

FALL/WINTER 2011

A photograph of a person wearing a white knit hat, a colorful patterned scarf, and a red jacket, pulling a sled with a child on it through a snowy forest. The child is wearing a yellow jacket and a red sled. The background shows snow-covered trees and a bright sky.

IMMERSE YOURSELF IN HEALTHY LIVING



NUTRITIONALSUPPLEMENTS

4-19



DIGESTIONDETOX

20-25



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senSÉ BEAUTIFULSCIENCE

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FALL & WINTER CATALOGUE 2011



AUTOSHIP AUTOMATIC savings. AUTOMATIC delivery.

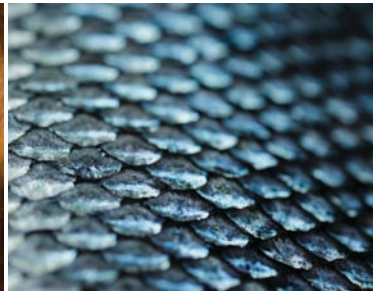
Save **15%** or more on all your USANA products.

Autoship is an automatic shipment of products conveniently delivered to your home every four weeks. And the best part? With Autoship, you'll never pay full price again!

Nutrit You Can



tionals an Trust





Samantha Stosur

Perfect MATCH

The Official Multivitamin of the WTA

USANA® Essentials™ —Item #101

Mega Antioxidant and **MultiMineral Plus** are meant to be taken together in order to build a strong foundation of exceptional health for a lifetime. Order the **Essentials** together and save over 10%!

Retail \$70.74

Wholesale \$65.50

Autoship \$58.95

T

THE DYNAMIC DUO

The **Essentials** provide a comprehensive spectrum of the necessary vitamins and minerals adults need every day for optimal health and energy levels. Potency guaranteed!



Mega Antioxidant—Item #103

Provides essential nutrients that support virtually every body system and fight oxidative stress, the cell-damaging process that results from environmental pollutants and natural aging.

Retail \$55.14
Wholesale \$51.06
Autoship \$45.95

MultiMineral Plus—Item #102

Supplies minerals that play many important roles in the body, including converting carbohydrates, fats, and proteins into energy.

Retail \$25.80
Wholesale \$23.89
Autoship \$21.50

While both products are formidable forces in their own right, when taken together, they form a fearsome partnership that delivers a one-two punch for maximum health benefits.



Zheng Jie



Hea

A NU CONV



"WE HAD USED OTHER SUPPLEMENTS BEFORE, BUT WE HAD NEVER SEEN ONE WITH A PACK THAT YOU TAKE AT MORNING AND AT NIGHT. IT WAS SOMETHING COMPLETELY NEW FOR US. THEN AGAIN, WE HAD NEVER USED ANYTHING AS WONDERFUL AS THE HEALTHPAK. FOR US, THE RESULTS WERE FANTASTIC."

NAOMI & JASON PRIESTLEY

The individuals pictured above are either Distributors of USANA products or dedicated users who have received compensation for their partnership and/or complimentary USANA products.

HealthPak™

NUTRITIOUS CONVENIENCE



Your key selection of **USANA®** **Nutritionals** pre-packed in convenient AM and PM packs.

HealthPak™—Item #100
Provides a full daily dose of the **USANA®** **Essentials™** (Mega Antioxidant and MultiMineral Plus), as well as **Active Calcium Plus™** and **USANA's** unique **AO Booster™** for added antioxidant protection.

Retail \$183.54
Wholesale \$169.94
Autoship \$152.95





A Healthy Family is a HAPPY FAMILY

H HEAD OF THE CLASS

Body Rox™ —Item #104

Now with a tasty tropical fruit-flavoured coating!

Between late-night cram-sessions, school activities, and a hectic social life, young adults can't afford to slow down because they neglected their diet.

Give them the nutrition they need to be at their best every day in, and out of the classroom.

With added phytonutrients and lutein to support great-looking skin.

Retail \$29.94

Wholesale \$27.72

Autoship \$24.95



I IT'S A JUNGLE OUT THERE



Usanimals™ —Item #105
New and improved flavour!

