

Health & Freedom



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USANA Health Sciences

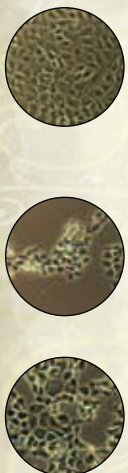
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2008/2009

Our Modern World Is Full of Health Hazards

Yet we have the opportunity to be healthier than any other people in the history of the world.

Public health scientists have found new evidence of the threats that our toxic environment pose to our cellular health. The air we breathe, the water we drink, even the foods we eat, contain substances that may be damaging to our cells. Any tissue that is exposed to the environment, including the skin and the linings of the respiratory and gastrointestinal passages, is especially vulnerable.



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 defence.

Myron Wentz, Ph.D. (immunology and microbiology), Founder and Chairman of USANA Health Sciences, hypothesizes that foods with high peroxide values, especially processed, fatty foods, generate “free radicals” that in turn damage healthy cells. Researchers believe that supplementary antioxidants are necessary for combatting these free radicals in addition to the body’s normal defence systems.

“The human body is made of cells, and those cells work together to sustain your life,” Dr. Wentz says. “Taking antioxidants with food may help reduce the formation of oxidized lipids.” Other medical professionals concur on the importance of taking supplementation.



With a family of tens of thousands currently supplementing their diets with USANA products, science has been—and always will be—the primary focus of USANA Health Sciences. USANA, having modelled its quality program after similar quality programs used in the pharmaceutical industry, is able to confidently assure every customer that its products are of the highest quality.



Dave Wentz, CEO & Dr. Myron Wentz, Founder and Chairman of the Board

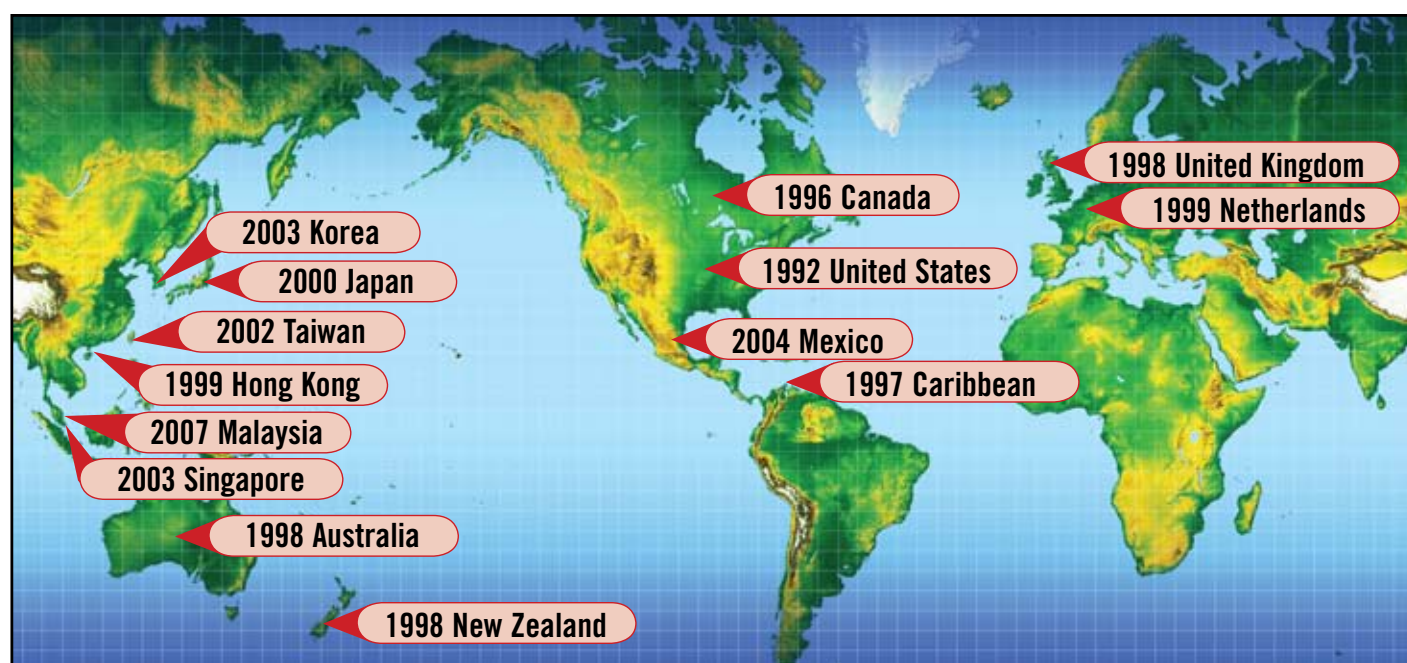
Led today by Dr. Wentz’ son and protégé, Dave Wentz, as well as a highly skilled management team, USANA continues to expand throughout the world, improving the lives of countless numbers of individuals in the process.

“My father started USANA Health Sciences with a focused vision of freeing the world from pain and suffering,” Dave declares. “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 Associates who shared USANA’s vision and wanted to help make the world a healthier place.”



USANA Family Grows Worldwide

As you can see from this publication, USANA is literally a worldwide organization, most recently opening its doors in Malaysia. You, too, can become successful regardless of your experience, race, sex, education, or business background. When you join USANA, you are never alone in building your business. The person who gave you this publication has a very tangible interest in your success. His or her success depends directly upon your success. So instead of a competitive arena, the USANA family works together, supporting one another, sharing training tips and business-building ideas.



Karen Shumka, British Columbia, Canada

“Where else can an ordinary person with a computer run a seamless global business from the comfort of his or her home? Extending your network around the world into different time zones and cultures is the natural result of two people telling two people who tell two more people. The result? Truly powerful leveraged income. This is why we can grow faster than franchises or traditional businesses and just another example of the USANA Difference!”





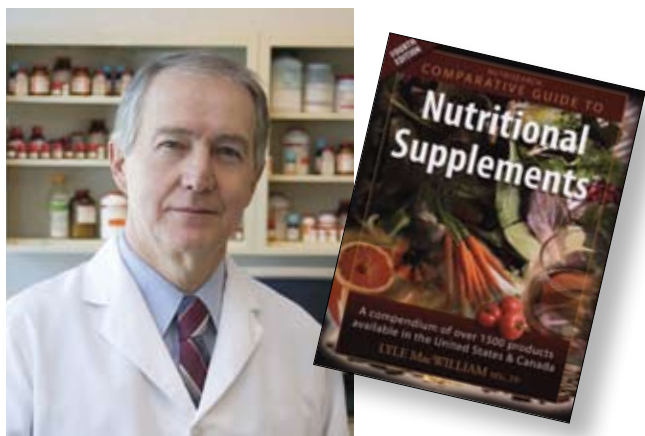
Nutritionals You Can Trust

USANA follows Good Manufacturing Practices (GMP) for pharmaceuticals.

NSF Certification: USANA Now Certified for Sport™

USANA's Salt Lake City, Utah, manufacturing facility has been certified to be in compliance with GMP requirements set forth for dietary supplements by NSF International, 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.



The *Comparative Guide to Nutritional Supplements* recently awarded USANA its highest distinction possible—the NutriSearch Gold Medal of Achievement™.

USANA® Products Named Best of the Best

Lyle MacWilliam, BSc, MSc, FP, former Canadian Member of Parliament, and Member of the Legislative Assembly for British Columbia

Now in its 4th edition, Lyle MacWilliam's *Comparative Guide to Nutritional Supplements* compares over 1,500 nutritional products in North America to an independent nutritional benchmark developed from the individual recommendations of 12 recognized nutritional authorities.

Eight Debilitating Diseases that Could Send People to an Early Grave

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 increasing burdens of suffering and disability on hundreds of millions of others.

Health Enemy #1: Heart Disease

The 2003 WHO World Health Report listed total world deaths from all heart diseases at 16.7 million.

Health Enemy #2: Cancer

In 2005, cancer was responsible for 7.6 million deaths.

(World Health Organization)

Health Enemy #3: Stroke

Every year, 16 million people experience a stroke including 5.7 million stroke-related deaths.

(Strong K, Mathers C, Bonita R. Preventing stroke: saving lives around the world. *Lancet Neurology* 2007; 6: 182-187)

Health Enemy #4: Alzheimer's

There are currently an estimated 37 million people worldwide with dementia, with Alzheimer's disease being responsible for causing the majority of the cases.

(http://www.who.int/whr/2001/media_centre/en/whr01_fact_sheet1_en.pdf)

Health Enemy #5: Diabetes

The 2007 estimate of worldwide adult diabetes sufferers was 236 million.

(International Diabetes Federation)

Health Enemy #6: Osteoporosis

Osteoporosis affects an estimated 800,000 (1 in 37) Canadians.

(Arthritis Society, Canada)

Health Enemy #7: Arthritis

Arthritis and other rheumatic conditions affect approximately 4 million Canadians, posing a major health and economic burden to society.

(Canadian Community Health Survey 2000, Statistics Canada)

Health Enemy #8: Obesity

Obesity has reached global epidemic proportions, with more than 1 billion adults overweight and at least 300 million of them clinically obese.

