

true**h**health

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



The
Health Challenge
why "old" does not equal "sick"

How one man's passion
leads him to rewrite the
standard of excellence
in an industry

Health & Freedom
Newspaper PHILIPPINES



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The Health Challenge

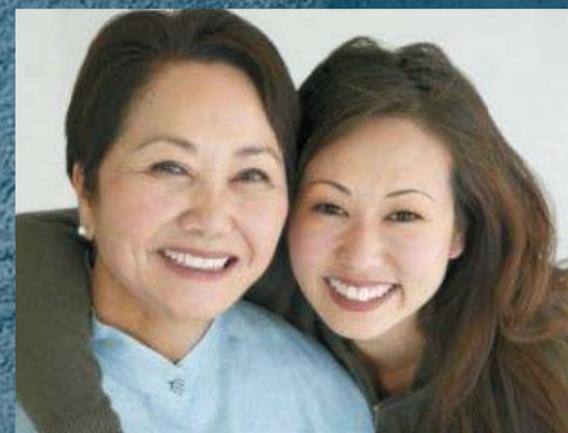
The world's most damaging health conditions today are not those caused by germs and viruses. The decline in our health is a result of accumulated damage and degeneration of our cells. Public health scientists have found new evidence that the air that we breathe, the water we drink, even the foods we eat, contain substances that may damage our cells.

No effective cure

At its annual report, the World Health Organization warns that major chronic conditions, which already kill more than 24 million people a year, will impose an increasing burden on hundreds of millions of others.

A Healthy Lifestyle

Many people still think of degenerative health conditions 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 avoiding chronic health conditions, and lead us to a healthier life.



Healthy Aging

How many of the people we know and love will spend their golden years living their dreams in health and happiness?

How many more will live through years of suffering and pain because of poor lifestyle choices in their early years?





The Science Behind a Lifetime of Health

How our cells are damaged

Free radicals are highly destructive molecules. Because they are missing an electron, they destroy healthy molecules by stealing their electrons and making them into free radicals too. This causes a chain reaction of damage to various parts of our cells.

Free radicals can result from our environment. Free radicals are also produced by our body in the process of burning food for energy. We cannot avoid them, but we can neutralize their action.



Healthy Atom
(paired electrons)



Free Radical
(missing one electron)

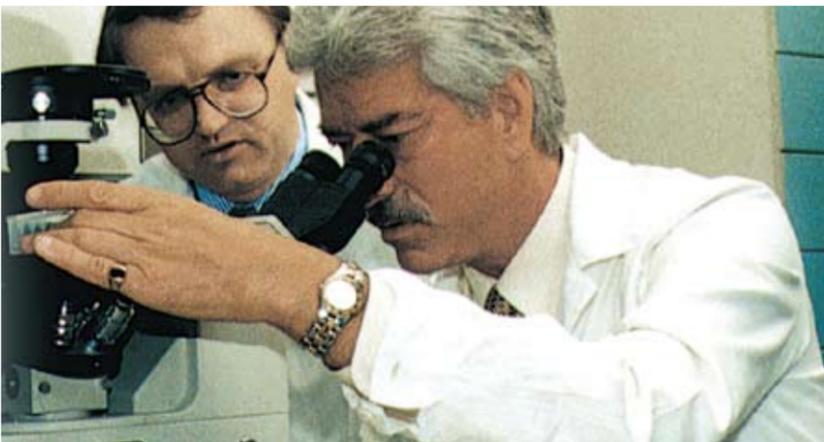
Why a healthy diet helps

Food, particularly fruits and vegetables, supplies many types of antioxidants, which “donate” their extra electrons to neutralize free radicals. Eating a variety of healthy food also gives our body the nutrients it needs to repair and regenerate damaged cells. But maintaining a healthy diet is difficult. Researchers believe that supplementary antioxidants are necessary for combating free radicals in addition to the body’s normal defense systems.

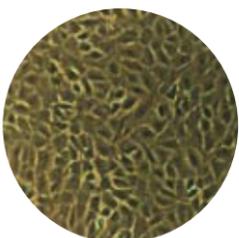


Antioxidant
(extra electrons)

Seeing Is Believing

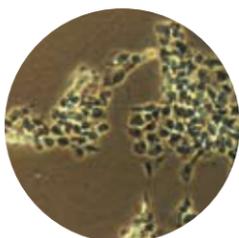


Dr. Myron Wentz, an expert on human cell culture, demonstrated the harmful effects of our environment and certain unhealthy foods on human cells.



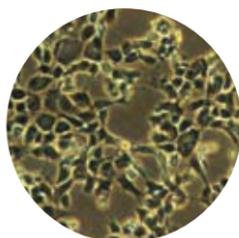
Healthy human cells in culture

Laboratory experience and analysis indicate that certain types of healthy cells in culture may survive indefinitely when “nutriented” properly and protected from harmful toxins.



Cells after adding digested products from a fatty meal

Cellular damage is caused by oxidized lipids from fatty food. Consider that such damage could occur throughout the body.



Similar cells when antioxidants are included

Antioxidants provide a marked improvement in inhibiting cellular damage from oxidizable foods. Healthier eating habits are your first line of defense.

By Chance or by Choice?

Nothing is more valuable than your health – not your spouse, not your friends, not even your family – because when you lose your health, everyone you respect or love suffers with you. Are you maintaining your health by chance or by choice?



One...

... of these two people can represent your future. Are you content to leave it to a roll of the dice?

But I Eat Fruits and Vegetables!

Easier Said Than Done

With an increasingly hectic lifestyle and more and more families with both parents working full-time, we know how difficult it is to provide three fresh, balanced meals each day for our family. Many people continue to believe that “we can get everything we need from food,” but with convenience starting to play a bigger role in our food preparation, can that really be true?

In practice, even very careful eaters find it difficult to ensure that they receive the range of essential vitamins, minerals, and phytonutrients in their daily diet. Here are some reasons:

1. Food Choice and Habit

They say variety is the spice of life, but the fact is, most people’s diets are pretty boring. We don’t eat sufficiently wide in variety, often sticking to the few types of food that we like. Spinach may be full of nutrients, but Popeye isn’t necessarily healthy if that’s all he eats.

2. Over Cooking

Heat destroys many valuable food nutrients. But for the sake of taste, we continue to boil, fry, roast, and grill the goodness out of our food.

