

Fall & Winter 2012



Ariane Lavigne

- Current FIS Nor-Am Cup champion
- Member of Canada's National Snowboard Team
- USANA Product User

your **health.** your **life.** your **way.**[™]





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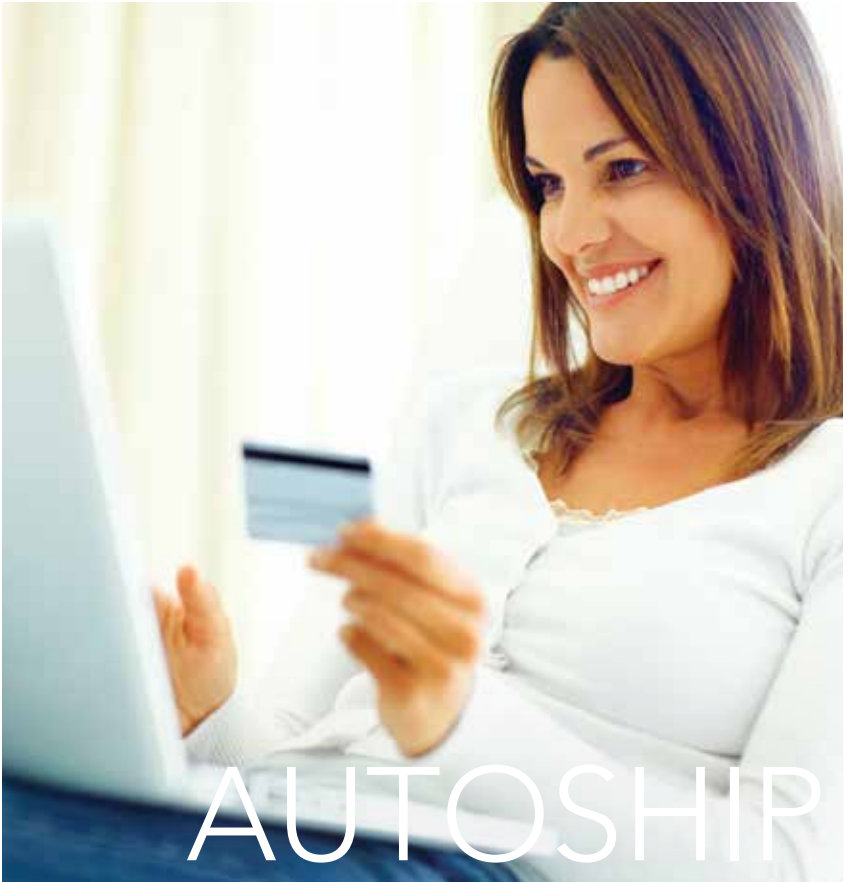
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AUTOSHIP

Your Health—Delivered

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Save up to 15% 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!

www.USANA.com

The athlete featured on the cover of this publication is either an Associate or dedicated user who has received compensation for their partnership and/or complimentary USANA products.

EVERYTHING
WE DO HELPS YOU
LOVE LIFE
AND LIVE IT.

Undeniably Unique.

You may have heard this before. More likely than not, you've already been told on numerous occasions that no matter what similarities you share with your friends, family, and peers, you are different. You are unique. But you probably don't believe it.

That's because you understand there are certain things everyone has in common. We all want the best for our families, we all yearn for success, and we all share the same basic health needs.

But we all have our differences, too. We all have our own, individual mark we want to leave in life—our own interests, routines, and subtle quirks that truly make each and every one of us...unique.

And the way we see it, it's up to each of us to express what sets us apart from everyone else, not only in our daily lives, but in our daily nutritional regimens as well.

So make your mark.



Make a commitment to living a longer, healthier life, and choose the products that are right for you. Because we believe everyone has the right to be an individual.

Two of a Kind for One of a Kind

Helping you build a strong foundation for exceptional health, 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 vitamins that support virtually every body system and supplies a wide range of antioxidants to fight cell-damaging oxidative stress.

Retail \$49.14
Wholesale \$45.50
Autoship \$40.95

MultiMineral Plus— Item #102

Supplies essential minerals that play many important roles in the body.

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





The Essentials™—Item #101

When taken together, Mega Antioxidant and MultiMineral Plus build a superior, nutritional foundation for a healthy lifestyle. Order the Essentials together and save more than 10 per cent!