Be sure you get the nutrients you need with USANA's fun and easy-to-eat chewables that provide excellent nutritional support.

Now formulated with iron and an increased dose of vitamins B and D.

Retail \$21.00
Wholesale \$19.44
Autoship \$17.50



USANA brings you the best of the sea by providing you with a high-quality, ultra-pure fish oil supplement—**BiOmega**. You'll get the nutrients you need without the fishy flavour.

BiOmega™—Item #122

Rich in omega-3 fatty acids known to support cardiovascular and joint health and also neurological and intellectual development.

Fortified with vitamin D!

Retail \$32.34

Wholesale \$29.94

Autoship \$26.95



THE HEALTHIEST CATCH





GET HEART SMART

At the heart of longevity lie the basics of health—diet and exercise. But when it comes to supporting cardiovascular health, there’s nothing wrong with a little reinforcement.

Proflavanol® C¹⁰⁰—Item #110

Combines the power of grape-seed bioflavonoids with a potent dose of vitamin C to support cardiovascular health, proper immune function, and youthful-looking skin. Now with a delicious grape flavour!

Retail \$63.54
Wholesale \$58.83
Autoship \$52.95



FOCUS ON THE HEART OF THE MATTER

CoQuinone™ 30—Item #123

An optimal combination of coenzyme Q10 and alpha-lipoic acid to provide antioxidant support as well as maintain and support cardiovascular health.



Retail \$63.54
Wholesale \$58.83
Autoship \$52.95

P

P.S. MIND YOUR HEALTH

Do you ever forget where you put your keys? Have you ever spaced an important business meeting? Forget to take your **USANA® Essentials™**? It can happen more and more as you age. Here's a reminder to support your memory with **Ginkgo-PS**.



Ginkgo-PS™—Item #126
USANA's unique *Ginkgo biloba* formula supporting peripheral circulation and helping to enhance memory in adults.

Retail \$53.94
Wholesale \$49.94
Autoship \$44.95



A

A FEAST FOR THE EYES

Visionex™—Item #134
Designed to help maintain healthy visual performance and protect the delicate tissues of the eye from photo-oxidation, a key factor in age-related visual impairment.



Retail \$50.34 Wholesale \$46.61 **Autoship \$41.95**



YOUR DREAMS MISS YOU

Dreaming of rest that will leave you feeling rejuvenated and alert?
Make your dreams a reality with Pure Rest.

Pure Rest™—Item #141

USANA's fast-acting melatonin supplement supports the body's natural sleep and wake cycles.

Retail \$17.94

Wholesale \$16.61

Autoship \$14.95



PhytoEstrin™—Item #129

Mood swings, hot flashes, and night sweats. If that sounds familiar, it may be time to try an all-natural supplement to ease the transition into menopause.

Retail \$33.54

Wholesale \$31.06

Autoship \$27.95



As the years go by, our bodies develop different nutritional needs. Make sure you're doing what you can to make the golden years the best they can be by pairing healthy foods and an active lifestyle with specialized nutritionals designed for those over the age of 50.



Palmetto Plus™—Item #128

Designed for men concerned with maintaining sound prostate function.

Retail \$33.54

Wholesale \$31.06

Autoship \$27.95

Bones are your body's primary foundation—not to be taken for granted. Support them, as they've supported you, and give your bones the nutrition they need.

Active Calcium Plus™—Item #120

USANA's complete bone health formula for all adults.