3. Variation in Nutrient Content

The same food – cultivated in different locations, planted in different seasons, or processed to different degrees – can end up containing very different nutrient profiles. How can you be sure that you’re really getting the amount of nutrients your body needs?



The Orange Question

Good, you’ve eaten a fresh orange. But one orange can have five times more nutritional value than another.

Which one did you just eat?

Should We Take a Nutritional Supplement?



Research has shown that many people simply may not follow the recommended guidelines for healthy eating. Fast-food and convenience-food consumption, snacking, and soft-drink use have all increased, and it has been shown that many people may not meet even the basic RDAs for key nutrition. A nutritional supplement does not replace a healthy diet. But proper supplementation can bridge the gap between what our body needs in optimal nutrition and what most of us actually get from food.

Docs Nod



“The concern for my patients’ health has led me to recommend a complete nutritional system to my patients.”

Ray Strand, M.D., Doctor, and author of *What Your Doctor Doesn’t Know About Nutritional Medicine May Be Killing You*



“One important way to effectively maintain health is to supplement our diets with a full range of vitamins, minerals, and antioxidants.”

Ladd McNamara, M.D., author, and international speaker



“In my opinion, . . . vitamins and minerals should be used in addition to a healthy diet.”

Christine Wood, M.D., practicing pediatrician, and author of *How to Get Kids to Eat Great and Love It!*

Not All Supplements Are Created Equal

Five level-headed questions you should ask when selecting a nutritional supplement



1. Complete?

“A little of every nutrient is better than lots of one or two”

A good supplement provides a broad spectrum of essential nutrients – vitamins, minerals, and a variety of antioxidants such as bioflavonoids, alpha lipoic acid, and coenzyme Q10. Many “multi” formulas miss out on the more costly nutrients.

2. Balanced?

“Nutrients work best together, in synergy – not alone”

A good supplement delivers nutrients in balance, so our body can enjoy their synergistic benefits. Unbalanced formulations may be harmful, as excessive amounts of one nutrient can sometimes hamper the body’s absorption of another.

3. Potent?

“Too much of any is harmful. But too little is ineffective”

The amount of each micronutrient we need is very small (often in thousandths of a gram a day). However, a good supplement provides sufficient amounts for optimal health. These amounts are often higher than the RDAs

(Recommended Dietary Allowances), which are minimum levels to prevent deficiency diseases.

4. Bioavailable?

“What doesn’t get absorbed and used is wasted”

Vitamins and minerals can come in various forms, some more easily absorbed and used by the body than others. A good supplement always uses the most bioavailable form. For example, chelated minerals, i.e., those bonded to amino acids, are more readily absorbed than mineral salts.

5. Safe?

“Above all, do no harm”

A good supplement avoids nutrients like iron and preformed vitamin A, which can be harmful with long-term use. It is also manufactured to more exacting standards to ensure purity and uniformity in every tablet. Products that are made to pharmaceutical standards are best.

Of Folklores & Miracle Pills

Herbs from the mountain peak; algae from the deep sea; roots from virgin forests... the search goes on for the nutritional magic bullet.

Such supplements, like herbal medicines, can benefit some people in addressing specific health issues. But no folklore medicine can provide the variety of vitamins, minerals, and antioxidants in optimal amounts and balance. Therefore, they do not replace a good, broad-spectrum nutritional supplement that we should take each day.

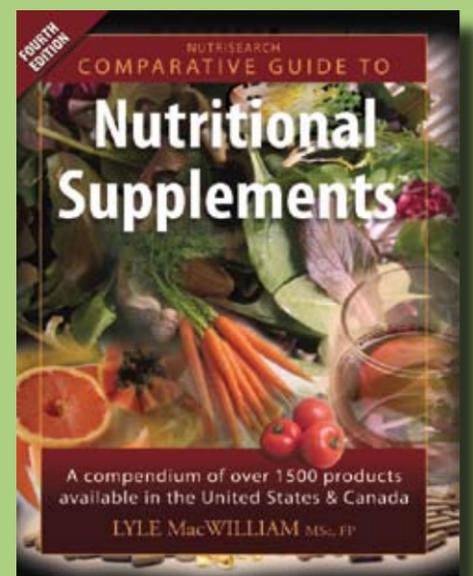
“Can a single food source provide all the nutrients our body needs?”

“Best of the Best” Among 1,500 North American Products

Canadian biochemist, educator, and author Lyle MacWilliam’s *Comparative Guide to Nutritional Supplements* rates over 1,500 nutritional supplements in North America on **18 criteria**. It is arguably the most comprehensive and authoritative survey of its kind.

An ex-member of parliament, MacWilliam served as an expert advisor at the behest of Canada’s Federal Ministry of Health. “Most consumers are not trained in nutrition. In publishing this book, I hope to help them separate the wheat from the chaff,” says MacWilliam.

USANA Health Sciences’ **Essentials™**, a balanced multi-vitamin, multi-mineral, and multi-antioxidant formula, were ranked “best of the best” in the latest (4th) edition of MacWilliam’s guide. The product is one of four to receive the guide’s highest Gold Medal rating.