Retail \$63.54

Wholesale \$58.83

Autoship \$52.95



your **health.** your **life.** your **way.**

Personalized Nutrition: Cut from the Mold of Your Lifestyle

You are unique, and you need a personalized health regimen that works just for you. Just as professional athletes, Olympians, and celebrities trust their health to the experts, you too can discover the difference exceptional nutrition and advanced skin care can make in your own

health. And USANA's **True Health Assessment** is here to guide you.

This new approach to your health is fast, easy, and totally personalized! It's the ultimate guide to customizing your nutrition to your needs. It's as easy as 1-2-3!



Assess Yourself

- 1 Step One:** Log on to www.truehealthassessment.com, or download the free app to your iPad by visiting USANAtoday.com and clicking on the “Prospecting” tab. You will be asked a series of health-related questions, from diet and exercise to lifestyle choices and nutrition preferences. No need to worry about wrong answers—this is all about you and what you want out of your customized health plan.
- 2 Step Two:** Once you complete the assessment, you will receive a complete personalized nutrition program, a top health factors assessment, and a lifestyle plan. This information includes: activity, diet, toxic burden, biometrics and genetics, and stress.
- 3 Step Three:** Now that you know how to get on the right track, you can use the **True Health Companion**, a web and mobile health management system, to help you monitor your health goals and progress. With this extra support, you’ll never forget to make your health a priority.

TrueHealth
COMPANION

Nutrition When and Where You Need It

Your key selection of USANA® Nutritionals pre-packed in convenient AM and PM packs. It goes where you go.



Nolan Kasper

- ESWA Golden Ski Award winner
- 2011 Europa Cup SL champion
- USANA product user

The pictured athletes are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.



HealthPak™—Item #100

Provides a full daily dose of the USANA® Essentials (Mega Antioxidant and MultiMineral Plus), as well as Active Calcium Plus™ bone health formula and USANA's unique AO Booster™ antioxidant supplement for added antioxidant protection.

Retail \$164.34

Wholesale \$152.17

Autoship \$136.95



The Best Nutrition for Your Family

More than the “Bear” Necessities

Usanimals™—Item #105

Be sure your family gets the nutrients they need. USANA's fun and easy-to-eat chewables provide excellent nutritional support.

Daily vitamin supplement with a delicious wild berry flavour!

Retail \$21.54

Wholesale \$19.94

Autoship \$17.95





Head of the Class

Body Rox™—Item #104

Between late-night cram sessions, school activities, and a hectic social life, young adults can't afford to slow down. Give them the nutrition they need to be at their best every day.

With a tasty fruit-flavoured coating!

Retail \$28.74

Wholesale \$26.61

Autoship \$23.95



Be True to Your Heart

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



Proflavanol® C¹⁰⁰— Item #110

With **Proflavanol C¹⁰⁰** bioflavanoid supplement, one plus one equals so much more than two. When bioflavonoids taken from grape-seed extract combine with high-potency vitamin C, you get a powerhouse supplement that helps maintain the health of your immune and cardiovascular system, as well as youthful-looking skin.

With a delicious grape-flavoured coating!

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

HYBRID
USANA Nutritional Hybrid Technology





Keeping You Young at Heart

CoQuinone™ 30— Item #123

As we age, our bodies slow down the production of coenzyme Q10, which is critical for generating the energy needed to power our cells, especially those in the energy-hungry heart and brain. Supplementing with ample amounts of CoQ10 every day can help keep your body feeling youthful, healthy, and energized.

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

CoQuinone™ 100— Item #142

A higher potency in CoQuinone 100 coenzyme Q10 and alpha-lipoic acid supplement means you only have to take one gel capsule per day.

Retail \$77.94
Wholesale \$72.17
Autoship \$64.95





Remember What Matters to You

Occasional forgetfulness can be infuriating, regardless how minimal, and there are many factors that can affect your memory. Diet, sleeping patterns, and stress all play a part in the memory function of your brain. Ginkgo-PS Ginkgo biloba supplement was created by USANA specifically for the purpose of maintaining healthy mental and cognitive function.



Ginkgo-PS™—Item #126

Designed to support acute memory function and cognition.

Retail \$47.94

Wholesale \$44.39

Autoship \$39.95

A Good Eye for Healthy Living

Pollution, dry air, sunlight, and other environmental factors assault the sensitive tissues of your eyes all year. Support the health of your eyes from the inside out with **Visionex**.