Retail \$29.94

Wholesale \$27.72

Autoship \$24.95



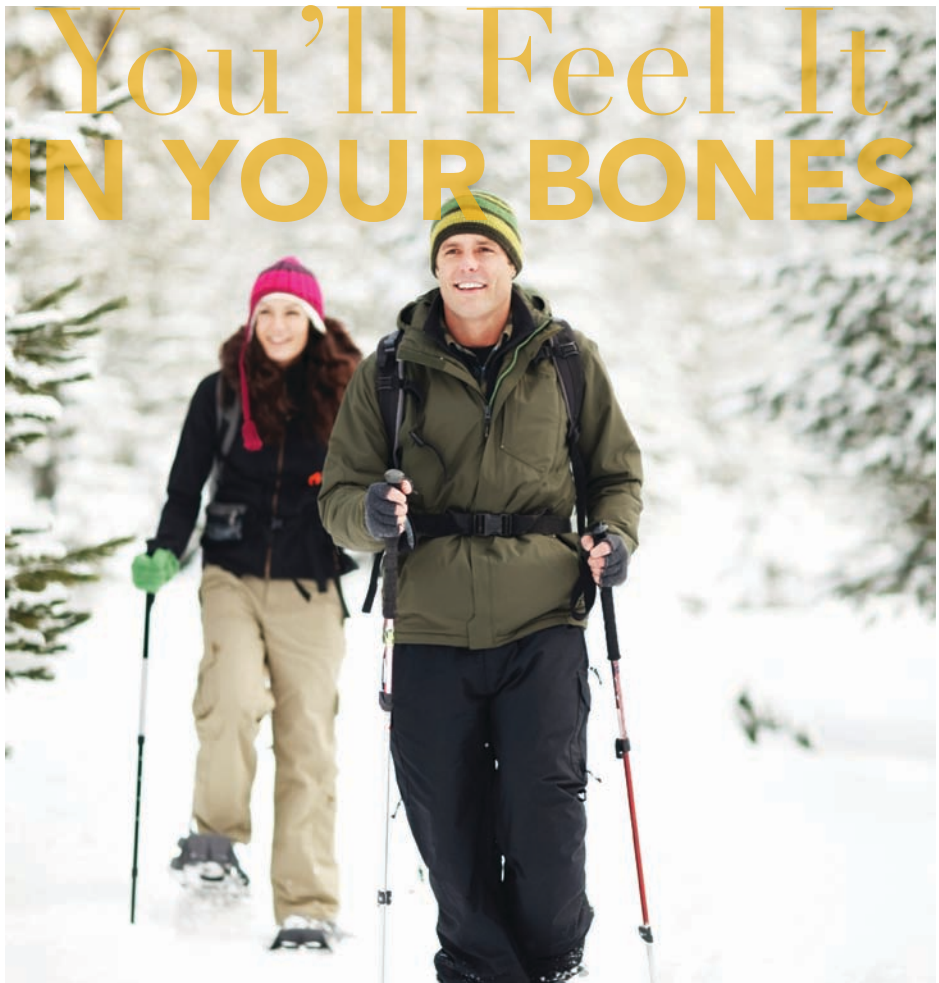
Active Calcium Chewable™—Item #121

USANA's bone health formula in a chewable tablet for adults and young adults. Also works great as an antacid.

Retail \$29.94

Wholesale \$27.72

Autoship \$24.95



B

BEAT THE WINTER BLUES

Everyone loves the sun. But we don't always have time to soak up all that the sun has to offer. That's where vitamin D comes in.

Vitamin D—Item #109

A safe and easy way to get 1,000 IU of maximum strength vitamin D to support optimal bone mineralization and cellular health.



Retail \$29.94

Wholesale \$27.72

Autoship \$24.95

A

ART JOINT RESOLUTION

Big on sports? If you're the type who likes to keep physically active, your joints may be wearing thin. Procosa will help support your joints so you can keep scoring the winning goal or driving to the hoop.



Now with the potent Meriva® bioavailable curcumin complex, which supplies a concentrated dose of this strong joint-supporting antioxidant so you can pop fewer pills.

Procosa®—Item #131

USANA's groundbreaking formula supports optimal joint health.