(World Health Organization)



Jennifer Azzi
USANA Associate, Olympic Gold Medalist, WNBA All-Star

"I have worked out my entire life and really enjoy being in shape. As I continue to exercise, eat right, and take my USANA products, it becomes more and more clear to me that this is about my health for the rest of my life. Today, I am earning a better day full of more energy and self-esteem as I carry on my regular workout routine. USANA products are undoubtedly the best supplements in the world. I can truly say that I trust my health to USANA."

Five reasons you can trust your health to USANA

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

two **First-class ingredients**—USANA's unique ingredient formulas are based on sound, scientifically validated research and tested ingredients.

three **Guaranteed potency**—USANA guarantees the claimed potency of its products. Most of USANA's nutritional 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'll receive in the product.

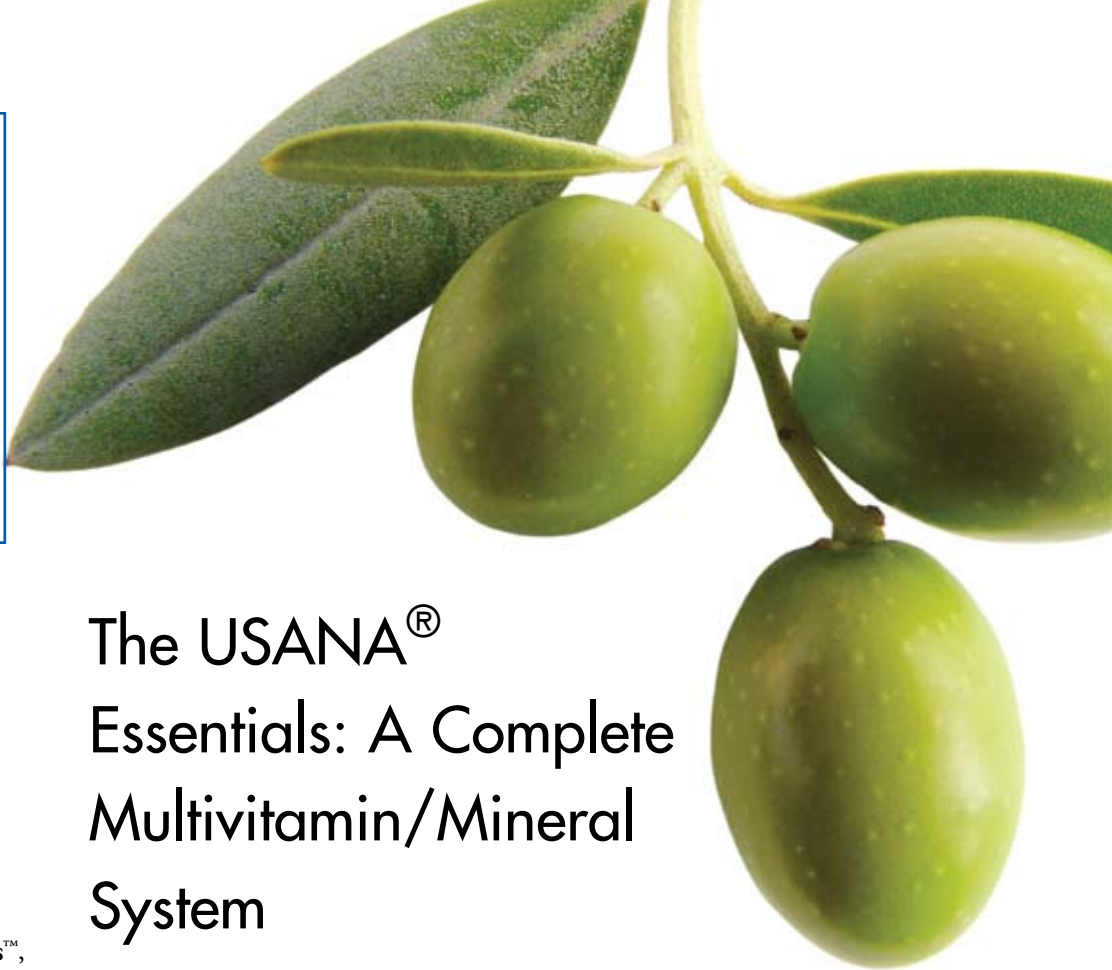
four **High-quality manufacturing**—USANA's quality program for nutritional products is modelled after the pharmaceutical industry. A variety of government agencies conduct periodic inspections, requiring strict control of procedures and documentation.

five **Confidence of top athletes**—USANA's Good Manufacturing Practices ensure the safety and quality of each product—products that have been proven so safe, effective, and free of contaminants that renowned organizations such as U.S. Speedskating, Speed Skating Canada, Biathlon Canada, the elite athletes of the Sony Ericsson WTA Tour, and a myriad of other professional athletes worldwide, trust their health to USANA.



*Fernand Leblanc & Mireille St-Gelais
Québec, Canada*

“When we realized the credibility of USANA and Dr. Wentz, we gave the products a try. The results were striking! ‘Every day for life’ will forever be our slogan!”



HealthPak 100™

The most convenient way to get your daily dose of nutrition

HealthPak 100™ is USANA's most complete natural health product with a full daily dose of the **Essentials™**, along with the additional nutrients from **Active Calcium Plus™**, and packed with antioxidants in the exclusive **Antioxidant Booster™**.

Each box contains 56 individually wrapped packets containing two **Mega Antioxidant**, two **MultiMineral**

Plus, one **Active Calcium Plus**, and one **Antioxidant Booster**, providing you with optimal and balanced antioxidant protection—day and night.



The USANA® Essentials: A Complete Multivitamin/Mineral System

The USANA® **Essentials**, which include **Mega Antioxidant** and **MultiMineral Plus**, form the basis for the entire USANA nutritional system.

The Right Ingredients (Comprehensive Formula)

USANA has redefined the meaning of essential nutrients to include not only those that are required to prevent acute nutrient deficiency, but also nutrients that have been linked in recent research to the maintenance of various aspects of optimal health.

The Heart of the Olive™

Many dietary antioxidants such as vitamin C, vitamin E, bioflavonoids, carotenoids, and proanthocyanidins are present and numerous in many dietary sources. But unlike these readily available antioxidants, the phenolic antioxidants concentrated in the patented **Olivol™** olive extract are found only in olive fruit. Because olives provide the only dietary sources of these powerful antioxidants, the benefits of olive fruit and olive oil consumption are extensive.

Advanced Doses

The USANA **Essentials** contain higher levels of almost all the essential vitamins and minerals listed in the Canadian RDI (Recommended Daily Intake), providing levels associated with more optimal health.

Balanced Formula (A Synergy of Nutrients)

The formulations of the USANA **Essentials** were painstakingly designed to allow components to work in concert to achieve a synergy of optimal health benefits and safety.

The Correct Form (Highly Bioavailable)

At USANA, every effort is made to obtain the highest quality ingredients with dependable levels of potency. In addition, every step of the manufacturing process is subject to exacting quality control. All this ensures that the full benefits of these essential nutrients are available to the user.

*The **Essentials—Mega Antioxidant** and **MultiMineral Plus**—are the only products on the market that contain Olivol™, USANA's patented olive-fruit extract.*

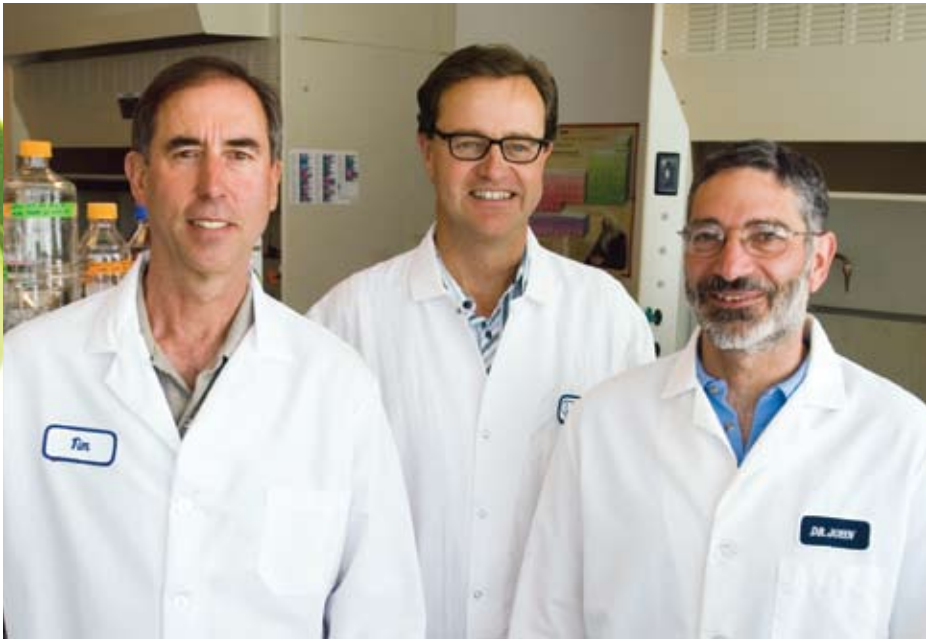


Unrivaled Nutrition, Unmatched Value



The **Essentials** provide a broad spectrum of vital vitamins, minerals, and antioxidants—more than can easily be obtained from a typical North American diet. Take a look at the food—about 22,000 calories worth—you'd have to eat to get the same nutrients found in a daily dose of the **Essentials**. Plus, it would cost you more than \$44 to fill your grocery cart with the items needed to obtain these nutrients. The **Essentials**, meanwhile, cost just 31 cents per tablet—or \$3.88 per day. That's a difference of more than \$40 per day or \$1,200 a month!