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 \$45.54

Wholesale \$42.17

Autoship \$37.95





Lindsey Jacobellis

- Seven-time Winter X Games gold medalist
- 2006 Winter Games silver medalist
- USANA Product User

Keeping the Life in Your Lifestyle

Staying active is the key to lifelong vitality. But with all the physical activities we perform, the deterioration of bone and joint health is a common issue among adults. Don't let joint trouble slow you down. **Procosa** groundbreaking joint health supplement is designed to keep your joints moving and help you keep doing the things you love.

Procosa is formulated with potent Meriva^{®†} bioavailable curcumin, which supplies a concentrated amount of this strong joint-supporting antioxidant so you can pop fewer pills.

Procosa[®]—Item #131

Delivers glucosamine at doses clinically shown to help maintain healthy cartilage and joints.

Retail \$38.34

Wholesale \$35.50

Autoshop \$31.95



† Meriva is a trademark of Indena S.p.A.

The pictured athletes are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.



You'll Feel It in Your Bones

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 \$27.54
Wholesale \$25.50
Autoship \$22.95

Active Calcium™ Chewable— Item #121

Your personal bone health formula in a chewable tablet for adults and young adults. Also works great as an antacid for occasional heartburn.

Retail \$28.74
Wholesale \$26.61
Autoship \$23.95

Grow Wiser, Not Older

Okay, so you'll get older—there's nothing we can do about that. But if you eat right, exercise, and take supplements made to support your own personal needs, you may not feel older. These specialized nutritionals are designed for those over the age of 40.

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 \$29.94

Wholesale \$27.72

Autoship \$24.95

Palmetto Plus™—Item #128

Designed for men concerned with maintaining sound prostate function.

Retail \$29.94

Wholesale \$27.72

Autoship \$24.95





Giving You the Rest of Your Dreams

Pure Rest™—Item #141

A fast-acting, orange-flavoured melatonin supplement designed to give you the rest you so greatly deserve and defend your body against free-radical damage.

Contains no animal ingredients.

Retail \$16.20

Wholesale \$15.00

Autoship \$13.50



Not Just Another Fish in the Sea

Because we take pride in separating ourselves from the rest of the pack—just like you.

USANA's BiOmega ultra-pure supplement stands apart because it provides optimally balanced, concentrated omega-3s and vitamin D to help ensure you get more of this important nutrient. And with added lemon flavouring, there's no fishy aftertaste.

By taking BiOmega as part of a balanced diet, you can be sure you are getting the right amount of pure, safe omega-3s you need every day.

Food for Thought

Current studies show that the diet and nutrition choices we make not only have an affect on the way we look and feel, but also on the way we think. Specific fatty acids are vital to brain health because they are instrumental in maintaining cell membrane fluidity and permeability, thereby improving the communication among brain cells.





Matt Lowe

- Two-time USA National Champion
- NCAA All American (University of Texas)
- USANA product user



BiOmega™—Item #122

Produced from cold-water, deep-sea fish oil, and rich in omega-3 fatty acids. Provides EPA and DHA for cardiovascular and joint health support as well as neurological and intellectual development.

Retail \$28.74
Wholesale \$26.61
Autoship \$23.95

Optomega®—Item #127

If meat and other animal products aren't on your menu, **Optomega** may prove to be the supplement you need to keep your body balanced and your heart healthy with the right amounts of essential fatty acids.

Keep you heart happy and the fish in the sea with **Optomega!**

Retail \$36.60
Wholesale \$33.89
Autoship \$30.50

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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, particularly during the winter months. 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 \$23.94

Wholesale \$22.17

Autoship \$19.95





Poly C®—Item #130

USANA's proprietary and advanced Poly C vitamin C supplement gives you the antioxidants you need to maintain good overall health.

Retail \$21.54

Wholesale \$19.94

Autoship \$17.95



Truly Inspired

USANA's line of Sanoviv Inspired Digestion/Detox products were made to work together to support your digestive health based on the results and recommendations of USANA's collaboration with the medical professionals at Sanoviv Medical Institute.



Going Pro

Say goodbye to the minors. You've been called up to the big leagues—the pros—with **USANA Probiotic** food supplement for digestive and immune health.