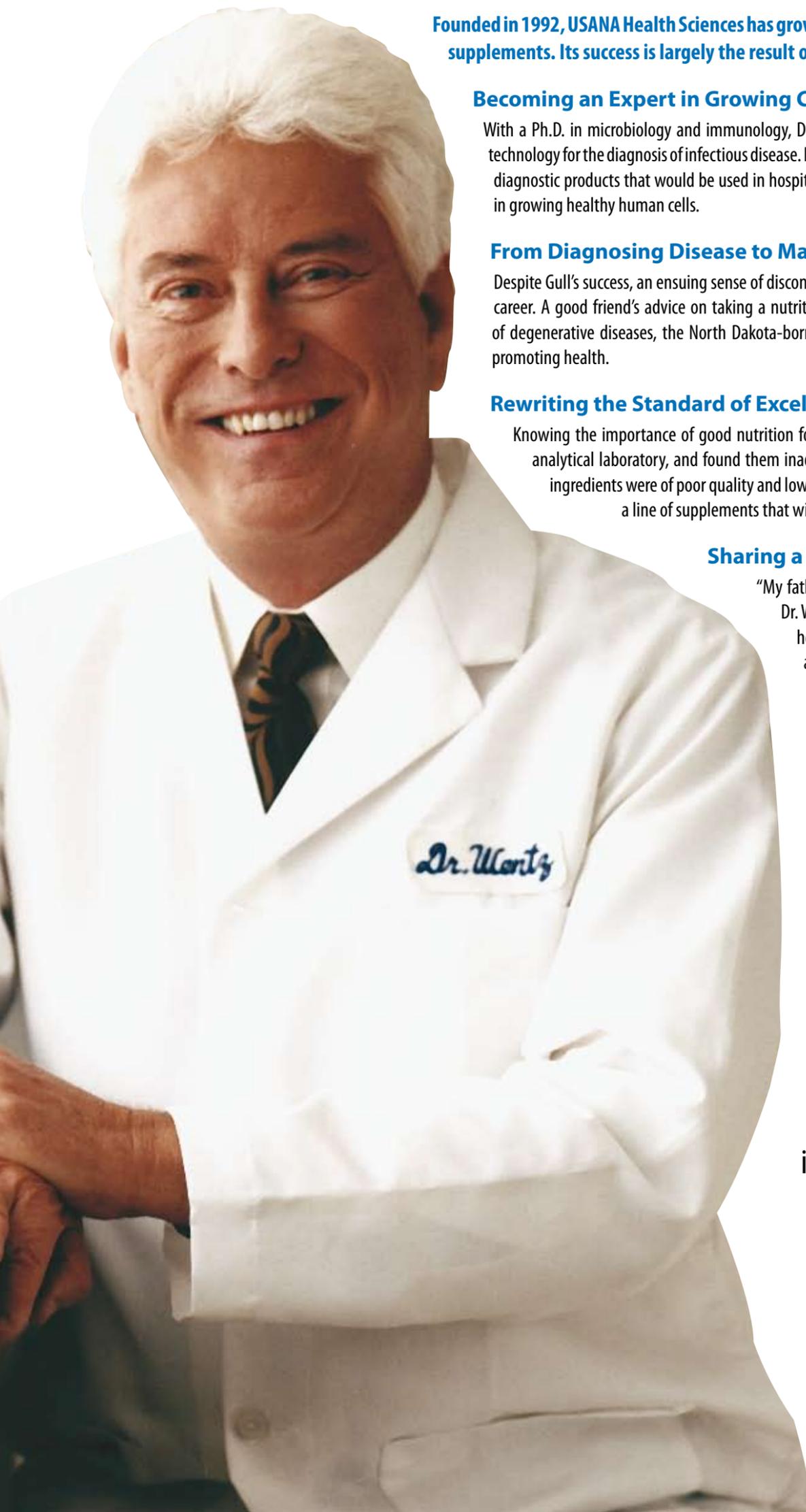


4th Edition



The USANA Story

One Man's Vision & Passion



Founded in 1992, USANA Health Sciences has grown to be a highly respected manufacturer and marketer of nutritional supplements. Its success is largely the result of its founder and chairman Dr. Myron Wentz.

Becoming an Expert in Growing Cells

With a Ph.D. in microbiology and immunology, Dr. Wentz is an internationally recognized pioneer in the use of human cell culture technology for the diagnosis of infectious disease. In the early 1970s, Dr. Wentz founded Gull Laboratories and spent 20 years developing diagnostic products that would be used in hospitals and clinical laboratories around the world. In the process, he became an expert in growing healthy human cells.

From Diagnosing Disease to Maintaining Optimal Health

Despite Gull's success, an ensuing sense of discontent and growing personal health problems influenced the next phase of Dr. Wentz' career. A good friend's advice on taking a nutritional supplement became the turning point. Recalling that both his parents died of degenerative diseases, the North Dakota-born scientist decided to redirect his scientific expertise from diagnosing diseases to promoting health.

Rewriting the Standard of Excellence

Knowing the importance of good nutrition for optimal cell function, he began to test available nutritional supplements in his analytical laboratory, and found them inadequate – with nutrients in inappropriate amounts and balance. He also saw that ingredients were of poor quality and low bioavailability. He founded USANA in 1992 with a personal commitment to develop a line of supplements that will rewrite the standard of excellence in the nutritional industry.

Sharing a Vision of Health

"My father started USANA Health Sciences with a focused vision," says Dave Wentz, son of Dr. Wentz and CEO of USANA. "He envisioned a world where people experienced physical health, emotional well-being, and financial stability. He wanted to give his family and families of thousands of others the means to enjoy life to its fullest in happiness and health. To accomplish this, he enlisted the help of many Distributors who shared USANA's vision and wanted to help make the world a healthier place."

Today, hundreds of thousands of people around the world share Dr. Wentz' vision of maintaining good health through good nutrition, and trust their families' well-being to USANA products. Dr. Wentz' passionate dream led him to establish the state-of-the-art Sanoviv Medical Institute in Baja, Mexico, as well as the Wentz Medical Centres for children in Uganda and Cambodia.

“With the right combination of all the nutrients essential for life, I could maintain human cells in a healthy state almost indefinitely, without any signs of degeneration.”

Dr. Myron Wentz,

Recipient of the prestigious Albert Einstein Award for Outstanding Achievement in the Life Sciences 2007

Utah Business Magazine "100 Most Influential" 2004

Ernst & Young Entrepreneur of the Year 2003



Zero Tolerance for Error

USANA's 350,000-square-foot facility in Salt Lake City is designed to meet **Pharmaceutical** Good Manufacturing Practices (GMP).

State-of-the-art Analytical Laboratory

USANA's Analytical Laboratory is one of the best equipped in the industry, with cutting-edge tests for potency, contamination, stability, and dissolution. For example:

- High Pressure Liquid Chromatography (HPLC) ensures proper vitamin concentration
- Inductively Coupled Plasma (ICP) analysis is used to test mineral content and heavy metal contaminants
- Cyclical Dissolution Baths mimic the stomach to assess dissolution and bio-availability

Microbiology Laboratory

Every batch of quarantined raw material is tested for biological contamination such as Total Aerobic Plate Count (TPC), molds, and yeast, and pathogens known to harm humans such as *E. coli*, *Salmonella*, and *Staphylococcus aureus*. Only pure and potency-assured raw materials are allowed into the main manufacturing area. Finished tablets are tested again for any in-process contamination.

"Tablets are tested every 15 minutes..."



In-process Test Procedures

USANA tests tablet samples every 15 minutes during a manufacturing run. The tablets are measured for hardness, thickness, and weight to ensure the quality and dosage meet specification.