While USANA supplements are not a replacement for eating a balanced diet, they do provide a convenient way to supplement your diet to help ensure you get the nutrients you need to maintain optimal health.



Scientists Discover Solutions to Maintain Your Health

Nutrition research is more than the study of nutrients. It also encompasses research in related areas. Dr. Wentz, in his vision to champion the science of nutrition, has gathered scientists from varying fields of expertise, most of whom have published numerous papers in their careers.

USANA's current scientific staff includes experts on human nutrition, cellular biology, biochemistry, natural product chemistry, and clinical research. Scientific results from a variety of sources, including published scientific literature, in-house laboratory research, and collaborative clinical studies, are all incorporated into product development and design.



*Mable & Vincent Chan
British Columbia, Canada*

"As a pharmacist, I have come in contact with many young people over the years. I watch happily as toddlers grow into vibrant young adults. Many young people are becoming interested in health maintenance and come to me for advice. I let them know that they need to build a better foundation; they need to have a healthier lifestyle with proper nutrition. With proper nutritional supplementation from USANA, I believe that we can provide our loved ones today with the chance they deserve to create a healthy lifestyle for the many years ahead of them."



The Importance of Nutrients at a Young Age



Research clearly shows that many adolescents do not get the nutrition they need, and their poor nutrition can lead to health problems such as diabetes and osteoporosis later in life. Poor nutrition during the developmental years can retard growth and delay sexual maturation, while proper nutrition helps to give adolescents the foundation for good health for the rest of their lives. To provide their bodies with adequate amounts of all the essential nutrients, teens and their parents should follow a well-balanced, proactive nutritional plan that includes high-quality vitamin and mineral supplementation.

USANA For All Generations

Usanimals™

Usanimals™ include vitamins C and E, two powerful antioxidants, in addition to an antioxidant phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders in a Wild Berry flavour and animal shapes. USANA uses only natural flavours and sweeteners.

Body Rox™

Body Rox™ is specifically formulated to meet the nutritional demands of adolescents. It contains Olivol™, rutin, quercetin, hesperidin, grape-seed extract, green-tea extract, turmeric extract, lutein, and lycopene.

Active Calcium Chewable™

Because this product is chewable, it appeals to people who might not otherwise consider supplementing their diet with calcium. **Active Calcium Chewable™** helps in the maintenance of bones and teeth.



Exclusive Patented Self-Preserving Technology

Sensé beautiful science® offers a complete line of personal-care products without added chemical preservatives or parabens for healthy-looking skin and a healthier you. Using patented Self-Preserving Technology that combines purifying botanicals in protective liquid crystals, each product stays fresh naturally. With pure-plant bioactives and exclusive nutrient complexes, the products are designed to help revitalize the skin, so it looks younger and healthier.

You take care of yourself. You want the best nutrition for your body.
Your skin deserves the best, too.

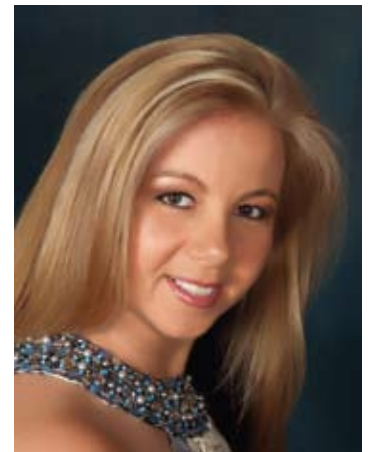


Marie C. Bertrand, skin clinician and cosmetic dermatology clinic director

"As a scientist and microbiologist who has worked in the cosmetic industry for years, I can say without a doubt that the science behind **Sensé** is above and beyond anything I've encountered so far in the cosmeceutical industry—in terms of product technology, complementarity of active ingredients and self-

preserving formulation.

"Most importantly, these products have an excellent tolerance; in general, they can be used along with topical prescription products, and the patients are happy with the results they see and feel on their skin. USANA has developed a line of products that is significantly superior to its competitors."



*Justina Rudez
Florida, USA*

"A key part of good health involves taking care of your skin, which is why I believe so strongly in **Sensé**. As a licensed cosmetologist and hair salon owner for over 30 years, I have tried many personal-care products. **Sensé Revitalizing Shampoo** and **Nourishing Conditioner** with no added chemical preservatives don't weigh down my hair. Sensé skin care has improved the appearance of my skin so much that I don't wear make-up anymore, and people can't believe that I have three children ages 31, 29, and 25!"

Capture the Glow of Health in Your Skin with Sensé.™



The Basics

The daily 3-Step program for healthy skin



The Enhancers

Targeted solutions for your skin's individual needs

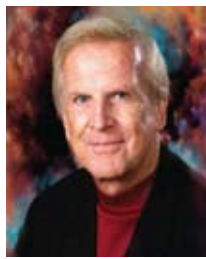


Sensé Splash

Personal-care products for the entire family

USANA Athletic Advisory Council

The establishment of USANA's Athlete Advisory Council, composed of top Olympic athletes, world-renowned coaches, and sports science professionals from a variety of disciplines, is dedicated to educating athletes and the public about the health-enhancing properties of nutritional supplements and about issues related to banned substances. The addition of this advisory council, which will grow and expand with the company, is another benchmark illustration of the USANA Difference.



Denis Waitley, Ph.D. (Chair) Waitley is an internationally known keynote speaker, consultant, and former chairman of psychology for the U.S. Olympic Committee's Sports Medicine Council



Jennifer Azzi Azzi is an Olympic gold medalist, NCAA champion, and WNBA All-star who has applied her knowledge of health and wellness to create Azzi Training



Derek Parra Parra is an Olympic gold medalist and two-time speedskating world champion who now recruits elite inline skaters looking to switch from rollers to ice



Jose Antonio Rivera Rivera is a three-time World Boxing Association champion who has won 38 bouts during his career, including 24 by knockout, and is now a successful USANA Associate



JoAnn Dahlkoetter, Ph.D. Dahlkoetter, the best-selling author of *Your Performing Edge*, is an internationally recognized performance consultant and world-class athlete



Don Beebe Beebe, a nine-year veteran of the National Football League, appeared in a record six Super Bowls and is now president and co-founder of House of Speed, Inc.



Greg Werner Werner is director and head coach of Strength and Conditioning at James Madison University, as well as an instructor at the School of Kinesiology and Recreation Studies



Arif Khatib Khatib is founder and president of the African American-Ethnic Sports Hall of Fame, a worldwide organization that recognizes individuals who have made a difference in their communities



Dr. Jeff Schutt Schutt is a certified strength and conditioning specialist and president of Muscles in Motion Chiropractic and Physical Therapy Center



Richelle Lund Lund is a professional strength and conditioning coach and recognized nutritional expert who has trained Olympic gold medalists, NCAA champions, and NBA athletes



Joanne McLeod McLeod is a World and Olympic figure skating coach for Team Canada who in 2004 was awarded the Skate Canada National Coach of the Year Award

USANA Scientific Advisory Council

The Scientific Advisory Council members were selected for their exceptional expertise in nutritional medicine and preventive nutrition. Representing Associates who are physicians and health-care professionals throughout the world who recommend USANA to their patients, they also provide USANA with valuable insights into product applications and efficacy. USANA works with the Scientific Advisory Council on a regular basis to review formulas and get suggestions for how our customers can best incorporate our products into comprehensive lifestyle programs promoting health and wellness.



Dr. Peter W. Rugg (Chair) Dr. Rugg is Assistant Professor, University of Massachusetts Medical School; Diplomate, American Board of Internal Medicine; and Fellow, American College of Emergency Physicians



Dr. Monica Lewis Dr. Lewis is co-author of a series of books with her cardiologist husband, Dr. Gerald Lewis, in the *Fad, Fable or Fact?* series, including *Dietary Supplements, Your Heart—An Owner's Manual*



Dr. M. Ricardo Calderón Dr. Calderón is Area Director and Health Officer, Los Angeles County Public Health Department and Associate Professor of Preventive Medicine, University of Southern California Keck School of Medicine



Dr. Bart Moore Dr. Moore is Diplomate of the American Board of Anti-Aging Medicine and is board certified as a physician nutrition specialist



Dr. Ray Strand Dr. Strand focuses his private practice on preventive and nutritional medicine. He is the author of several books, including *What Your Doctor Doesn't Know about Nutritional Medicine and Death by Prescription*



Dr. Christine Wood Dr. Wood is a practicing pediatrician with expertise in nutritional medicine for children. She is author of *How to Get Kids to Eat Great and Love It*

Supplement Myths



Myth #1: I get all the vitamins I need from my food.

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 RDIs for key nutrients.

Garriguet D. Canadians' eating habits. Health Rep 2007 May;18(2):17-32.

Myth #2: All vitamin/mineral supplements are the same.

A study published in the *Journal of Pharmaceutical Sciences* investigated the disintegrating properties of a variety of vitamin and mineral tablets and capsules commercially available on the Canadian market, including USANA's **MultiMineral Plus**. Researchers found that more than half of the nutritional supplements tested did not disintegrate properly. Products that did not disintegrate were further analyzed using USP disintegration conditions for dietary supplements. Of the 39 tablets tested, only 18 products, including USANA's **MultiMineral Plus**, disintegrated fully at the first stage.