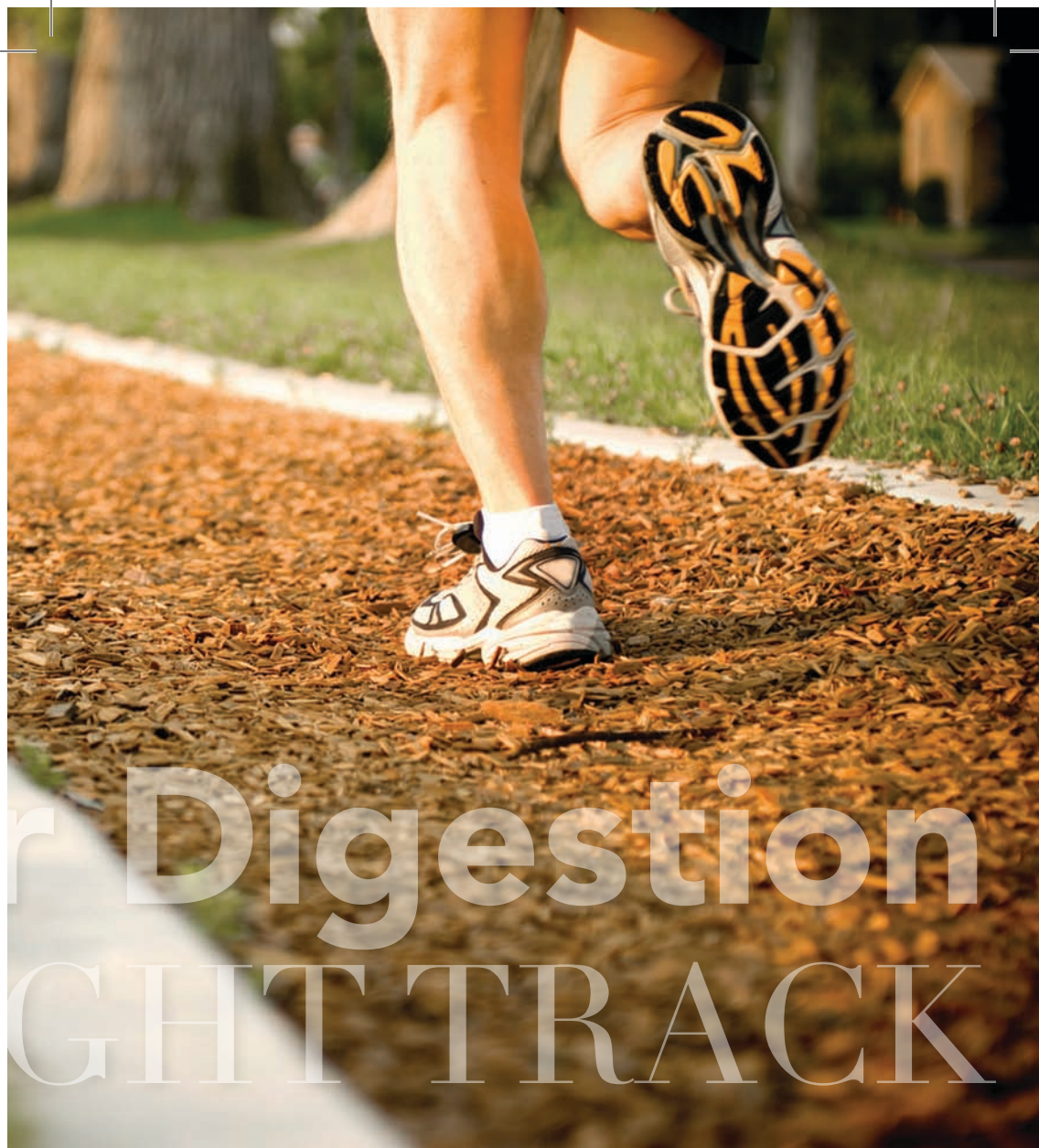
Retail \$42.60
Wholesale \$39.44
Autoship \$35.50





Keep Your ON THE RIGHT





r Digestion GUT TRACK





T

THE SUPER SOAKER UPPER

Digestive Enzyme—Item #111

Supports efficient digestive health and your body's natural detoxification processes so you can make sure you're getting the most from your healthy diet.



Retail \$49.14

Wholesale \$45.50

Autoship \$40.95



A Pleasant BALANCE



USANA® Probiotic—Item #108

Brings balance to the belly with a blend of good bacteria—*Bifidobacterium*, BB-12®, and *Lactobacillus rhamnosus* GG, LGG®—clinically proven to survive the harsh acidic environment of the stomach.

Retail \$39.54
Wholesale \$36.61
Autoship \$32.95



DELIGHT YOUR LIVER, DETOX YOUR LIFE

Your liver works hard. After producing blood proteins, filtering toxins, and storing many vitamins and minerals, maybe your liver needs a little help. Give your liver extra support with USANA's Hepa Plus.