The Human Factor

Instruments and machines apart, highly trained scientists enforce a standard of research and quality control second to none. Every step in manufacturing follows a written, detailed procedure with a zero tolerance for error. Nothing is left to chance.

Pharmaceutical Quality System

Not all manufacturing quality standards are the same

Under US laws, supplement manufacturers are required to adhere to dietary supplement Good Manufacturing Practices. USANA, however voluntarily adheres to the stricter pharmaceutical quality standards, which ensure that its products are free from contaminants, its raw materials are of assured potency, every tablet contains the amount of each ingredient as stated on the label, and each tablet dissolves completely for absorption.

NSF Certification: USANA Now Certified for Sport™

NSF International has certified USANA's manufacturing facility to be in compliance with GMP requirements for dietary supplements. The former is an independent, not-for-profit organization that helps protect public health by writing standards for food, water, air, and consumer goods.

Even more, USANA most recently received certification of six of its products through NSF International's Certified for Sport™ program. NSF's independent certification helps athletes make educated decisions about the safety of the dietary supplements they choose to take.

Listed in Medical Professional References

The *Physicians' Desk Reference* (PDR) and the *Master Index of Medical Specialties* (MIMS) are the most widely-used compilations of prescribing information for physicians in the United States and Asia respectively.

Having USANA products listed in the PDR and the MIMS helps USANA earn the trust of doctors and health professionals in many parts of the world.

Best of State

USANA has received five annual Utah Best of State Awards for Dietary Supplements (Utah Best of State, 2008, 2007, 2006, 2004, 2003). With close to 100 nutritional supplement manufacturers in the state of Utah, USANA stands out as one that earns high respect from the state's business community year after year.



Nutritionals You Can Trust

In USANA® you will find the finest nutritional supplements designed for your health.

- When taking nutritional supplements, you want to start with a firm foundation. **The Essentials™** vitamin & mineral supplements provide the optimal amounts of a comprehensive range of micronutrients in their most bioavailable forms.
- Once your foundation is established, a range of add-on **Optimizers** enables you to customize a nutritional program to meet your specific needs.



Foundation of Nutritional Supplementation



The **Essentials™** vitamin & mineral supplement for adults are a combination of two products: **Mega Antioxidant™** and **Chelated Mineral™**. Together, they provide a broad spectrum of vitamins, minerals, and other plant nutrients that form the foundation of USANA's nutritional system. They have the advantage of USANA's patented Olivol™ olive fruit extract that provides the nutritional benefits of the Mediterranean diet.
112 Tablets/Bottle • Item# 101

For Cardiovascular Health

The **Proflavanol™** supplement supplies powerful bioflavonoids from exceptional-quality grape-seed extract, which is clinically proven to sustain sound cardiovascular health. It also maintains a balanced immune function and healthy, younger-looking skin.

90 Tablets/Bottle • Item# 133



For Heart Health

The **CoQuinone™ 30** supplement supplies an advanced amount of coenzyme Q10 (CoQ10), which is vital for cardiovascular health, sound muscle function, and healthy nerve function.

56 Tablets/Bottle • Item# 123



Healthy Oil

The **BiOmega™** supplement supplies pure, natural fish oil rich in omega-3 fatty acids that are essential for optimal health and wellness. In particular, they support a healthy heart and joints.

56 Capsules/Bottle • Item# 122



For Liver Health

The **Hepasil DTX™** supplement supplies important nutrients that support the liver and balance the detoxification processes within the body.

84 Tablets/Bottle • Item# 135



For Bone Health

The **Active Calcium™** supplement supplies nutrients that work together to promote strong, healthy bones. It also supports healthy muscle function and strength.

112 Tablets/Bottle • Item# 120



For Healthy Joints

The **Procosa™ II** supplement supplies an advanced dosage of nutrients that support and maintain the cartilage in your joints.

120 Tablets/Bottle • Item# 131



For Eye Health

The **Visionex™** supplement provides a comprehensive array of powerful antioxidants that protect the eyes, promote healthy eye function, and resist against potentially damaging environmental factors to help maintain healthy vision.

56 Tablets/Bottle • Item# 134



There are NO APPROVED THERAPEUTIC CLAIMS for UHS Essential Health Philippines, Inc. nutritional supplements in the Philippines.

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

Why working hard & saving hard may not be enough

Which home-based business is voted #1 year after year since 1997?

Health & Freedom
Newspaper PHILIPPINES



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Globalization Lowers Job Security

Economists forecast that in a fast-changing, knowledge-driven world, the new generation of workers will see their work skills become obsolete at least once within their career. Many people will find work opportunities diminishing as they age.

Globalization can make jobs even less secure. Many jobs in the Philippines will increasingly be outsourced to lower-cost countries, and economic turmoil in a country half way across the globe can affect your career here at home.

Earning multiple streams of income spreads your risk.

Caring for the Family

How much time do you spend with your loved ones?



Many families in the Philippines have both parents working – leaving the care of their children and older folks in the hands of maids or care centers.

As your children grow, and your parents age, how often are you there for them when they need you?

I Work Hard & Save Hard But is it enough?

Many Filipinos are ill-prepared for retirement. Most underestimate the amount of savings they require to live comfortably in their golden years. As life expectancies continue to improve, and costs continue to rise, there is a real concern that their nest-egg alone will not be sufficient for most, in their old age, to maintain the lifestyle they are accustomed to.

With Filipinos already saving a bigger portion of their income than people of most other nations, the solution is not to save more, but to earn multiple streams of income.

Can life be better ?

What would you be doing differently today...
if time and money were no object?



Smarter Ways to Earn

1. Leverage Your Income

Professionals and employees trade their own time and effort for money. But there is a limit to how much wealth one can accumulate this way.

“Leveraging” has always been the secret of the world’s wealthiest individuals. They understand that the combined time and effort of many people always offers a much bigger income potential than what one can earn alone.

2. Create a Residual Income Stream

Workers get paid each hour, each week, or each month that they provide a service.

Smart people continue to earn into the future, based on their efforts and the efforts of others whom they recruit.