Investigation of vitamin and mineral tablets and capsules on the Canadian Market. J Pharm Pharmaceut Sci (www.cspCanada.org) 9(1):40-49, 2006.

An Extensive Selection of Products to Customize Your Nutritional Program

● Cardiovascular



Proflavanol® C and Proflavanol® 90 ● ● ● ● ●
Proflavanol® C and Proflavanol® 90 contain a unique blend of Poly C® and grape-seed extract—ingredients that provide antioxidant support to neutralize free radicals and promote long-term health. Proflavanol C and Proflavanol 90 contain the highest quality guaranteed extract available.

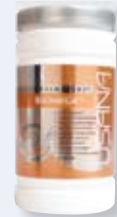


CoQuinone™ ● ● ●
USANA's CoQuinone™ contains 30 mg of CoQ10 and 12.5 mg of alpha lipoic acid per soft gel capsule. CoQuinone has clinically proven superior bioavailability from a proprietary natural formula. It also contains alpha lipoic acid which is easily absorbed by the body.

● Cellular Metabolic



Optomega® ● ● ● ●
Optomega® is a certified organic, all-vegetarian product designed to provide the essential fatty acids to maintain good health. With a unique blend of cold-pressed flax, sunflower, pumpkin seed, and extra virgin olive oils, Optomega is an excellent source of the important polyunsaturated and superunsaturated fats that are often scarce in the modern diet.



BiOmega™ ● ● ● ● ●
USANA's BiOmega™ fish oil supplement supplies the body with important fatty acids. These nutrients help maintain cardiovascular health and help support cognitive health/brain function.



E-Prime™ ● ● ● ● ●
USANA's E-Prime™ is a full-spectrum vitamin E product for those who wish to increase their vitamin E intake. USANA's E-Prime uses state-of-the-art liquid capsule technology, further enhancing its potential bioavailability. The result is a potent vitamin E formulation.



Poly C® ● ● ● ● ●
Formulated with a unique blend of highly bioavailable mineral ascorbates, all of which have potent vitamin C activity, Poly C® maintains higher blood levels of vitamin C longer than ascorbic acid alone.



Hepa Plus™ ● ● ● ● ●
Hepa Plus™ was designed to support healthy liver function. It contains several ingredients, including milk-thistle extract and broccoli extract. Hepa Plus also contains green-tea extract, Olivol™ olive extract, turmeric extract, and alpha lipoic acid.

● Skeleton/Structural



Active Calcium Plus™ ● ● ● ● ●
Active Calcium Plus™ is formulated for optimal bone and teeth maintenance throughout all stages of life. It contains an optimal dosage of calcium, magnesium, silicon, and vitamin D.



Procosa® II ● ● ● ● ●
Feel the difference with USANA's advanced Procosa® II, which offers 2,000 mg of glucosamine sulphate. Procosa II also contains turmeric extract. Glucosamine, vitamin C, manganese, silicon, and high levels of turmeric are powerful ingredients that work together to help support the joints.

● Endocrine



PhytoEstrin™ ● ● ● ● ●
PhytoEstrin™ is a combination of soy isoflavones combined with herbal extracts especially formulated for women.



Palmetto Plus™ ● ● ● ● ●
Palmetto Plus™ is a comprehensive formulation for men. It contains all-natural botanical components guaranteed for potency and furnishes a unique formulation of saw palmetto, lycopene, and soy isoflavones in a single, highly effective product.

● Brain/Nervous



Visionex™ ● ● ● ● ●
This comprehensive formula is designed to promote eye health with two powerful free-radical fighters—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 the health of your eyes. Visionex contains guaranteed levels of lutein and zeaxanthin as well as vitamin C, bilberry extract, and zinc which may help to reduce the risk of cataracts and age-related macular degeneration.



Ginkgo-PS™ ● ● ● ● ●
Ginkgo-PS™ is a combination of *Ginkgo biloba*, phosphatidylserine (PS), and lecithin.

- Brain/Nervous
- Immune
- Endocrine
- Cellular Metabolic
- Cardiovascular
- Skeleton/Structural



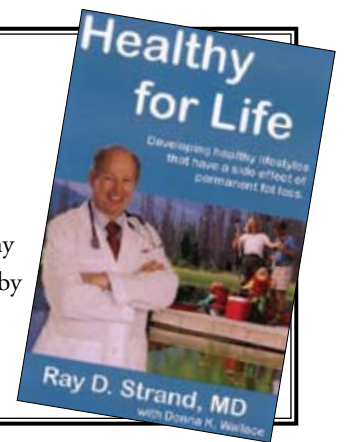


Forget the Low-carb Diet, Go Low-glycemic

Ray Strand, M.D., Author of several books, including *What Your Doctor Doesn't Know About Nutritional Medicine and Death by Prescription*.

"As long as you continue to abuse your insulin by eating high-glycemic foods, you are trapped and not free to make healthy choices. Learning to choose what you do and do not want to eat is truly the desired goal. Otherwise, you are held captive by the body's overwhelming demand for highly processed carbohydrates and sugar."

"As a medical professional, I wouldn't think of recommending anything other than USANA."



USANA® Foods



Nutrimeal™

Nutrimeal™ is a low-glycemic meal replacement that provides complex carbohydrates and proteins, 7 grams of soluble fibre, and other vital nutrients. With 240 calories and 15 grams of protein, a delicious glass of Nutrimeal is a healthy way to satisfy your hunger. Nutrimeal is available in Dutch Chocolate, Wild Strawberry, and French Vanilla flavours.



Fibergy®

Fibergy® is an easy and delicious way to get your daily requirement of healthy fibre. With a smooth texture and great taste, Fibergy is something you will look forward to every day. The fibre content will also leave you satisfied so you won't be looking for a snack an hour later. A serving of Fibergy contains 6 grams of fibre from multiple sources. Consuming multiple sources of dietary fibre can be beneficial because different types of fibre provide specific benefits and act in different ways in the body. Fibergy is available in two delicious flavours: Almond Crème and gluten-free Peach Mango.



SoyaMax™

With one of the highest concentrations of soy protein available today, SoyaMax™ also has a naturally low fat content. Each serving contains 24 grams of soy protein and only one gram of fat. SoyaMax is an outstanding source of low-fat, cholesterol-free, non-animal protein, and is easily digestible.



Nutrition Bars

A delicious, healthy snack, Nutrition Bars provide a beneficial energy source in a flavourful bar. They provide healthy carbohydrates, proteins, and fats. Nutrition Bars are available in two delicious varieties: Oatmeal Raisin and Peanut Butter Crunch. Oatmeal Raisin combines whole-grain oats, oat bran, and raisins into a great-tasting, wholesome snack. A Peanut Butter Crunch Nutrition Bar, with a chocolate coating and peanut centre, provides all of the benefits of soy.



Fibergy Bars™

The all-natural Iced Lemon Fibergy Bar™ was developed for your busy lifestyle. Each delicious bar has two grams of fibre, only 1.5 grams of fat, and no cholesterol. A Fibergy Bar also contains omega-3 polyunsaturated fat from flaxseed. Research has shown that these beneficial fats may help maintain cardiovascular health, optimal neural growth and development, and good joint health. These convenient, on-the-go snacks have been scientifically formulated to provide hunger satisfaction and long-lasting energy. And the delicious iced lemon flavour makes it easy to increase the fibre intake of even the most finicky child.

RESET™

RESET™ is a jump-start program to help people take positive steps toward reaching their health and weight-loss goals. With this five-day meal replacement program you simply replace all of your meals for five days with USANA® Foods shakes and bars and one serving of fruit and one serving of vegetables. The RESET kit includes 15 Nutrimeal™ pouches, 10 USANA® bars, and five 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. Also included are an informative DVD, a helpful guide for the five days, and a RESET magnet.



Sony Ericsson
WTA TOUR

USANA Health Sciences is proud to be the official health supplement supplier to the Sony Ericsson WTA Tour.



Natural Toothpaste

USANA's Natural Toothpaste contains several key ingredients that will help maintain your healthy smile. The natural, fluoride-free formula provides antioxidants Poly C® and green-tea extract as well as baking soda from natural sodium carbonate to help neutralize plaque acids.

Mint Flavor / Saveur de menthe

Natural Toothpaste

Fluoride-free / Sans fluorure

Poly C™ • green tea / Poly C™ • thé vert

No artificial flavors, colors, or sweeteners / Sans saveur, colorant ou édulcorant artificiels

Net Wt. 128 g (4.5 oz.)



2008 Inductees:



Wang Bai Lu & Chiang Chun Tze
Taichung, Taiwan



Tony & Tammy Daum
Florida, USA



Fiona Jamieson-Folland & Chris Folland
Auckland, New Zealand



Terry Wang
Hong Kong, China



Conchita Vargas Lugo & Paola Vargas Lugo
Querétaro, Mexico



Eduardo Barreto
Mexico City, Mexico



Josephine Hsieh
Taipei, Taiwan



Ani Black
British Columbia, Canada



CheBum An
Seoul, Korea



Charles Stivers
Nevada, USA



Gregory Stevens
Québec, Canada



Garry & Sheila Dancho
Manitoba, Canada



Denise & Luc Tremblay
Québec, Canada



Annette Sale Owens
Georgia, USA

The Million Dollar Club is an elite group of Associates who have, throughout the course of their USANA careers, earned at least \$1 million in commissions.