Hepa Plus®—Item #135

Powerful antioxidant to help the liver deal with the huge amounts of oxidative stress generated through the detoxification process.

Retail \$41.40

Wholesale \$38.33

Autoship \$34.50

HYBRID
USANA Nutritional Hybrid Technology



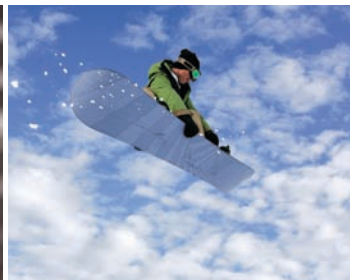
T

THE FIBRE OF YOUR WELL-BEING

Fibery® Plus—Item #226

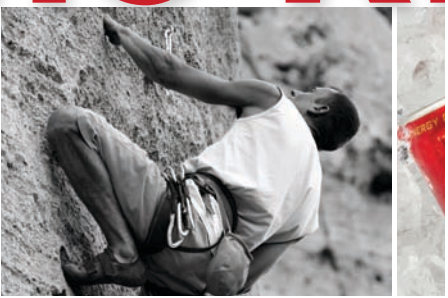
A key component for healthy digestion and with 6 grams of fibre per serving, **Fibery Plus** is a flavour-free fibre blend, which makes it perfect for mixing in nearly any liquid without altering the taste. **Fibery Plus** controls hunger and decreases your cravings. That way, you gain all the benefits of fibre without making any sacrifices.

Retail \$35.94
Wholesale \$33.28
Autoship \$29.95





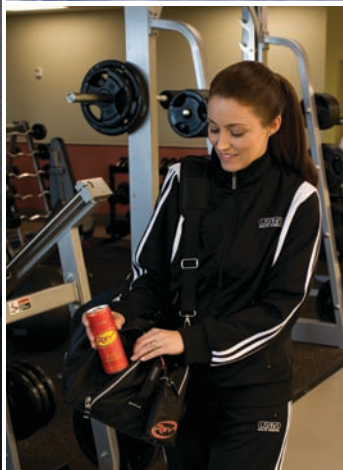
Join the R





REVolution





**"REV3 GIVES ME THE BOOST I NEED,
WITHOUT THE CRASH TO KEEP ME
GOING THROUGHOUT MY DAY."**

DAVID HENRIE
ACTOR, WIZARDS OF WAVERLY PLACE

The individual pictured above is either a Distributor of USANA products or a dedicated user who has received compensation for his or her partnership and/or complimentary USANA products.



REV3 ENERGY™

This powerful energy drink packs a clean, crisp taste and is the smart source of that extra oomph you need to push through your workout...or the afternoon.

Rev3 Energy™ Drink
12 cans—Item #138

Retail \$50.34
Wholesale \$46.61
Autoship \$41.95



Rev3 Energy Surge™ Pack—Item #139
(14 stick packs with free chalk bag)

Retail \$50.34
Wholesale \$46.61
Autoship \$41.95

Rev3 Energy Surge™ Pack Refill—Item #139
(28 stick packs)

Retail \$88.74
Wholesale \$82.17
Autoship \$73.95



USANA[®]

the taste of he

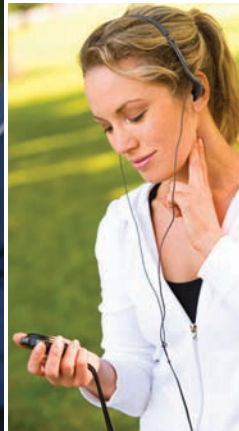
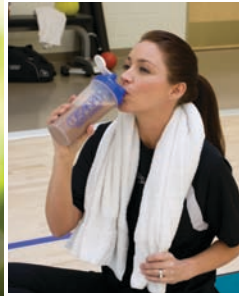