The Wellness Boom

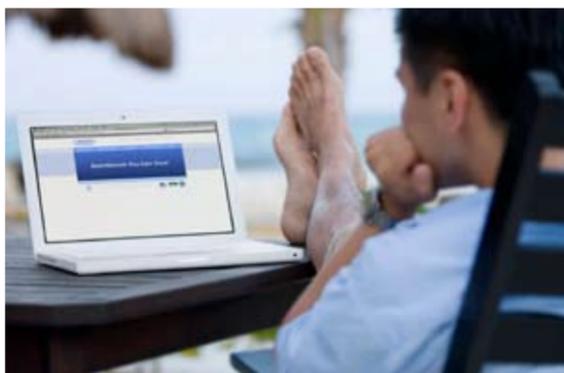
Are you capitalizing on the next trillion-dollar industry?

The aging of baby boomers will lead to a boom in the health and wellness industry. World-renowned economist and trend-forecaster Paul Zane Pilzer predicted, “When I look forward to the year 2010, I see a clear one-trillion-dollar business just in the growth of the existing products and services in the wellness industry.”

In starting a business, the wise go with a world-class product or service in a fast-growing category.



Network Marketing



Despite prejudices and misinformation, the network marketing industry has grown to over \$1 billion US in revenue.

In essence, network marketing companies take advantage of the increasing cost of advertising and

distributing products through traditional channels, and create an alternative that rewards individuals for promoting their products through word-of-mouth. Distributors are compensated not only for selling products, but also for training others in their team to do the same.

A good network marketing company provides ordinary people a legitimate home-based business that builds income with excellent leverage and residual value.

The earnings portrayed in this literature are not necessarily representative of the income, if any, that a USANA Distributor can or will earn through his or her participation in the USANA Compensation Plan. These figures should not be considered as guarantees or projections of your actual earnings or profits. Any representation or guarantee of earnings would be misleading. Success with USANA results only from successful sales efforts, which require hard work, diligence and leadership. Your success will depend on how effectively you exercise these qualities.

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Thriving in the 21st Century

The 21st century is unlike anything any of us could have imagined, even in our wildest dreams. To survive and thrive, you will need to make your career fireproof, to go from employee to owner, from frustration to motivation, to make changes work for you, rather than against you, and to take charge of your life.

The kind of professional career each of us needs to be looking for is an organization that offers the following:

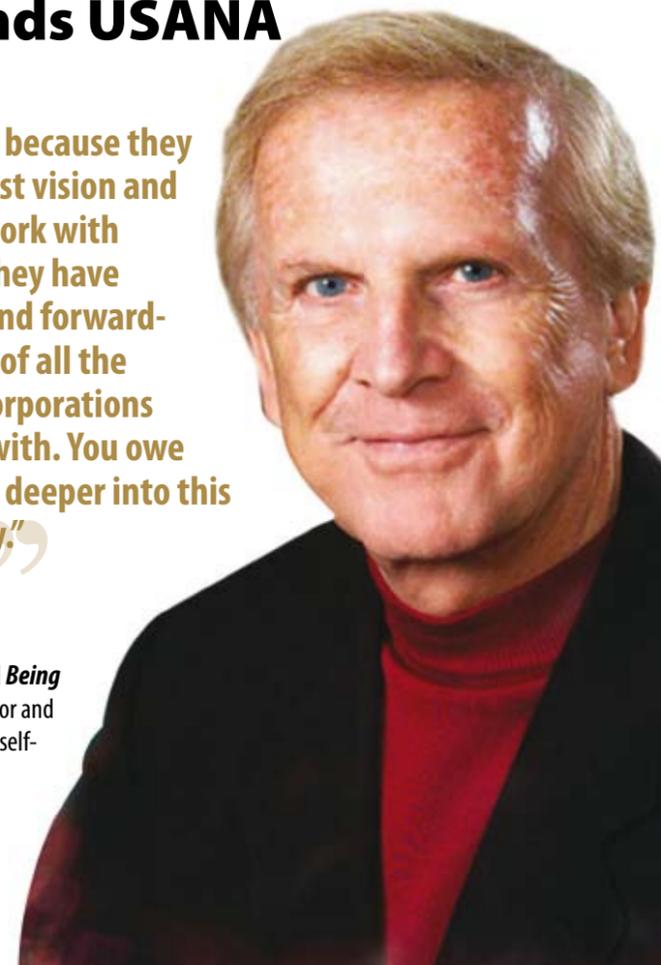
- ✓ a clear and elevating mission to help improve quality of life
- ✓ the finest-quality products or services in the industry it serves
- ✓ an environment that fosters empowerment
- ✓ the opportunity to succeed on one’s own terms and merits
- ✓ and finally, a growth opportunity that is soundly capitalized, with staying power, resources, and integrity weighed before profit as the ultimate bottom line.

If you’re ready to stop selling your time and start creating residual income, consider the USANA opportunity. You’ll find that through USANA, your state of mind, state of health, and state of lifestyle will accelerate in fast-forward to a level enjoyed only by those who become the CEOs of their own lives.

World-renowned Author and Motivational Speaker Recommends USANA

“USANA has my vote because they combine the grandest vision and the power of teamwork with the best products. They have the most integrity and forward-thinking leadership of all the top multinational corporations that I have worked with. You owe it to yourself to look deeper into this exciting opportunity.”

The author of global bestsellers *The Psychology of Winning* and *Being the Best*, Denis Waitley is a mentor and colleague of giants in the field of self-actualization.



#1 Distributor's Choice for 10 Years Running

In 1992, microbiologist and immunologist Myron Wentz Ph.D. started a company dedicated "to manufacturing the highest quality nutritional products without compromise."

The company he created, USANA Health Sciences, is voted the #1 "Distributor's Choice" by readers of *Network Marketing Today: The MLM Insider Magazine Vol. XVII, Issue 1* – for 10 years running!

Find how why people the world over choose to build true wealth with USANA.

Why?



1 An Unquestioned Devotion to Quality



USANA® products are formulated and manufactured to standards that exceed many nutritional products on the market. Many doctors, health professionals, and world-class athletes trust their health to USANA.

People feel proud to recommend USANA products to their family and friends.

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2 A World of Seamless Opportunity



17 years, 14 markets, and MORE to look forward to!

USANA pays on sales volume generated worldwide in a single, seamless commission plan. With 14 markets opened, and others to come, USANA offers the rare combination of a proven record of international success and vast opportunity for growth.

People give the thumbs up to USANA's forward growth potential.

3 A Global Family that Cares



USANA's vision of true health extends to all people, especially children, which is why it has formed a partnership with Children's Hunger Fund, an organization that has provided more than \$8 million US in aid.



