightening compounds for a visible improvement in the look and feel of the skin.

serum intensive

- Refining treatment
- Combines DSR™ anti-ageing technology with a rich hydroxy acid complex
- Reduces appearance of fine lines and wrinkles
- Unclogs pores and provides additional moisture

This unique blend of alpha and beta-hydroxy acids reduces the appearance of fine lines and wrinkles, unclogs pores, and diminishes uneven skin tone. DSR™ anti-ageing technology helps keep skin looking youthful while coneflower and gotu kola provide additional firming benefits. The whole grape and green tea extracts in SERUM INTENSIVE also calm environmental effects on the skin. Ideal for oily skin.

eye nourisher

- Eye cream
- Firms eye area to minimise the appearance of fine lines and wrinkles
- Contains Regenisomes™ enzyme complex and DSR™ anti-ageing technology
- Ophthalmologist-tested

Care for the delicate skin around the eye with this lightweight, moisturising complex enriched with shea butter and Irish moss. Regenisomes™ and DSR™ anti-ageing technology rejuvenate skin after exposure to the environment and reduce the appearance of fine lines and wrinkles. EYE NOURISHER also contains soy to help retain moisture, gotu kola and coneflower to brighten the skin, and whole grape and green tea extracts to provide oxidative defence.

rice bran polisher

- Exfoliator
- Loosens and dissolves dead skin cells
- Contains plant extracts

Exfoliate dead skin cells and keep your complexion looking radiant with papaya enzyme, beta-hydroxy acids, and rice bran beadlets in this gentle scrub.

sensé beautiful science™



Personal-care products for the entire family revitalizing shampoo

- Delivers vital nutrients to help clean and restore hair to natural softness and shine
- Safe for colour-treated and chemically processed hair

Cleanse your hair with this gentle shampoo that delivers vital nutrients to help restore natural softness, body and shine. The wheat protein, panthenol and vitamin E in REVITALIZING SHAMPOO promote a healthy scalp, while aloe provides penetrating moisture.

nourishing conditioner

- Provides nourishing ingredients to moisturise and strengthen hair
- Protects the hair's cuticle from damage
- Excellent for colour-treated and chemically processed hair

Moisturise, protect and strengthen hair with this conditioner enriched with vitamins C and E, hydrolyzed silk, and panthenol for extra manageability and shine.

energizing shower gel

- Gently cleanses without drying
- Leaves skin smooth and hydrated
- Soap-free

Wash away impurities and revitalise your skin with this soap-free cleansing gel infused with botanical extracts. ENERGIZING SHOWER GEL moisturises skin with jojoba seed and avocado oils and softens with Irish moss and mallow.

firming body nourisher

- Sweeps away dry patches
- Nourishes and firms skin
- Contains plant extracts to soften and hydrate skin

Sweep away dry skin with this firming moisturiser. The exclusive hydroxy complex, shea butter, Irish moss, and mallow in FIRMING BODY NOURISHER deeply hydrate as soy protein delivers vital nutrients.

intensive hand therapy

- Hand cream
- Provides intense moisture to cuticles
- Helps combat harsh environmental effects

Fight the damaging effects of the environment and keep hands and cuticles soft with this concentrated hand crème. Cocoa and shea butters, apricot kernel oil, aloe, and beeswax lock in moisture as INTENSIVE HAND THERAPY refines with mulberry and bearberry leaf and protects with green tea and whole grape extracts.

USANA® Macro-Optimizers

NUTRIMEAL™

NUTRIMEAL™ is a low-glycaemic formulated meal replacement that provides protein, complex carbohydrates, 8 grams of soluble fibre, and other vital nutrients. With only 230 Calories per serving, a delicious glass of NUTRIMEAL will satisfy your hunger while helping you control your weight. Available in Wild Strawberry, French Vanilla and Dutch Chocolate flavours.