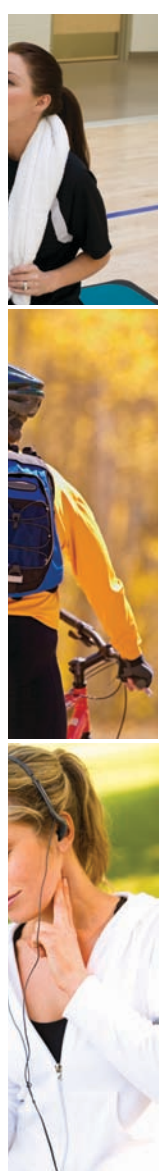
FOODS

healthy cuisine





KATHY'S **RESET™** tips



"UNLIKE OTHER WEIGHT-LOSS PROGRAMS, RESET ACTUALLY WORKS. WITH USANA'S SCIENTIFICALLY DEVELOPED MEAL PLAN AND A MODERATE AMOUNT OF EXERCISE, RESET IS A TERRIFIC WAY TO COME TO A GREATER UNDERSTANDING OF HEALTHY LIVING."

KATHY KAEHLER

Celebrity trainer and USANA spokesperson

1. Make it a priority to exercise in the morning. Doing something active is the best way to start your day.
2. Make sure you keep a supply of **Nutrition Bars** at your desk and in the pantry so you'll always have a healthy snack.
3. Avoid getting into a rut by adding some variety to your **Nutrimeal™** shakes. Add your allotted serving of fruit or flavourings and ice to "shake up" your meal.
4. Put your exercise in a planner or calendar. Keeping your workouts like an appointment will help you stick to your program.
5. Never give up. Even when other commitments get in the way, getting back on track with the **RESET** program is the most important thing you can do.

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TAKE SOME WEIGHT OFF YOUR SHOULDERS





Forget the fads. **RESET** can help you meet your goals without depriving your body of what it needs. Order the **5-Day RESET** weight management kit and prepare to feel the difference. For optimal results, be sure to follow up with the Transform phase.

For further information, visit www.USANA.com/RESET.

5-Day RESET™ Kit—Item #251

Retail \$164.34

Wholesale \$152.17

Autoship \$136.95

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term results. The RESET program lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. in 5 days. Results will vary.

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, are lactating, have allergies, are taking medications, or are under the care of a physician.

Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.

Eat healthy. It's easy! **Nutrimeal** shakes are nutritionally balanced meal replacements that provide a healthy ratio of carbs, proteins, and beneficial fats to help maintain optimal health and an ideal weight. Their low-glycemic formulas are designed to deliver sustained energy and control hunger.

NUTRIMEAL™

Try all three flavours!

Dutch Chocolate (protein blend)—Item #210

French Vanilla (soy protein)—Item #211 *Gluten free**

Wild Strawberry (protein blend)—Item #212

Retail \$31.80

Wholesale \$29.44

Autoship \$26.50



W

WHY "WHEY"?

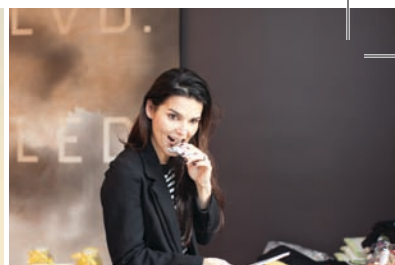
Athletes have benefited from the lean-muscle building property of whey protein for years, and now you can too! Whey protein is known for its ability to promote muscle growth, and Chocolate Whey **Nutrimeal** contains a healthy balance of proteins, carbs, and fats.

Chocolate Whey **Nutrimeal**™—Item #202 *Gluten free**

Retail \$41.94

Wholesale \$38.83

Autoship \$34.95



SCIENCE MEETS DELICIOUS

NOSH ON THE DELICIOUSNESS!

Chocolate Fusion Nutrition Bar—Item #233

Nothing compares to chocolate. Chocolate Fusion is gluten free* and an irresistible chocolate snack bar that is also incredibly good for you. So go on and indulge guilt-free!

Each serving contains 12 grams of protein.

Retail \$43.14

Wholesale \$39.94



12 bars

Autoship \$35.95

Oatmeal Raisin Nutrition Bar—Item #232

Tastes like an oatmeal cookie!

Each serving contains 9 grams of protein and 4 grams of fibre.

Retail \$39.60

Wholesale \$36.67



14 bars

Autoship \$33.00

Peanut Butter Crunch Nutrition Bar—Item #230

Gluten free* and with real peanut chunks, this bar is an ode to the magic of peanut butter!