Led by Dr Wentz' passion for helping children in need, the USANA family has contributed \$2.247 million US to the Children's Hunger Fund since 2001. Through these donations, children in many poor areas of the world receive food, health, and love.



4 A Pay Plan that Builds Real Residual Income through Leveraging

Many network marketing opportunities pay a lot to the fortunate few at the top of the hierarchy, and set high demands that the average person has little chance of attaining.

The USANA pay plan is unique in its transparency, fairness, and workability. All it takes is two people in your downline to get started building a business. The next pages show how USANA promotes a solid income opportunity by helping the average person to do well!



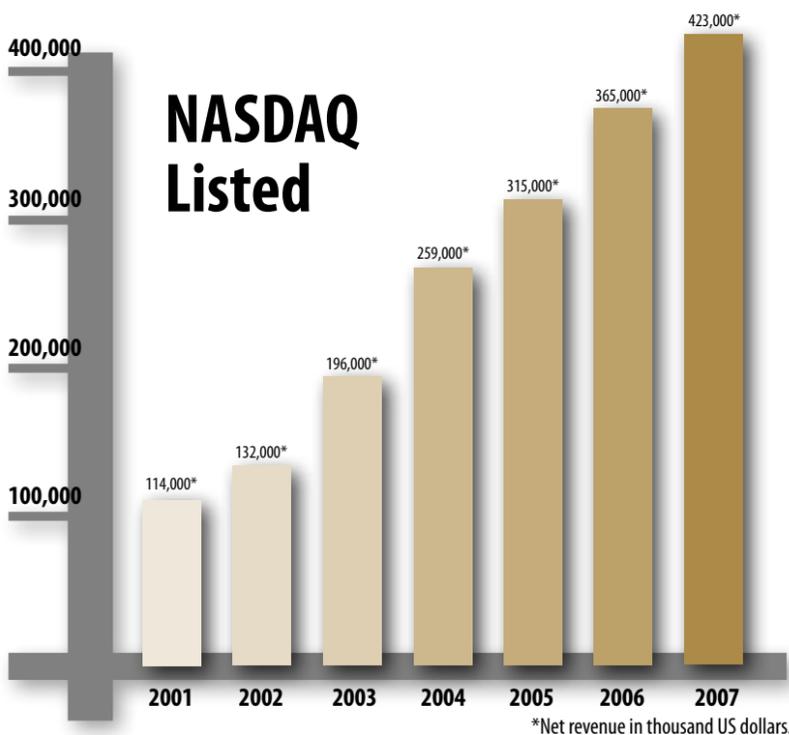
People are drawn to USANA's dedication to a worthy cause.

People understand they can only succeed when the average person in their network can.

5 An Enviably Record of Financial Strength



USANA Health Sciences, Salt Lake City, USA



Few network marketing companies show as consistent a growth, or as stable a financial position, as USANA.

- ✓ Listed on the NASDAQ, USANA is a member of the Russell 3000 Index.
- ✓ The company records consistent sales and profit growth.
- ✓ **BusinessWeek** ranks USANA No. 3 among its "100 Hot Growth Companies" of 2005. No direct selling company ranks higher.
- ✓ **Forbes** ranks USANA No. 5 on its 2005 list of "200 Best Small Companies" in America. Again, no direct selling company ranks higher.

"(Our list) . . . features solid and consistent hitters that have performed well when measured over the last 12 months and the past five years, and are poised for another growth spurt."

Forbes, on picking its 200 Best Small Companies

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The Compensation Plan that Builds Real Residual Income

10 out of 10!

1. Easy start—so everyone can be a part of USANA.

2. You help others downline as you help yourself. Many plans pay more when you place everyone you personally sponsor directly with you.

3. Most companies pay commission monthly. Some pay big bonuses yearly!

4. You benefit even if volumes are generated way deep down your organization.

5. An international seamless plan greatly extends your network's growth potential.

The USANA Compensation Plan encourages teamwork and ensures a fair distribution of income among Distributors—so you can build a solid residual income opportunity by leveraging your efforts with the efforts of others in your downline sales organization

Starting your USANA Business

You start by purchasing a Starter Kit and completing an application. You then activate your Business Center and become eligible to earn commissions by **accumulating 150 points** of Personal Sales Volume (PSV) through orders for your customers and for your personal use. As a Distributor, you may retail products to your friends or sponsor them into your downline network by placing them on the left or right side of your organization (Fig 1). You build **only two legs**. If you personally sponsor more than two people, you would help Jill or Bob by placing the new people under them.

Ways to Earn Income with USANA

1. Retail Sales

You earn a retail profit by selling USANA products to your customers at the recommended retail prices. Your retail profit is the difference between what your customer pays and your Autoship* price.

*You pay Autoship price, which is 10% off wholesale price, if you sign up on USANA's Autoship program.

2. Weekly Commissions

You earn **weekly** commissions based on balanced Group Sales Volume (GSV) points of your downline organization, according to the Payout Schedule (Fig. 2) below. The GSV is the sum of all Sales Volume Points (SVP) from ALL the Distributors and Preferred Customers in your organization, **irrespective of how many levels** of referrals, and **no matter where in the world** they enroll.

Carryover

If your left and right GSV are not balanced, USANA pays what you balanced and carries forward unpaid GSV to the following week. In the example in Fig. 3, you are paid 400 CVP for the week, and start the following week with 1,500 GSV on your left and 500 GSV on your right. GSV up to 5,000 points **carry over indefinitely**, as long as your Business Center remains active.

Re-Entry

When you achieve 5,000 GSV on both your left and right side in a week, you have maximized your Business Center. To earn commission beyond the 1,000 CVP a week, you start an additional Business Center by re-entering it in an open position down your organization. By re-entering, your new center will be downline of those who were previously downline of you! Similarly, a successful person upline can **become downline of you** upon re-entry.

3. Matching Bonus

For all **Distributors you sponsor who become Platinum PaceSetters**, you will receive a match of their first 32 weeks of commissions*.

The percentage you receive depends on your own status:

Platinum PaceSetter	PaceSetter	Neither
100%	50%	25%

*The Matching Bonus is paid on Weekly Commissions only. You do not match other sources of earning, like the Leadership Bonus or cash prizes from contests.

4. Incentives

You can be rewarded with luxury travel, prizes, and even extra cash through USANA's generous incentive programs and contests.