Collette Larsen & Zachary Ross
California, USA

Brandie & Tren Grant
Utah, USA

Susanne & John Cunningham
Manitoba, Canada

Sophia Marcoux & Jacques Fiset
Québec, Canada

Jeremy & Diane Stansfield
Utah, USA

Nanc & Dan Christy
California, USA

Mable & Vincent Chan
British Columbia, Canada

John Kinnear
British Columbia, Canada

Jeff & Jackie Smith
Utah, USA

Rick & Terri Young
Utah, USA

Liesbeth Van Eerten
Queensland, Australia

Elizabeth C. Vine
Texas, USA

Sterling & Mary Ottesen
Utah, USA

Ursula Dowhey
Manitoba, Canada

Dean & Evelyn Koontz
Washington, USA

Jean & Peter Cheung
British Columbia, Canada

Lyndon Redman & Marie-France Morin, Nevada, USA

Nancy & Larry Bunn
Washington, USA

Patti & Rik Jamieson
Washington, USA

Jennifer & Brian Douglas
Utah, USA

Susan Waitley
California, USA

Seta Der Artinian & Hubert Krause
Québec, Canada

Tom & Lorie Mulhern
Washington, USA

Kevin & Gaewyn Goodwin
Auckland, New Zealand

Bud & Bunny Barth
California, USA

Barbara Souther
British Columbia, Canada

Terry Allen
Florida, USA

Paul & Leslee Maki
Utah, USA

Pete & Dora Zdanis
Pennsylvania, USA

Elizabeth Strand
South Dakota, USA

Jenny & Mike Larsen
Idaho, USA

William Ohochinsky & Donna Thrasher
Saskatchewan, Canada

April & Mike Fano
Utah, USA

Michael & Barbara Hollender
Florida, USA

Connie & Michael Allen
Alberta, Canada

Deanna & Dave Waters
Manitoba, Canada

USANA
*Million
 Dollar Club*



Wang Ying Chiao
 Kaohsiung, Taiwan



Robin Ellis
 New South Wales, Australia



David & Tricia Delevante
 Virginia, USA



Anita Shu-Fang Lee
 New Jersey, USA



Dustin & Melissa Fields
 Washington, USA



Carmen Marshall
 Colorado, USA



Joanne Kotjan
 Washington, USA



Jerry & Fiona Clayton
 Napier, New Zealand

Monica & Bryan Penrod
 Texas, USA

Rita Hui
 Hong Kong, China

Connie Yao & Jim Barabe
 British Columbia, Canada

Dan & Rebecca Brink
 Utah, USA

Dean & Sherri Chionis
 Illinois, USA

Patty & John Abraham
 California, USA

John Ross Appleton
 Western Australia, Australia

Dixie Moore
 California, USA

Neil & Vivian Reinhart
 British Columbia, Canada

Kelli Lessie
 California, USA

Patricia & Sven Poulsen
 British Columbia, Canada

Penelope & Phil Kirk
 Maine, USA

Suzanne & Michel Lavoie
 Québec, Canada

Line & Luc Dubois
 Québec, Canada

Dr. Wen Chi & Zhang Houng Wu
 New Jersey, USA

Germain & Lyne Lafortune
 British Columbia, Canada

Jean-Pierre Gagné & Nicole Boulé
 Québec, Canada

Steven Lu
 Victoria, Australia

Lynn Allen-Johnson
 Florida, USA

Virend & Yogandrie Singh
 New South Wales, Australia

Liu Tang Jung & Pan Hsiu Jou
 Taipei, Taiwan

Dr. Eric Davis & Dr. Roger Piasecki
 Queensland, Australia

Frank Feng & Bin Yang
 New South Wales, Australia

Daniel & Dr. Paige Hunter
 Texas, USA

Zhi Xian Jin & Steven Chen
 Victoria, Australia

Rory Jones
 Manitoba, Canada

Arnie & Linda Knight
 Montana, USA

Delbra & Timothy Lewis
 Alabama, USA

Jean-Simon Marcoux & Nathalie Deslauriers
 Québec, Canada

Mario & Kvetta Martucci
 Ontario, Canada

Alandra McLaren
 British Columbia, Canada

Janet Moore
 Washington, USA

Layda & Bryan Morris
 Texas, USA

Annette & Victor Que
 British Columbia, Canada

Matt & Shanna Ryan
 Texas, USA

Amy Shen & Xian Lin,
 Bob & Mary Ma
 New South Wales, Australia

Myrna & Steve Swartz
 Texas, USA

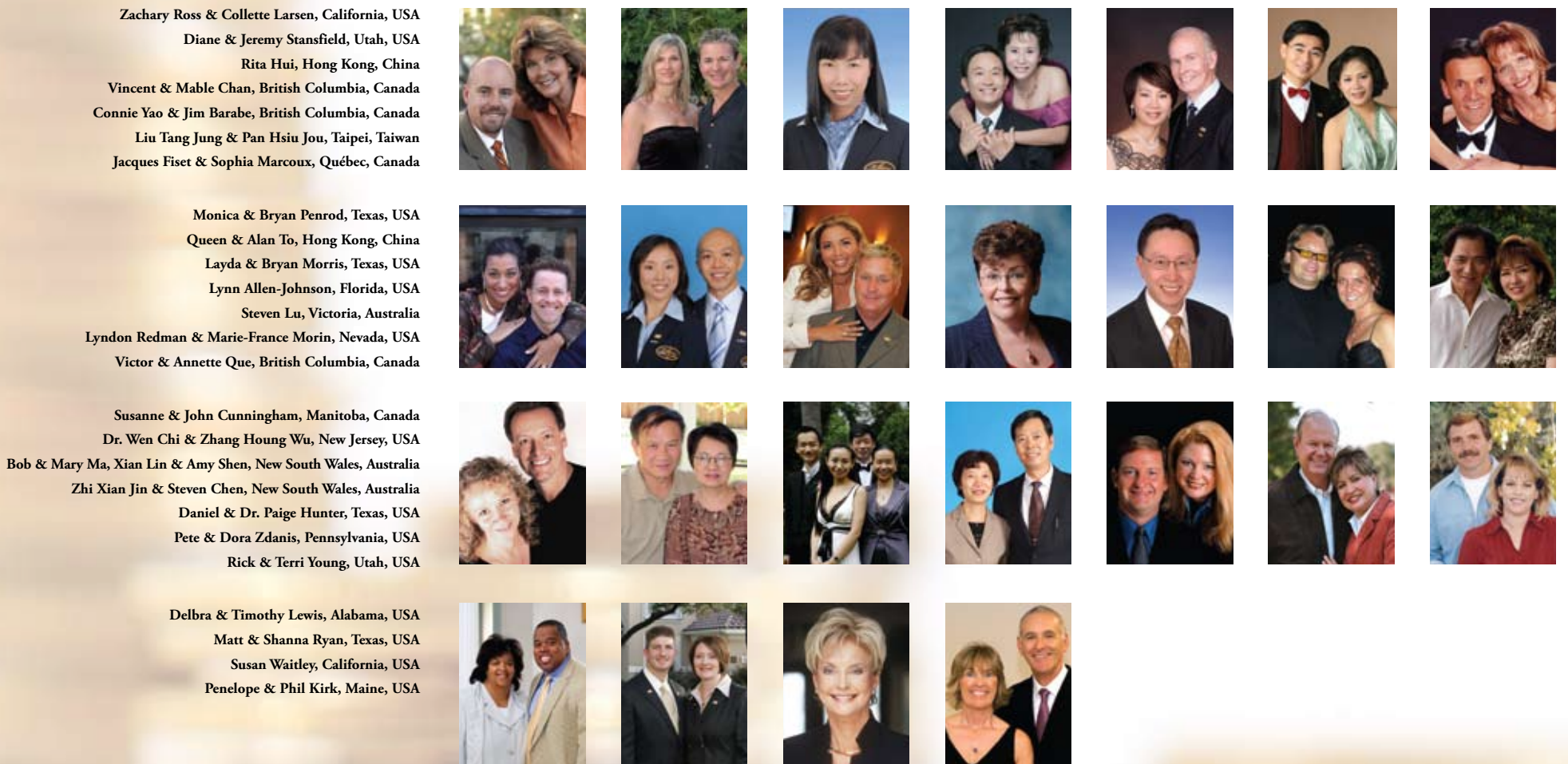

Queen & Alan To
 Hong Kong, China

Terri & Terry Wright
 Utah, USA

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“The Fortune 25 includes some of USANA’s most successful Associates. These enterprising individuals have worked diligently to become the top 25 income earners in the company. This diverse group has an incredible dedication to the USANA vision, an unwavering drive to succeed, and a true desire to attain true health and true wealth.”

—Dave Wentz, Chief Executive Officer

Annette & Victor Que, British Columbia, Canada

“We started our business with a dream to spread the vision of Dr. Wentz to as many people as possible and help all of our Associates succeed. By God’s grace, we succeeded and became part of the Fortune 100, Growth 25, and members of the Million Dollar Club. Dare to dream, and let it take you wherever you want to go!”

“USANA’s Growth 25 celebrates Associates worldwide who have made the largest increase in absolute commission points (CVP) for the year. USANA’s Growth 25 is a distinguished group of people who have risen to the challenge of building a thriving business and committed themselves to spreading the vision of true health and true wealth around the world.”