Each serving contains 10 grams of protein.

Retail \$43.14

Wholesale \$39.94



14 bars

Autoship \$35.95

* No gluten-containing ingredients are used in this product. However, this product is produced in a facility that manufactures other products that do use gluten-containing ingredients.

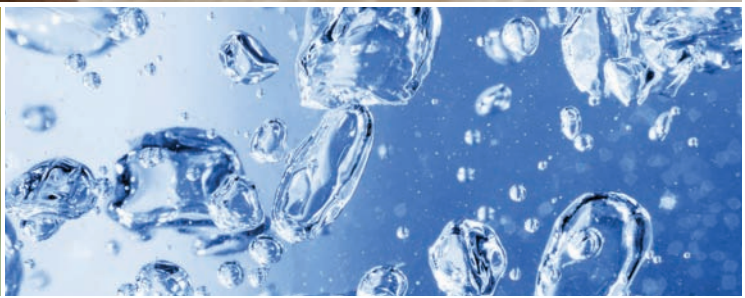
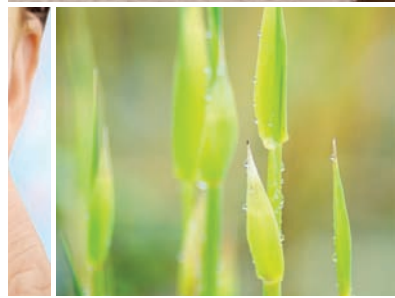
WHEN SCIENCE AND NATURE GET ALONG,

IT'S A BEAUTY



sensé
beautiful science®

THE BEST THING





"I LOVE SENSÉ! THE ENTIRE LINE IS AMAZING. THE EYE NOURISHER IS A DREAM AND HAS SAVED ME ON MANY MORNING SHOOTS!"

ASHLAN GORSE,
E! NEWS CORRESPONDENT

sensé™

THE SCIENCE BEHIND



TOPICAL NUTRITION

Proflavanol T™ Antioxidant Complex

- whole-grape extract
- green-tea extract soothes irritated skin
- vitamin E maintains skin's moisture

Proteo-C™ Vitamin C Complex

- vitamin C brightens skin
- proline and glycine draw in moisture



ANTI AGING TECHNOLOGIES

DSR™ (Dermal Surface Renewal) Technology

- marine-source ingredients reduce the appearance of fine lines and wrinkles and energize the skin
- skin brighteners counteract uneven skin tone
- MMP inhibitors minimize the visible effects of aging for smoother looking skin now and in the future

Regenisomes™

- oceanic enzymes help boost skin's response to environmental damage and mend the look of aging



The individual pictured is either a Distributor of USANA products or a dedicated user who has received compensation for his or her partnership and/or complimentary USANA products.



Deluxe Pack—Item #350

The Deluxe Pack includes: Gentle Daily Cleanser, Hydrating Toner, Daytime Protective Emulsion, Night Renewal Crème, Eye Nourisher, Rice Bran Polisher, Nutritious Crème Masque, and your choice of Perfecting Essence or Serum Intensive.

Retail \$233.94

Wholesale \$216.61

Autoship \$194.95



Ultimate Beauty Regimen

a.m.

Gentle Daily Cleanser
 Hydrating Toner
 Eye Nourisher
Your choice of:
 Perfecting Essence *or*
 Serum Intensive
 Daytime Protective Emulsion

p.m.

Gentle Daily Cleanser
 Hydrating Toner
 Eye Nourisher
Your choice of:
 Perfecting Essence *or*
 Serum Intensive
 Night Renewal Crème

2-3 times per week

Rice Bran Polisher
 Nutritious Crème Masque

T

THE BASICS

If you want healthy, glowing skin, start with the **Sensé™** Basics—a 3-step program developed by USANA scientists. Beautiful skin simply starts with the basics.

1 Cleanse

Gentle Daily Cleanser—Item #300

This mild, soap-free formula washes away surface dirt and impurities without drying or irritating skin.