5. Leadership Bonus

Each week, 3% of the global GSV is divided among qualifying Gold Directors and above. Your actual share of the pool depends on the **number of Business Centers you maximized** the previous week.

Maximized BCs	How Your Share Is Calculated	Your Share
1	1 =	1
2	1+2 =	3
3	1+2+3 =	6
etc.	:	unlimited

6. Elite Bonus

Each quarter, one percent of the global GSV is divided among the **top 25 income earners** of the previous quarter. If you qualify, your share will depend on your position (i.e. your rank in the top 25) in the previous quarter, your actual earnings for the current quarter, and the absolute growth in your Commission Volume Points (CVP) over the corresponding quarter in the previous year.

Keeping Your Business Center(s) Active

To remain eligible to earn commissions and continued carryover, all you do is generate

- **100 PSV** every four weeks (on a rolling basis) for 1 BC
- **200 PSV** every four weeks (on a rolling basis) for more than one BC

There is no Group Sales Volume requirement.

Doubling Your Commission with 3BC Option

You may start your USANA business with three Business Centers instead of one. As Fig. 4 illustrates, this option can **double your commission potential** for the same amount of work. To opt for 3BC, you generate 450 PSV within the first six Fridays of enrollment.

6. No waste here! In other compensation plans all sales volume may be wiped clean at the end of each month, whether you are paid or not.

7. It's fair—Distributors take turns being upline and downline to one other.

8. As the number of shares increases, leadership bonuses offer exceptional income.

9. These reasonable requirements ensure you won't ever need to turn your bedroom into a warehouse.

10. You can choose to fast-track your business, and income, from USANA.

Figure 1: Each Business Center can only have two legs

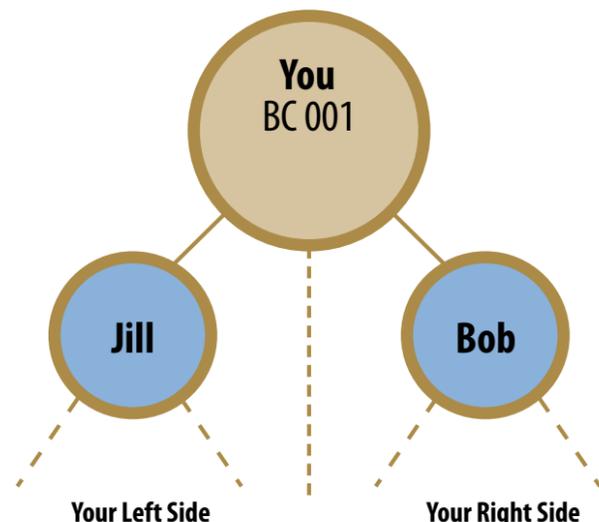


Figure 2: Commission Payout Schedule

Group Sales Volume Points (GSV)		Commission Volume Points (CVP)
Left	Right	
250	250	40
500	500	100
1,000	1,000	200
2,000	2,000	400
3,000	3,000	600
4,000	4,000	800
5,000	5,000	1,000

* CVP are in US dollars, to be converted to your local currency.

The earnings portrayed in this literature are not necessarily representative of the income, if any, that a USANA Distributor can or will earn through his or her participation in the USANA Compensation Plan. These figures should not be considered as guarantees or projections of your actual earnings or profits. Any representation or guarantee of earnings would be misleading. Success with USANA results only from successful sales efforts, which require hard work, diligence and leadership. Your success will depend on how effectively you exercise these qualities.

Figure 3: Carryover and Re-Entry

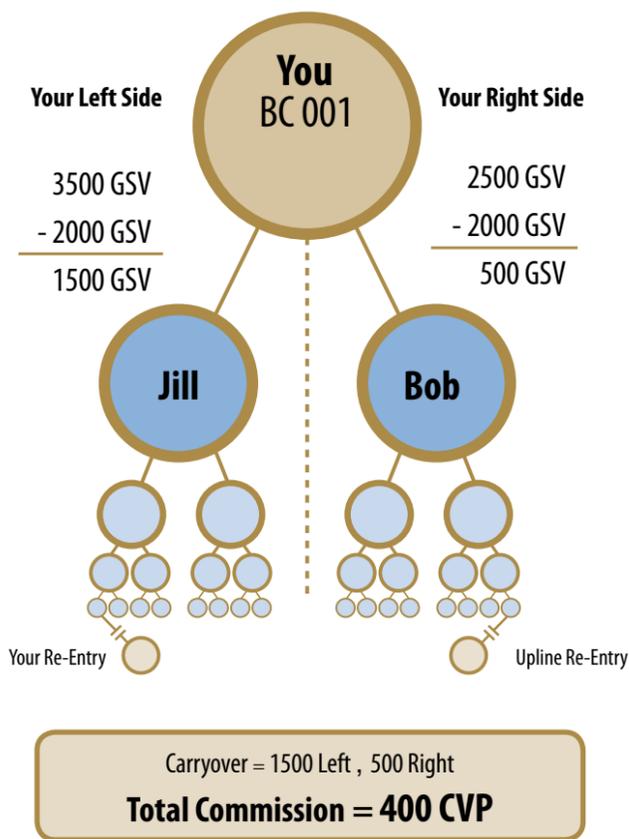
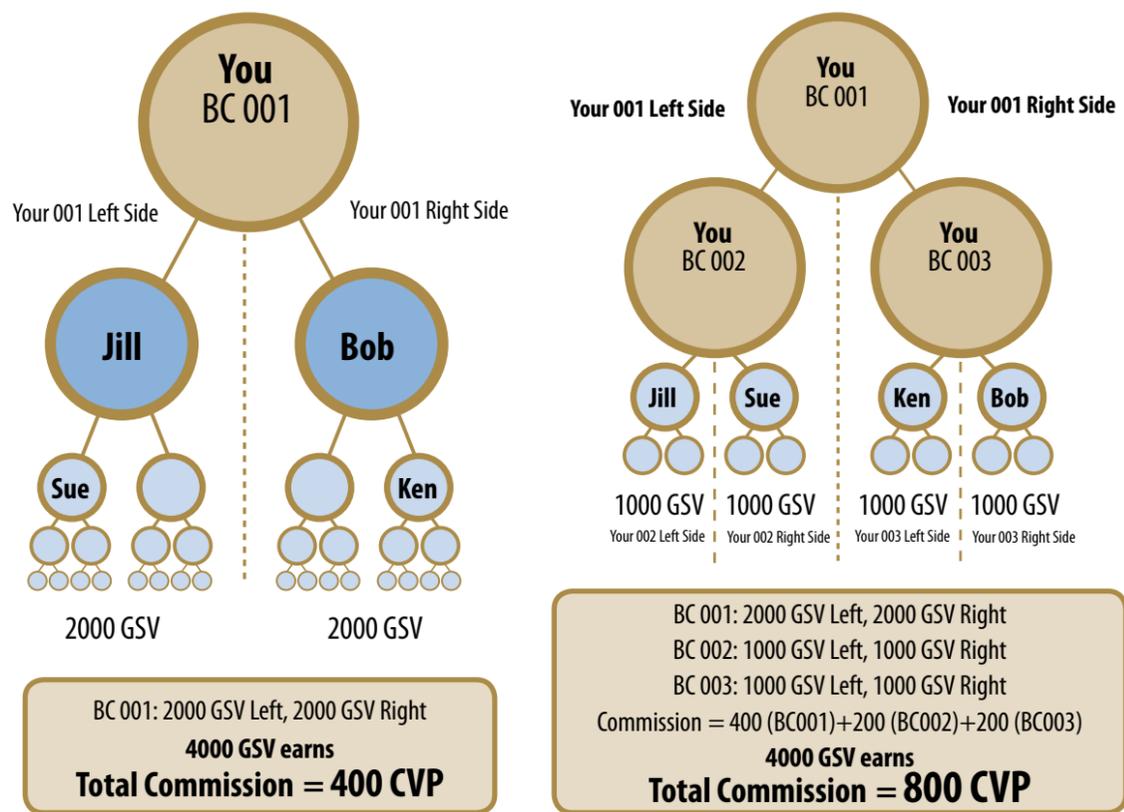