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 \$35.94
Wholesale \$33.28
Autoship \$29.95

Make Your Body Regular. Make Your Body Right.

Are you one of the few Canadians who get the recommended 21–38 grams of fibre in your daily diet? If you are, perhaps you're aware of how great it is for your digestive tract, or maybe you've found that it leaves you feeling full, making it easy to skip unhealthy snacks. If you're not, whether it's for a slimmer figure or pure digestive health, discover for yourself why fibre is fantastic.

Fibergy® Plus—Item #226

Fibergy Plus flavour-free fibre blend is perfect for mixing in nearly any liquid or food.

Retail \$32.34

Wholesale \$29.94

Autoship \$26.95

De-Stress. Defend. Detox.

With millions of toxins attacking your body every day, it takes a very special kind of warrior to neutralize the invasion. Of all the organs in your body, there is only one that is incessantly willing to rise to the occasion and serve as the main battle station where toxins are dismantled and eliminated. Your liver works hard. Give it the support it needs with Hepa Plus liver support formula.

Hepa Plus®—Item #135

Powerful antioxidant specifically designed to support optimal liver function and help it deal with the huge amounts of oxidative stress generated through our body's natural detoxification processes.

Retail \$39.54

Wholesale \$36.61

Autoship \$32.95

USANA® Digestive Enzyme—Item #111

A broad range of enzymes to support efficient digestive health, so you can make sure you're getting the most from your healthy diet. Enzyme supplements are especially important as we age and our natural enzyme production decreases.

Retail \$43.14

Wholesale \$39.94

Autoship \$35.95



What Gets You Revved?





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— Item #138

(12 cans)

Retail \$35.94

Wholesale \$33.28

Autoship \$29.95

Rev3 Energy Surge™ Pack— Item #139

(14 stick packs with free chalk bag)

Retail \$45.54

Wholesale \$42.17

Autoship \$37.95

Rev3 Energy Surge™ Pack Refill—Item #139

(28 stick packs)

Retail \$79.14

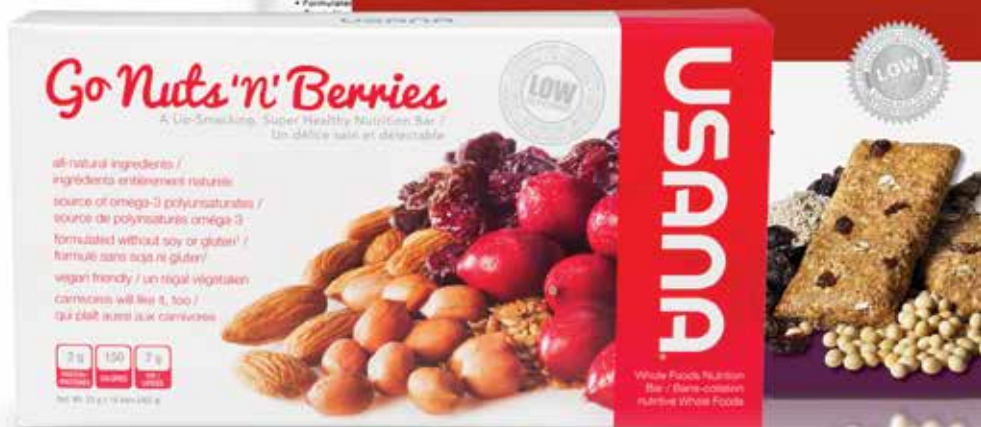
Wholesale \$73.28

Autoship \$65.95

What separates Rev3 from other energy drinks?

- Complete and proprietary Energy Complex with tea, ginseng, rhodiola, cacao, and coenzyme Q10.
- Uses low-glycemic energy sugars for sustained energy.
- Contains no artificial sweeteners, artificial preservatives, or artificial colours.
- Contains natural caffeine from a blend of teas.
- Provides vitamins and antioxidants.