—Mark Wilson, Executive Vice President of North America



Incredible Success: All in the Family

Zachary Ross & Collette Larsen, California, USA

Zachary Ross was living in South America when his mother, Collette Larsen, embarked on a journey that would lead to remarkable success and create priceless memories for the mother of five and her family. Collette began her USANA home-based business and ultimately teamed with her son Zak to promote Dr. Wentz' vision of true health and true wealth throughout the world. It's a powerful partnership built on trust and mutual respect.

"It's such a blessing to be able to work with my mom," Zak says. "I think we both bring different skills and attributes to the table that complement each other really well."

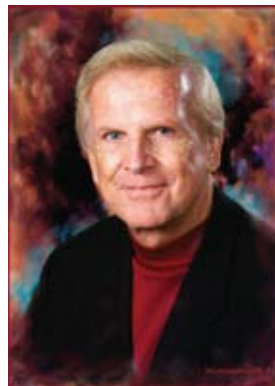
Collette and Zak's organization, Larsen Global Alliance, continues to thrive. As the pair celebrates yet another amazingly successful year, the mother-and-son team remains a shining example of what a strong partnership can accomplish.



Carla Wilchuck, Alberta, Canada

"USANA was a beacon of hope—a chance to change the direction of my life physically and financially.

"Being part of the USANA family with such a strong, committed team of really good people has not only made my life more fulfilling, but it has proven to be the finest safety net in so many ways."



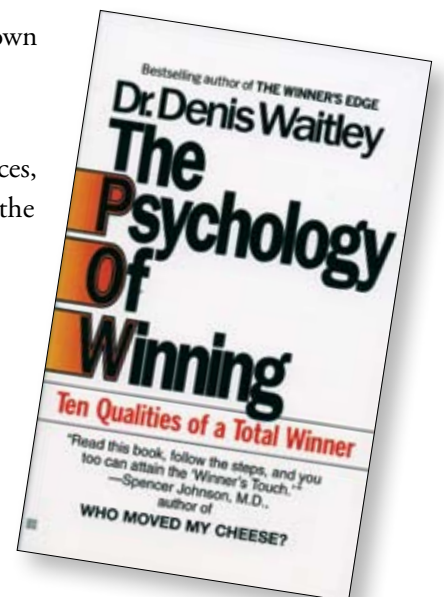
Why the USANA Opportunity is the Right Choice

Denis Waitley Ph.D. is an internationally known keynote speaker, author, consultant, and former chairman of psychology for the U.S. Olympic Committee's Sports Medicine Council

The kind of professional career and business 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 merits and efforts
- A growth opportunity that is soundly capitalized, with staying power, resources, and integrity weighed before profit as the ultimate bottom line

USANA offers all of that, plus the only consumer-approved network marketing model. If you want to jump into the "entrepreneur reality," I encourage you to consider the USANA opportunity.



USANA: A Family Affair



Dubois Family, Québec, Canada

Trained in physical education, Line and Luc Dubois didn't consider themselves businesspeople. It was their lack of experience in network marketing that drove them to work that much harder, and the results have

been amazing. "I have experienced a complete turnaround in every aspect of my life—personal, health, family, career, and financial," Line says.

Impressed by those changes, Line and Luc encouraged their daughter, Élise, to join USANA as well when she turned 18. The suggestion wasn't met with much enthusiasm. "It was my parents' business," she laughs. "Not very appealing to a teenager." But after seeing her parents working with the young people in their downline, Élise had a change of heart and was soon building a solid business of her own with the help of her husband, Luc Lemaire.

Line and Luc also helped their youngest daughter Magalie and their son Olivier start their own USANA businesses. Today, the Dubois family enjoys being able to work together and are grateful for the time and financial freedom they have achieved—as a family.



Watch Out, World—Make Way for Generation Y

Tommy Garneau, Québec, Canada

Today's young people are looking for something more than just a job: wealth, freedom, happiness—they want it all. And many young people are finding all that and more with USANA.

One such person is Tommy Garneau. Introduced to the concept of network marketing at the age of 18, he set out looking for the company that would eventually lead him to the independence he was looking for. "I decided to start looking for a company with good market timing, a simple and duplicable compensation plan, integrity, quality products, credibility, and a good feeling to it," Tommy says. "My motivation, besides obtaining financial freedom by the age of 30, was discovering my talents and, above all, having an impact and being able to help as many young people as possible to be financially free while contributing to society."

Having found the success he was searching for, Tommy believes that USANA is an ideal fit for young people.

"Young people don't want to work until they're 65 years old or older to the detriment of their health and freedom," Tommy says. "USANA is the ideal vehicle to help you achieve your goals! With its vision, integrity, credibility, unlimited financial possibilities, and high-quality products, everybody should discover and live the USANA difference."

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Six Ways to Earn Income with USANA



USANA currently pays an average of 53% of sales volume in commissions and incentives!

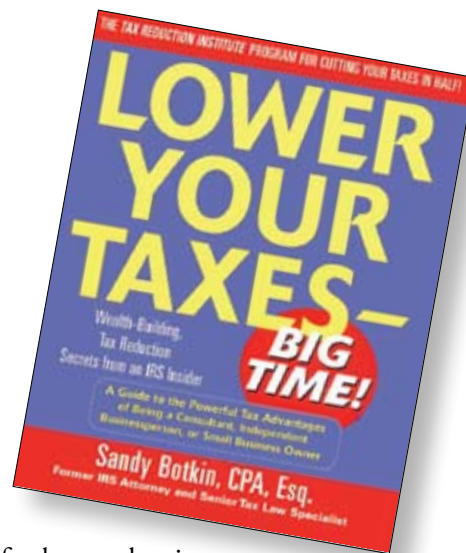
1. **Retail Sales**
Earn profits on the difference between wholesale and retail.
2. **Weekly Commissions**
Earn a starting commission up to 20% from your customers and sales volume of your team.
3. **Matching Bonus**
Receive up to 100% matching bonus for 8 months (32 weeks) on the sales volume of Associates 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.



Why a Home-based Business Makes So Much "Cents"

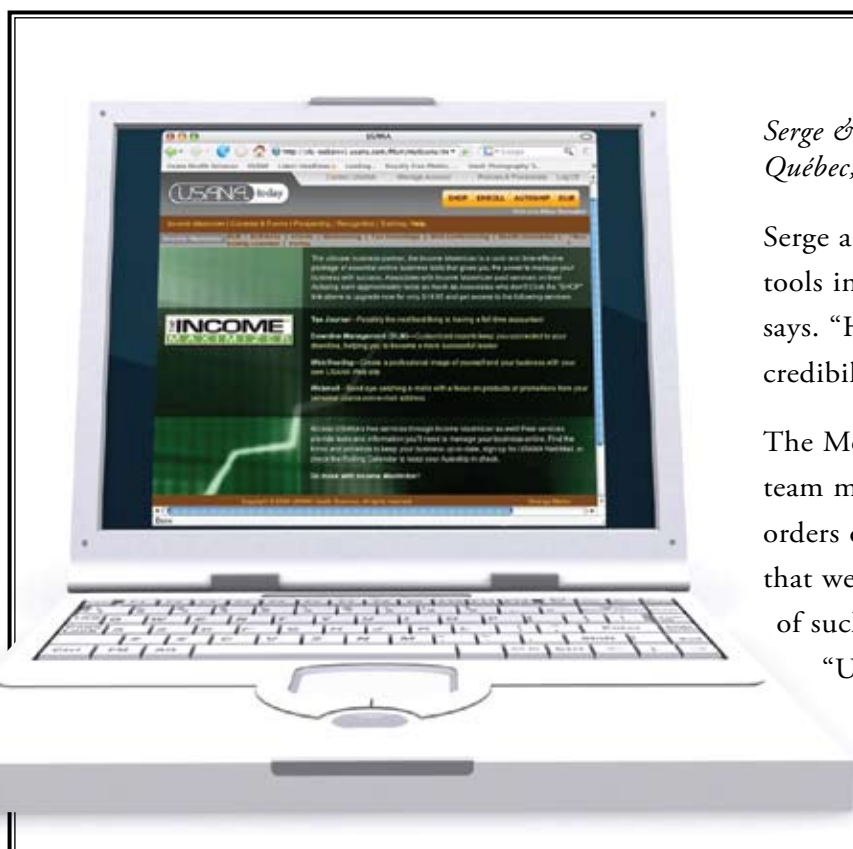
There are many reasons why so many people favour home-based businesses over something more traditional. There is no commute, no boss, lower overhead, few employees if any, and far fewer government restrictions. In fact, many of the laws don't apply to small firms that have few or no employees. In addition to all the benefits mentioned above, if your home-based business produces a tax loss in the first year or so, you can use that tax loss against any other income you have. It can be used against wages earned as an employee, dividends, pensions, or interest income—or you can use the loss against your spouse's earnings if you file a joint return.* The light at the end of the tunnel, for you and millions of others today, is the financial opportunity that starting your own business offers. The tax advantage alone can make a home-based business the single best financial move you've ever made.