Figure 4: How 3BC doubles your commission for the same GSV



Six Ways to Earn Income with USANA



1. **Retail Sales**—Earn profits on the difference between wholesale and retail.
2. **Weekly Commissions**—Earn a starting commission up to 20% from your customers and the sales volume of your team.
3. **Matching Bonus**—Receive up to a 100% matching bonus for eight months (32 weeks) on the sales volume of Distributors you enroll who become Platinum PaceSetters.
4. **Incentives**—Be rewarded with luxury travel, prizes, and even extra cash through USANA’s generous incentive programs.
5. **Leadership Bonus**—Participate in USANA’s 3% worldwide weekly bonus pool.
6. **Elite Bonus**—Enrich your income with USANA’s 1% quarterly bonus shared among the top 25 income earners.

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Ordinary People Earning Extraordinary Income

The fact that people from all backgrounds have been able to find success with USANA shows that, working with the right company, a home-based business can be very lucrative. Here is a kaleidoscope of successful people in USANA, some of whom have earned more than \$1 million US* from their USANA business.



A **secretary and single mother** overcame all odds and a million-dollar debt.

Collette Larsen (USA)



An **entrepreneur** gave up the pressure of running a fashion business to enjoy traveling and meeting friends overseas.

Rita Hui (Hong Kong)



A **computer system engineer** enjoys the freedom to do things that she loves and enjoys.

Jasmine Zhao Lu (Singapore)



A **business owner** and an **MBA executive** traded stress and loneliness for freedom, fun, and love.

Marie-France Morin & Lyndon Redman (USA)



A seasoned **network marketer** takes pleasure in good food, free time, and a quiet, happy life.

Liu Tang Jung (Taiwan)



An **educator** traded in a successful institute he built for a smarter way to create and sustain wealth for his children.

Gong Zheng Fa (Singapore)



A **generation Y Marketer** found a smarter unorthodox way to support and retire his parents early.

Duke Tubtim (USA)



A **biologist** and a **sales agent** create unforgettable memories together, and fulfill their daughters' dreams.

Mark & Flora Trinca Cairns (Australia)



A **University Professor** joined USANA to realize his dream of achieving time and financial freedom.

Dr. Zaifuddin Md Rasip (Malaysia)



A successful **banker** and **businessman** discovers the true meaning of health, wealth and time freedom.

Victor & Annette Que (Canada)



A couple who **lost everything** turned their lives around and inspires others to do the same every day.

Steve & Di Hamilton (Australia)



An **information technology manager** experiences the challenges and joy of entrepreneurship.

Nicholas Cheoh (Malaysia)



A **drug-store owner** exchanged a 14-hour-day, 7-day-week grind for precious time with his family.

Vincent Chan (Canada)



A **51 year old** starts again after a mid-life crisis to create a life of freedom and choices!

Ron McDiarmid (Australia)



Thousands of outstanding individuals have transformed their lives by helping others do the same. Will you join them?

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Committing to Ethical Practices

USANA is recognized industry-wide for its dedication to ethics. The recent election of its CEO Dave Wentz, as Chairman of the US Direct Selling Association illustrates this commitment.

"I am so pleased to be associated with the DSA because of its strong commitment to ethical business practices. By serving on the executive board, I can help USANA remain on the forefront of the industry as our company moves into its second decade of business," says Wentz.

Recognizing that the health of the environment is an important factor in human health, USANA strives to reduce its environmental impact through the USANA Green program. USANA's actions include the following:

- Publicly reporting greenhouse gas emissions as a Founding Member of The Climate Registry
- Moving to recyclable materials in product packaging
- Cutting energy use in company facilities and operations
- Extending recycling efforts to include sorting and recycling of USANA's solid waste.



A Company You Can Trust No Hype. A sincere invitation from USANA's CEO

My father, Dr. Myron Wentz, started USANA Health Sciences with a strong vision of True Health and True Wealth.

With a family of tens of thousands depending upon USANA for their health, science will always be the focus of USANA. By following Good Manufacturing Practices modeled after the GMPs of the pharmaceutical industry and offering a potency guarantee, every customer can be assured that our products are of the highest possible quality.

The quality and value of our products also provide a stable foundation for Distributors to create a solid home-based business. With technically advanced online services, a unique and lucrative compensation plan, and expanding international business prospects, USANA is a great opportunity for part-time or full-time income.

We hope that you have found what you are seeking in USANA, and will join us in our mission of True Health and True Wealth for all.

Live well,,

Dave Wentz
Chief Executive Officer