THE TASTE OF HEALTHY CUISINE





USANA nutrimeal

Dutch Chocolate / Chocolat hollandais

Intensive Meal Replacement Shake /
Bistrot de repas sous forme de boisson fouettée nutritive

- Low glycemic /
Faible indice glycémique
- 15 grams of protein /
15 grammes de protéines
- Ingredients promote
sustained energy /
Ingrédients qui favorisent
une énergie durable

Source: USANA /
Information en français

USANA nutrimeal

Chocolate Whiey / Au lactosérum à saveur de chocolat

Intensive Chocolate Whiey Shake /
Boisson fouettée nutritive au lactosérum à saveur de chocolat

- All-natural /
Entièrement naturel
- Formulated without gluten /
Formulé sans gluten
- Soy-protein free /
Sans protéine de soja



USANA nutrition bar

Chocolat Fusion Flavour / Saveur de chocolat Fusion

Convenient & Delicious Weight-management Snack /
Délicieux casse-croûte en format pratique pour la maîtrise du poids

- All-natural flavours and sweeteners /
Aromes et édulcorants 100 % naturels
- 12 grams of protein /
12 grammes de protéines
- Zero trans fat /
Aucun gras trans

n bar

craquelées croquantes

Management Snack /
Snack pratique pour la maîtrise du poids

100% naturels

Net Wt. 41 g x 12 bars (492 g)



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 and 3 grams of fibre.

Retail \$41.40
Wholesale \$38.33
Autoship \$34.50



*For our customers with sensitivity to gluten, no gluten-containing grains are used as ingredients in this product. However, this product is produced in a facility that manufactures other products that do contain wheat, oats, and/or barley.



Oatmeal Raisin Nutrition Bar—Item #232

Tastes like an oatmeal cookie!

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

Retail \$41.40

Wholesale \$38.33

Autoship \$34.50

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 3 grams of protein and 2 grams of fibre.

Retail \$41.40

Wholesale \$38.33

Autoship \$34.50





Science Meets Delicious

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 curb cravings.

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 \$31.14
Wholesale \$28.83
Autoship \$25.95

Why 'Whey't?

Athletes have benefitted 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 \$39.54
Wholesale \$36.61
Autoship \$32.95

*For our customers with sensitivity to gluten, no gluten-containing grains are used as ingredients in this product. However, this product is produced in a facility that manufactures other products that do contain wheat, oats, and/or barley.



Little Snacks. Big Nutrition.

Health. When you have it, life is good. Every day is an adventure. Which is why, every day, you're faced with different choices to support your healthy lifestyle.

USANA believes in making superior products to meet all your individual health needs. Which is why we've developed all sorts of yummy snacks and meal replacements for when your busy lifestyle needs a nudge in a...healthier direction.

Choosing USANA means choosing health. Choosing life. So go ahead and indulge. And then get back to what matters most. You know you want to.

Go Nuts 'n' Berries —Item #234

Salty and sweet—two opposite ends of the taste spectrum. But no one is going to stop us from combining the saltiness of peanuts and almonds with the sweetness of antioxidant-rich raisins and dried cranberries. Trust us—you'll thank us once your taste buds get a taste of this salty sweet treat!

Gluten Free*, Soy Free, Vegan Friendly

Retail \$39.54

Wholesale \$36.61

Autoship \$32.95







Ask the Expert

“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 fitness trainer

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

Positive Choices. Positive Results.

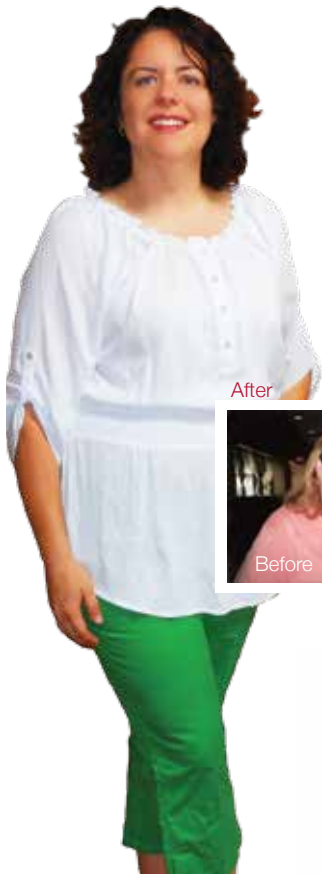
It's no secret that the key to effective weight loss is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes can often seem like an insurmountable task. With that in mind, USANA scientists developed the **RESET™ weight-management system**, complete with low-glycemic meal replacements that are designed to help you make a clean break from fatty, high-glycemic foods and start making better choices for your health.

The benefits of **RESET** go beyond weight loss. Consisting of three simple phases, this program will not only help you shed pounds, but it will assist you in making positive changes to your overall lifestyle.