**Please consult your legal or tax advisor for specific information pertaining to your personal situation.*



Patrick Marchand & Chantal Frève, Québec, Canada

"When we think about what our lives would be like without USANA, we get chills. It is amazing how this works for us. We can choose to work the number of hours we want, when we want, and where we want; we would never have had that with a traditional job. USANA can help people dream bigger. We love and follow Dr. Wentz' vision and want a world that is free from pain and suffering. USANA can give our society a better future."

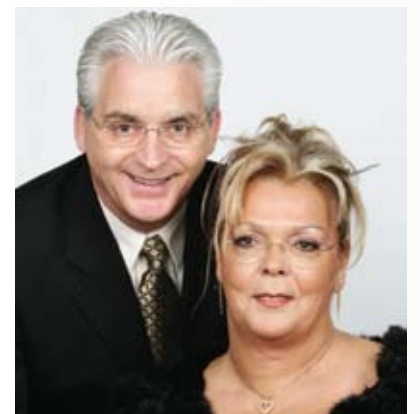


*Serge & Mado Morissette
Québec, Canada*

Serge and Mado Morissette have found success by incorporating USANA's online tools in their business. "It's important not to forget the Internet tools," Serge says. "Having your personalized, professional Web page gives you extraordinary credibility."

The Morissettes find the ability to see their new team members, weekly commissions, and Autoship orders online especially helpful. "I can assure you that we are lucky to be able to take advantage of such great management tools," Serge states.

"USANA's information management technology allows us to have better control over our USANA business."



USANA's Income-producing Business Plan Is Revolutionizing How People Create Wealth

The USANA Binary Compensation Plan

The USANA Binary Compensation Plan is a binary system in which you build balanced left-side and right-side downline organizations for the purpose of selling USANA's nutritional and personal-care products. The weekly commissions you earn are based on the balanced Group Sales Volume (GSV) points accumulated in your left-side and right-side downline organizations. USANA Business Centres are designed to pay you weekly commissions on Sales Volume with no limit to the number of levels from which you can earn your commissions. In addition, a USANA Business Centre allows you to be paid on the Sales Volume created by your downline Associates and Preferred Customers. Another powerful advantage of USANA's program is that there are no monthly group volume requirements. The income you receive from USANA will be in direct proportion to your ability to retail USANA's products to your customers, as well as your ability to build an organization of Associates who, like you, retail to their customers and build an organization of Associates.*

Starting a Business Centre

Your sponsor places you in an open position in his or her sales organization (Figure 1). This open position is called a Business Centre (BC). Each Business Centre has left and right sides in which Sales Volume accumulates. You activate and earn commissions on 1 or 3 Business Centres by following a few simple steps:

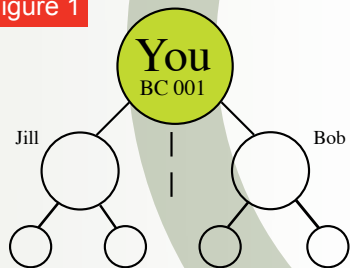
- Complete an Associate Application form and purchase a Business Development System. If you fill out and sign an application manually, you can have a 21-day temporary status by calling USANA Distributor Services or enrolling online while you wait for USANA to receive the written copy.
- Order USANA products that total 150 points, or 450 points with 3 Business Centres, in Personal Sales Volume (PSV). These products may be for personal use and for retail sale, and may be ordered in a single order or accumulated over time.
- Order USANA products worth 100 or 200 PSV for 3 Business Centres, for personal use and resale every four weeks.

How Business Centres Work to Provide Income for You

As you begin to build your downline, you have the option to start with 1 Business Centre or 3 Business Centres. One Business Centre gives you direct income from group volume, whereas 3 Business Centres gives you leveraged income from group volume. With 1 Business Centre, as you sponsor Associates you place them in open positions in your downline (Jill and Bob, Figure 1), always remembering to keep the left and right sides balanced. A unique aspect of the binary compensation plan is that you and everyone in your upline are able to build your

downline organization because new Associates are always added to your downline. This structure creates a synergy wherein everyone benefits when new Associates are added. This translates into faster growth for you and for those in your downline organizations. If you choose to personally sponsor more people in USANA, you would place them in an open position under either Jill or Bob, which in turn will help their success. Plus, while you sponsor individuals in your sales organization, someone in your upline may also sponsor an Associate and position him or her on the left or right side of your Business Centre. However, your success in USANA comes by sponsoring people on your left and right sides, sharing the products with others, and teaching them to do the same.

Figure 1



Calculating Commissions

Commissions are awarded first in commission points, which are converted to the Associate's local currency. Commissions are paid on whole increments of balanced GSV accumulated in your left and right side organizations (Figure 2). Extra GSV, up to 5,000 points on each side, is carried forward—it's like money in the bank.

Figure 2

Weekly Payout Schedule		
Payout will be based on U.S. dollars		
Group Sales Volume	Points	Commission Points
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

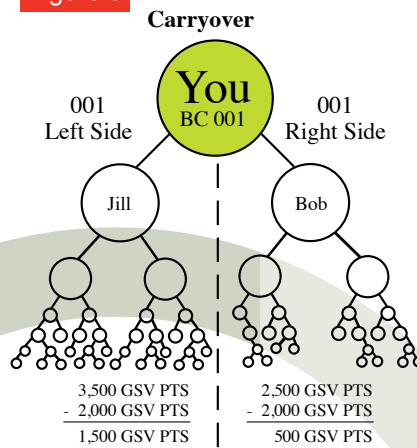
Calculating Commissions with 1 Business Centre

Assume that your 001 Business Centre is active and has 100 points in PSV within the current week. To determine the GSV, which is the combined PSV of your downline from which your commission for the week is calculated, you total the points in PSV generated during the current week from every Business Centre in the left and right side of your 001 Business Centre. In Figure 3, you have 2,000 points in GSV on your left side and 2,000 points on your right; your own PSV counts toward the GSV of your upline. According to the Weekly Payout Schedule (Figure 2), your highest balanced GSV is 2,000 on each side, which would earn you a commission of 400 points for the week.

Carryover

In Figure 3, you have a total of 3,500 points on your left side and 2,500 points on your right. According to the Weekly Payout Schedule, your highest balanced GSV is 2,000 on each side, equalling 400 points for the week. The extra GSV would carry forward, and you would start the next week with 1,500 points in GSV on your left side and 500 points on your right side.

Figure 3



Carryover = 1,500 Left 500 Right
Total Commission = 400 PTS

Preferred Customers

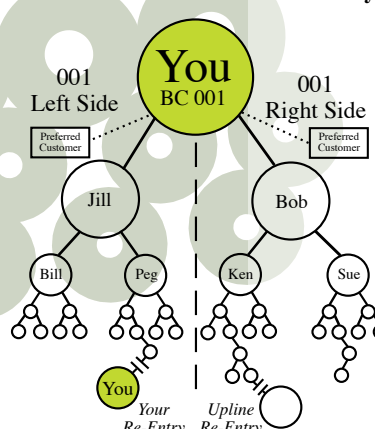
Another way to accumulate GSV is to add Preferred Customers to the left and right side of your Business Centres (Figure 4). Preferred Customers can order USANA products at Associate prices, but they do not accumulate PSV, nor are they paid commissions. Although you do not earn retail commissions from the orders of Preferred Customers, their orders earn points, which are added to your GSV total for the side in which they are placed (left or right). Those Associates who choose not to be Distributors, and thus do not retail products, fulfill their sales requirements through Preferred Customers.

Additional Income Potential

As you become increasingly successful selling USANA's nutritional and personal-care products, you can qualify for Re-Entry Certificates, which allow you to increase your number of Business Centres and your income potential. Whenever you maximize a Business Centre (accumulate 5,000 points in GSV, current and carryover, in both your left and right sides in a single week), you earn a Re-Entry Certificate (Figure 4). A Re-Entry Certificate allows you to re-enter in your own downline with an additional Business Centre. To activate a Business Centre with a Re-Entry Certificate, you send a written request to USANA with placement information and generate 150 points in PSV at the time you place the new Re-Entry. The product order corresponding to the PSV generated must be attached to the placement information. You can earn up to two Re-Entry Certificates per Business Centre, and no matter how many Business Centres you activate, it only takes 200 points in PSV in your 001 Business Centre within each four-week period to keep all of them active.

Figure 4

Preferred Customers and Re-Entry



Maryse & Claude Duquette
Québec, Canada

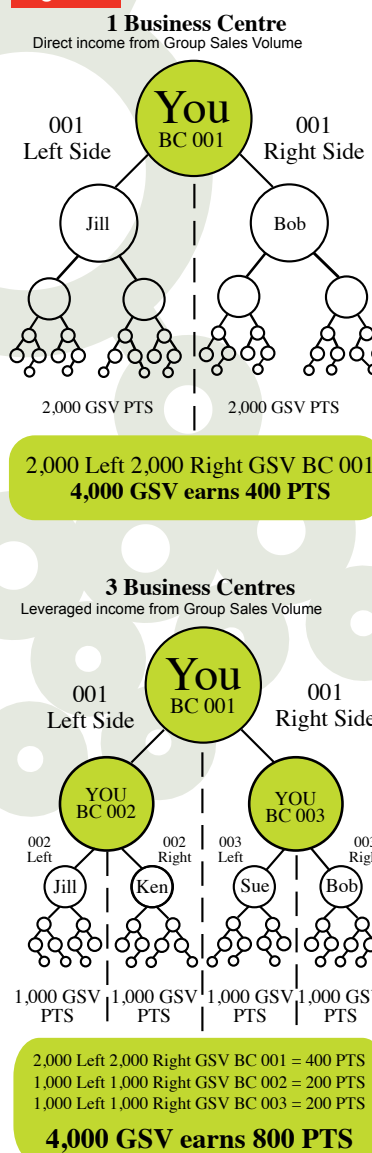
"USANA's binary compensation plan is simple to explain, easy to duplicate, and pays according to your efforts. The secret? Find your customers and start with two dedicated people you trust. Then boom, financial freedom will come if you remain consistent."