NUTRITION BAR

A delicious, healthy snack, NUTRITION BARS provide a balanced ratio of carbohydrates, proteins, and fats. NUTRITION BARS are available in two delicious varieties: Oatmeal Raisin and Peanut Butter Crunch. Oatmeal Raisin NUTRITION BARS™ contain a blend of whole-grain oats, oat bran, and plump raisins and is a great-tasting, wholesome snack. Peanut Butter Crunch NUTRITION BARS, with a chocolate coating and a peanut centre, provide all of the benefits of soy. Peanut Butter Crunch and Oatmeal Raisin NUTRITION BARS are among the most delicious nutritional bars available.



FIBERGY™ AND FIBERGY BAR™

Fibre is one of the key ingredients to a low-glycaemic diet, and FIBERGY™ drink mix provides 12 grams of fibre in each serving. With a smooth texture and a great taste, FIBERGY helps you feel satisfied and full. FIBERGY is available in Peach Mango (gluten-free formula) and Almond Crème flavours.



The all-natural Iced Lemon FIBERGY BAR™ was developed for your busy lifestyle. Each delicious bar has 5 grams of fibre, only 1.5 grams of fat, and no cholesterol. These convenient, on the go snacks have been scientifically formulated to provide hunger satisfaction and long-lasting energy.



5 Reasons to Trust USANA with Your Health

1. Groundbreaking nutritional research

USANA invests significant time and money in extensive scientific operations, information systems, research services, worldwide scientific alliances, and technical support. USANA experts are at the forefront of nutritional science.

2. First-class ingredients

USANA's unique ingredient formulas are based on sound, scientifically proven, and clinically tested ingredients.

3. Guaranteed potency

USANA guarantees the potency of its products. Most of USANA's nutrient formulations are manufactured in-house, following stringent analytical and quality control procedures. USANA verifies each production batch so that what you read on a product label is what you will receive in the product.

4. High-quality manufacturing

USANA's manufacturing facility complies with pharmaceutical-grade Good Manufacturing Practices (GMPs). A variety of government agencies conduct periodic inspections, requiring strict control of procedures and documentation.

5. Confidence of top athletes

USANA feels so confident about its products that it is offering a revolutionary guarantee to some of its most cautious consumers—professional and world-class athletes. USANA has offered a guarantee of up to \$1 million Canadian to selected Canadian athletes if they test positive for banned substances as a result of taking USANA products. Top athletes trust their health to USANA, and you can too. ■

REMEMBER, POORLY MANUFACTURED, INCOMPLETE, AND UNBALANCED NUTRITIONAL PRODUCTS ARE A WASTE OF MONEY AND DO LITTLE TO PROMOTE BETTER HEALTH.

5-DAY RESET™ PROGRAM*

RESET™ is a jump-start program to help people take positive steps towards reaching their health and weight goals. This balanced five-day program contains 15 NUTRIMEAL™ pouches, 10 USANA® bars and 5 AM/PM HEALTHPAK 100™ packets. It is available in a flavour variety pack, with a mixture of Dutch Chocolate, French Vanilla and Wild Strawberry NUTRIMEAL, or in a French Vanilla pack. Also included are an informative DVD, a helpful guide for the five days, and a RESET magnet.

*It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. The USANA 5-DAY RESET PROGRAM is FOOD not a DRUG. The USANA 5-DAY RESET Program is not intended to diagnose, treat or prevent any disease. Results will vary. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight control.

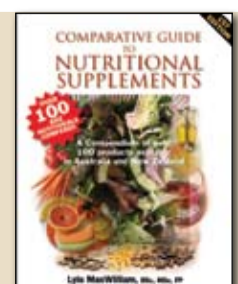


Ranked Number One Supplement in ANZ*

"After six years of researching and reviewing thousands of supplements, I have concluded that USANA's products set the Gold Standard for nutritional quality."

- Lyle MacWilliam,

Bsc, MSc, FP former Canadian Member of Parliament and Member of the Legislative Assembly for British Columbia



*USANA ANZ ESSENTIALS™ is ranked number one supplement in the the Comparative Guide to Nutritional Supplements (MacWilliam, L. 2005, 1st Ed.)