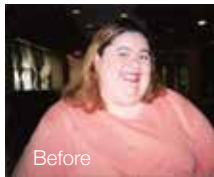
1 Phase 1: Provides you with a clean break from fatty, high-glycemic foods. This Jumpstart Phase will help kick your body into gear and curb your cravings for carbohydrates. USANA's low-glycemic meal replacements, combined with 30 minutes of walking each day, could help you lose up to five pounds in five days.

2 Phase 2: With the Transform Phase, you replace two meals with a **Nutrimeal™** shake, eat one low-glycemic meal, eat one **USANA® Nutrition Bar** as a snack and one other low-glycemic snack, while introducing a moderate exercise program into your daily routine. This phase allows for continued improvement as you take the necessary steps to meet your weight-loss goal.

3 Phase 3: Once you have reached your ideal weight, enter the Maintain Phase by replacing one meal a day with a **Nutrimeal** shake, eating two low-glycemic meals, eating one **USANA Nutrition Bar** as a snack and one other low-glycemic snack each day, and continuing to stay active with moderate exercise. The Maintain Phase will help you keep the weight off and maintain optimal health.



After



Before

“USANA’s RESET weight-management program has changed my life. With delicious Nutrimeal shakes and Nutrition Bars, along with the HealthPak™, I’ve been able to fuel my new body right. Now, I can’t wait to see what my future holds. If I can do it, so can you. USANA can help.”

—Hattie Montgomery

Lost more than 320 pounds

Learn more about Hattie’s amazing transformation at

<http://bit.ly/HattieUSANA>.

@hattiemarie28

The 5-Day RESET™ Kit— Item #251

Retail \$119.94

Wholesale \$111.05

Autoship \$99.95



It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA RESET 5-Day Kit are FOODS, not DRUGS.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight loss results. Results will vary.

Results not typical. The average weight loss with RESET is 4.5–5 lb. in five days.



Capture the Glow of Health with Sense[™]



Dedicated to those searching for health *and* beauty, USANA created Sensé beautiful science®, a comprehensive approach to skin care. Each product is developed with groundbreaking, patented Self Preserving Technology, meaning they stay fresh naturally. With regular use, skin is visibly transformed.

Made from pure botanical extracts and topical nutrition complexes, Sensé is formulated to revitalize individual cells, where healthy skin begins. When cells are properly nourished and protected, you can expect beautiful results.



Topical Nutrition

Proflavanol T[®] Antioxidant Complex

- whole-grape and green tea extracts combat free radicals
- vitamin E maintains skin's moisture

Proteo-C[™] Vitamin C Complex

- vitamin C brightens and provides oxidative defence
- 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 skin now and in the future
-

Regenisomes™

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





Experience It All!

Deluxe Pack—Item #350

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

Retail \$208.74

Wholesale \$193.28

Autoship \$173.95



Ultimate Beauty Regimen

am

Gentle Daily Cleanser
Hydrating Toner
Daytime Protective Emulsion
Eye Nourisher

Your choice of:

- Perfecting Essence or Serum Intensive
-

pm

Gentle Daily Cleanser
Hydrating Toner
Night Renewal Crème
Eye Nourisher

Your choice of:

- Perfecting Essence or Serum Intensive
-

2–3 times per week

Rice Bran Polisher
Nutritious Crème Masque

The Basics

If you want healthy, glowing skin, start with the Sense™ 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 \$19.14

Wholesale \$17.72

Autoship \$15.95



2 Tone

Hydrating Toner—Item #301

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

Retail \$19.14

Wholesale \$17.72

Autoship \$15.95

3 Replenish

Daytime Protective
Emulsion—Item #302

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

Retail \$46.20

Wholesale \$42.78

Autoship \$38.50



Night Renewal Crème—
Item #303

Mend the look of aging and wake up to hydrated skin with this over-night treatment.

Retail \$40.74

Wholesale \$37.72

Autoship \$33.95

Basic Pack—Item #351

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

Retail \$103.80

Wholesale \$96.11

Autoship \$86.50

The Enhancers

Perfecting Essence— Item #305

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

Retail \$59.94

Wholesale \$55.50

Autoship \$49.95

Serum Intensive—Item #304

This age-defying serum dramatically minimizes the appearance of fine lines and wrinkles, and helps retexturize skin's surface.