Retail \$21.54 Wholesale \$19.94 Autoship \$17.95

2 Tone

Hydrating Toner—Item #301

After cleansing, restore skin's pH balance with this gentle revitalizing toner.

Retail \$21.54 Wholesale \$19.94 Autoship \$17.95

3 Replenish

Daytime Protective Emulsion—Item #302

Restore moisture and protect against aging with this light-weight moisturizer enriched with light-activated Regenisomes™.

Retail \$51.54 Wholesale \$47.72 Autoship \$42.95

Night Renewal Crème—Item #303

Wake up to younger looking skin thanks to the exclusive technology found in this hydrating overnight cream.

Retail \$45.54 Wholesale \$42.17 Autoship \$37.95

Basic Pack—Item #351

Get all of the **Sensé** Basics in one convenient pack with the Basic Pack.

Retail \$116.34 Wholesale \$107.72 Autoship \$96.95



a.m.

p.m.



T

THE ENHANCERS

Targeted solutions for your skin concerns.

Perfecting Essence—Item #305

Fight the appearance of aging and reduce uneven skin tone and texture with this acid-free refining treatment.

Retail \$67.14 Wholesale \$62.17 **Autoship \$55.95**

Serum Intensive—Item #304

This age-defying serum directly minimizes the appearance of fine lines and wrinkles, unclogs pores, and diminishes uneven skin tone.

Retail \$59.94 Wholesale \$55.50 **Autoship \$49.95**

Eye Nourisher—Item #306

Give special care to the delicate skin around the eyes with this lightweight moisturizing complex.

Retail \$35.94 Wholesale \$33.28 **Autoship \$29.95**

Rice Bran Polisher—Item #307

Exfoliate dead skin cells and keep your complexion looking radiant with this gentle scrub.

Retail \$21.54 Wholesale \$19.94 **Autoship \$17.95**

Nutritious Crème Masque—Item #308

This powerful facial treatment is designed to deliver intense moisture while drawing excess oils and impurities from the skin.

Retail \$26.34 Wholesale \$24.39 **Autoship \$21.95**



S

SENSE™ BODY CARE

The **Sensé** body care collection is a bright, fresh-scented line free of added chemical preservatives.

Revitalizing Shampoo—Item #312

Awaken your senses with this gentle shampoo that delivers vital nutrients to help restore hair's natural softness, body, and shine.

Retail \$22.74 Wholesale \$21.06 **Autoship \$18.95**

Nourishing Conditioner—Item #313

Moisturize and strengthen hair with a conditioner enriched with vitamins C and E for manageability and shine.

Retail \$23.94 Wholesale \$22.17 **Autoship \$19.95**

Energizing Shower Gel—Item #311

Revitalize skin with this soap-free cleansing gel enhanced with an invigorating tangerine fragrance.

Retail \$22.74 Wholesale \$21.06 **Autoship \$18.95**

Firming Body Nourisher—Item #314

Moisturize and tone dry skin with the exclusive hydroxy complex in this firming body lotion.

Retail \$29.94 Wholesale \$27.72 **Autoship \$24.95**

Intensive Hand Therapy—Item #315

Moisturize dry skin and the damaging effects of the environment with this concentrated hand cream. Smooth rough skin and keep cuticles soft for happy, healthy hands.

Retail \$20.34 Wholesale \$18.83 **Autoship \$16.95**

Hair & Body Pack—Item #354

All your necessary body care in one pack, so you always look radiant from head to toe.

Retail \$109.14 Wholesale \$101.05 **Autoship \$90.95**





FRESH. BRIGHT. NATURAL.



You deserve a healthier choice. That's why USANA's **Natural Whitening Toothpaste** is unique for what it doesn't have:

- NO artificial colours
- NO artificial flavours
- NO artificial sweeteners
- NO fluoride

Natural Whitening Toothpaste—Item #399

USANA's natural solution for a healthy smile.

- Includes baking soda to neutralize plaque acid
- Uses natural sweeteners and mint flavouring
- Contains key antioxidants to promote healthy gums



Retail \$11.94

Wholesale \$11.06

Autoship \$9.95



a perfect match



Kim Clijsters
4-time Grand Slam Champion &
Winner of the 2011 Australian Open



The Official Multivitamin of the



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