Doubling Commissions with 3 Business Centres

As illustrated in Figure 5, you can see the difference between building a business with 1 Business Centre versus 3 Business Centres. As you build Business Centres 002 and 003, you are simultaneously building Business Center 001 without additional effort. With 3 Business Centres, you build balanced legs on two Business Centres and earn commissions on three.

At the bottom of Figure 5, you will see that your 002 and 003 Business Centres each have 1,000 points in GSV on the left side and 1,000 points on the right. According to the Commission Payout Schedule, the highest balanced GSV is 1,000, earning you 200 commission points for the week in the 002 and 003 Business Centres. Your 001 Business Centre would earn the same 400 points as compared to the one Business Centre on the top of Figure 5. That's an 800-point commission for you—twice the commission for the week.

Figure 5



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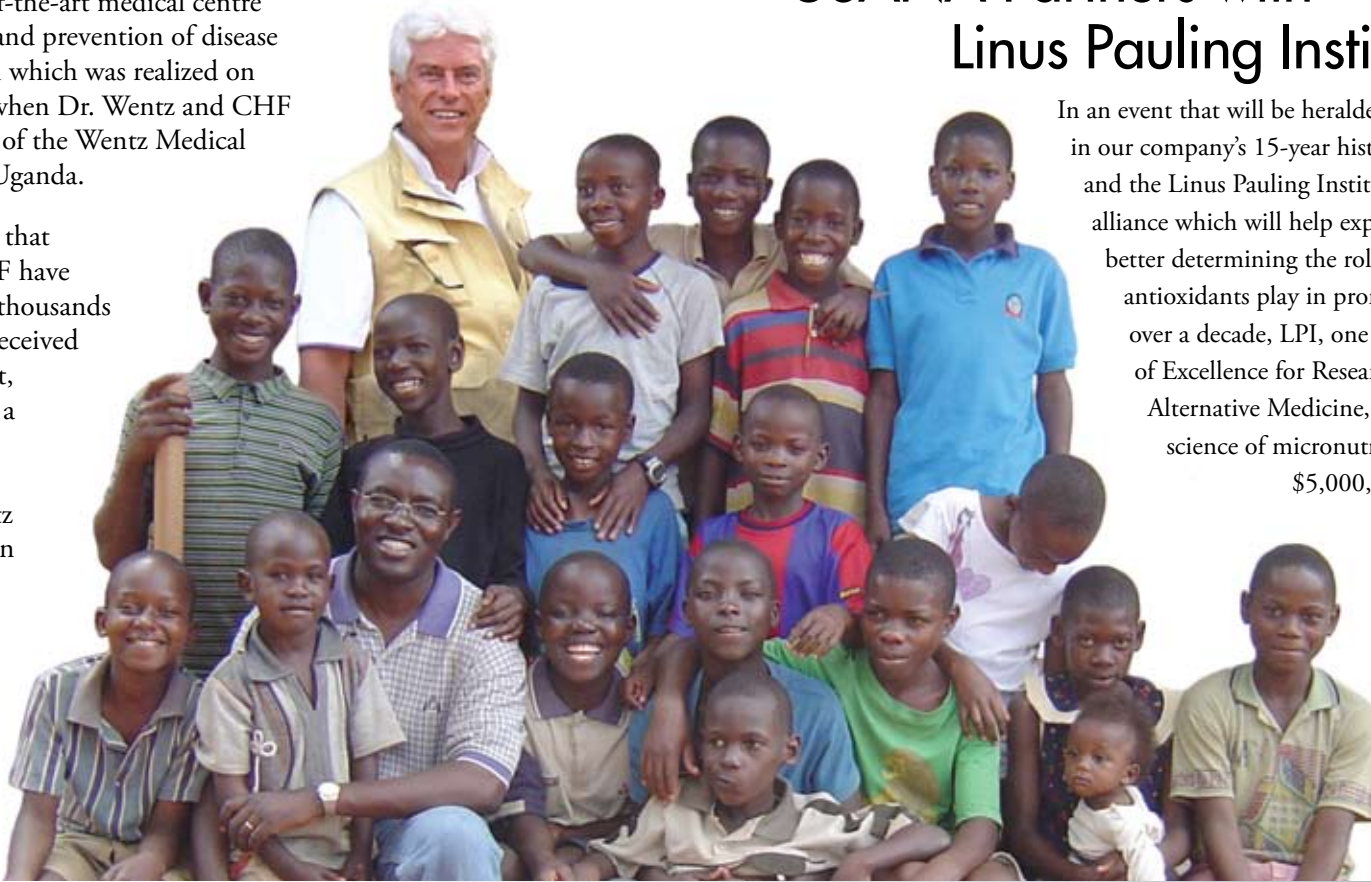
USANA & Children's Hunger Fund: A Partnership for Change

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 (CHF), an organization that has provided more than \$800 million in aid and that *Forbes* magazine named as one of the nation's most cost-effective charities, with more than 99 cents of every dollar going directly to children in need.

This partnership was further strengthened in the summer of 2004 when USANA Founder Dr. Myron Wentz traveled to Africa, where he visited several impoverished refugee camps in northern Uganda. Driven to action by that heart-wrenching experience, Dr. Wentz and CHF began sending food to the camp's children and helping families begin building homes and growing crops. In little more than a year, malnutrition was reduced by 90 per cent, and the refugee population was reduced by more than 60 per cent.

Fueled by this success, Dr. Wentz resolved to establish a state-of-the-art medical centre for the diagnosis and prevention of disease in Africa, a dream which was realized on August 1, 2005, when Dr. Wentz and CHF opened the doors of the Wentz Medical Centre in Gaba, Uganda.

In the seven years that USANA and CHF have worked together, thousands of children have received daily nourishment, medical care, and a renewed sense of hope, particularly through the Wentz Medical Centres in Uganda and now Cambodia, by serving children affected by diseases such as malaria and HIV.



Dr. Wentz Receives Albert Einstein Award

In June 2007, Dr. Wentz was honoured at a special ceremony in Jerusalem with the Albert Einstein Award for Outstanding Achievement in the Life Sciences. Given by Global Capital Associates, this award salutes leaders whose vision and commitment have contributed to the critical advancement of vital life-saving and life-enhancing technology to benefit mankind. Dr. Wentz received the award in recognition of his many scientific and charitable endeavours.



USANA Partners with Linus Pauling Institute

In an event that will be heralded as one of the most pivotal in our company's 15-year history, USANA Health Sciences and the Linus Pauling Institute (LPI) have formed an alliance which will help expand Dr. Wentz' vision by better determining the role that vitamins, minerals, and antioxidants play in promoting optimal health. For over a decade, LPI, one of the nation's first Centers of Excellence for Research on Complementary and Alternative Medicine, has been a world leader in the science of micronutrition. USANA will contribute \$5,000,000 US to LPI's research

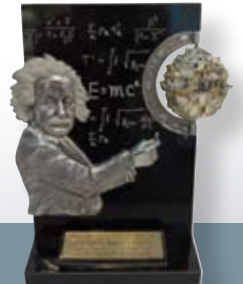
programs over the next 10 years. In particular, we hope to foster LPI's clinical research efforts aimed at defining the true benefits of supplemental vitamins, minerals, and antioxidants for human health and aging.

USANA ACCLAIMED THROUGHOUT THE SCIENTIFIC & BUSINESS COMMUNITY



USANA products **receive top 5-star rating** and **Gold Medals of Achievement** from **NutriSearch Comparative Guide to Nutritional Supplements™, 4th edition** (ESSENTIALS™ and HEALTHPAK™ 100)

USANA Founder **Dr. Myron Wentz receives Albert Einstein Award** for Outstanding Achievement in the Life Sciences



- **USANA** achieves dietary supplement certification, Good Manufacturing Practices registration, and certification for sport through NSF International
 - **USANA** products independently tested and found to meet the stringent requirements of Informed-Choice & HFL
 - Founding reporter of The Climate Registry



USANA rated **#1 Distributor Choice for 10 years** (*The MLM Insider/NetWork Marketing Today*)

Best Dietary Supplements (Utah Best of State, 2008, 2007, 2006, 2004, 2003)

Best Personal-Care Products (Utah Best of State, 2008, 2007)

Best of State Overall in Merchandising & Consumer Services (Utah Best of State, 2008)



- **Official health supplement supplier of the Sony Ericsson WTA Tour, US SpeedSkating Team, Speed Skating Canada, Biathlon Canada, Cross Country Canada, USA Luge, and USA Bobsled Team Radcliff**
- **Listed in the top 20 on Forbes' 200 Best Small Companies list for three years** (Oct. 30, 2006; Oct. 31, 2005; Nov. 1, 2004)
- **Business Week** names **USANA** to its **100 Hot Growth Companies list** (2004 and 2005)

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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