Retail \$53.40

Wholesale \$49.44

Autoship \$44.50

Eye Nourisher—Item #306

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

Retail \$32.34

Wholesale \$29.94

Autoship \$26.95





Rice Bran Polisher— Item #307

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

Retail \$19.14
Wholesale \$17.72
Autoship \$15.95



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 \$23.94
Wholesale \$22.17
Autoship \$19.95

Sensé™ Body Care

Radiate Health from Head to Toe

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 \$20.34

Wholesale \$18.83

Autoship \$16.95



Nourishing Conditioner— Item #313

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

Retail \$21.54

Wholesale \$19.94

Autoship \$17.95

Energizing Shower Gel— Item #311

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

Retail \$20.34

Wholesale \$18.83

Autoship \$16.95





Firming Body Nourisher— Item #314

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

Retail \$27.00

Wholesale \$25.00

Autoship \$22.50

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 \$17.94

Wholesale \$16.61

Autoship \$14.95



Hair & Body Pack— Item #354

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

Retail \$98.34

Wholesale \$91.05

Autoship \$81.95





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



Giving You a Healthy Sparkle

Having a healthy, beautiful smile is about more than just brushing twice a day. Supplement your smile with **Active Calcium Plus™** or **Active Calcium™ Chewable**, then brush those pearly whites with USANA's fluoride-free **Natural Whitening Toothpaste** for strong, healthy teeth and gums.

Natural Whitening Toothpaste—Item #399

USANA's **Natural Whitening Toothpaste** is naturally formulated to protect your beautiful smile all year round by removing plaque, cleaning teeth, and fighting the bacteria that causes bad breath.

Retail \$10.74
Wholesale \$9.94
Autoship \$8.95



Jenna Templeton,
USANA R&D lab associate

ASSOCIATE WITH SMART.

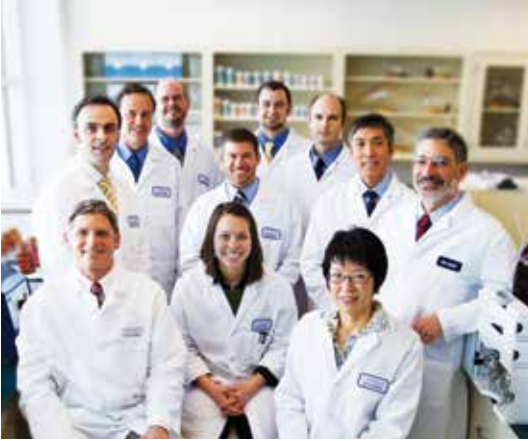
SCIENTISTS ARE SMART.

Smart is good. But you don't have to be a scientist to be smart. Just be curious. Strive for knowledge. Learn. And associate with smart.

Have smart friends. Like USANA's scientists. They're smart. They partner with research institutions across the country to discover what our bodies need to be healthy. Then, they turn that knowledge into award-winning nutritional products for you and hundreds of thousands of people in USANA's ever-expanding global markets.

BE SMART. OR, AT LEAST, ASSOCIATE WITH SMART.

Visit USANA.com.



“This is our house.
This is our business.
And nobody is going
to take care of it if we
don’t.”

—Dr. John Cuomo

USANA executive director of
global research and
development

Testing with a Scientific Team

More than 20 scientists, chemists, and microbiologists are tasked with the rigorous task of testing—starting with the raw materials when they enter the in-house manufacturing facility. Paperwork is checked, a visual inspection is performed, and a representative material sample is collected and sent to the lab.

Every sample goes through microbiological, contamination, potency, and physical testing. Most ingredients also go through specific testing to ensure they meet United States Pharmacopeia (USP) standards for things like purity, solubility, and density to make sure what’s on the label is in the product—and nothing else.

Exceeding the Standard

USANA complies with the highest standards of the nutritional supplement industry and is also a U.S. Food and Drug Administration (FDA) registered facility and adheres to standards set by Health Canada’s Natural Health Products Directorate. Although FDA guidelines for nutritional supplements don’t force manufacturers to test every ingredient in every lot, USANA does. This ensures that when you receive your USANA products, you’re receiving the very best supplements possible.

**It isn’t the industry standard.
It’s the USANA standard.**

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www.truehealthassessment.com

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