

FALL/WINTER 2011



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YOURSELF
IN HEALTHY
LIVING



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FALL & WINTER CATALOG 2011



AUTOSHIP AUTOMATIC savings. AUTOMATIC delivery.

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

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

Nutrit You Can



tionals an Trust





Samantha Stosur

Perfect MATCH

The Official Multivitamin of the WTA

USANA® Essentials™ —Item #101

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

Retail \$51.00

Wholesale \$47.22

Autoship \$42.50

T

THE DYNAMIC DUO

Standing side by side to combat the evil forces at work in and around your body, the **Essentials** provide a comprehensive spectrum of the necessary vitamins and minerals adults need every day for optimal health and energy levels. Potency guaranteed!*



Mega Antioxidant—Item #103

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

Retail \$39.00

Wholesale \$36.11

Autoship \$32.50

Chelated Mineral—Item #102

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

Retail \$18.60

Wholesale \$17.22

Autoship \$15.50

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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Zheng Jie



My UNDI



**"MYHEALTHPAK MAKES IT SO SIMPLE TO
GET THE PERSONALIZED SUPPLEMENTS
WE NEED. WE LOVE IT!"**

NAOMI & JASON PRIESTLEY

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

MyHealthPak™

UNDENIABLY YOU

USANA is one of the only supplement manufacturers in the world to offer personalized nutritional supplementation. **MyHealthPak** serves as tailored nutrition to suit your specific needs. Working adults who spend their days solving problems, motivating others,

and traveling for business may want to focus on cultivating a strong mind and healthy immune system, while the athletic/outdoorsy types may lean toward supplements that assist with energy levels and the maintenance of healthy bones and strong joints.*



Health Assessment and Advisor



With the Health Assessment and Advisor and **MyHealthPak**, you can create the best combination of USANA® Nutritionals for your needs in a 28-day supply of convenient AM and PM packs.

Take your health assessment and order your customized **MyHealthPak** now at USANAmhp.com.



H

HEALTHPAK™

A NUTRITIOUS CONVENIENCE



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

HealthPak™—Item #100

Provides a full daily dose of the **USANA® Essentials™** (Mega Antioxidant and Chelated Mineral), as well as **Active Calcium™** and **USANA's unique AO Booster™** for added antioxidant protection.*

Retail \$132.00

Wholesale \$122.22

Autoship \$110.00



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A Healthy Family is a HAPPY FAMILY

HEAD OF THE CLASS

Body Rox™—Item #104

Now with a tasty tropical fruit-flavored coating!

Between late-night cram-sessions, school activities, and a hectic social life, teenagers can't afford to slow down because they neglected their diet. Give them the nutrition they need to be at their best every day in, and out of the classroom.

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

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



MORE THAN THE "BEAR" NECESSITIES

Usanimals™—Item #105

New and improved flavor!

Be sure your little animals get the nutrients they need to help them grow strong and healthy. USANA's fun and easy-to-eat chewables provide excellent nutritional support for children ages 24 months to 12 years old.

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

Retail \$15.00
Wholesale \$13.89
Autoship \$12.50



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

BiOmega™—Item #122

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

Fortified with vitamin D!

Retail \$23.94

Wholesale \$22.17

Autoship \$19.95



THE HEALTHIEST CATCH



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GET HEART SMART

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

Proflavanol® C¹⁰⁰—Item #110

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

Retail \$46.74
Wholesale \$43.28
Autoship \$38.95

HYBRID
USANA Nutritional Hybrid Technology



FOCUS ON THE HEART OF THE MATTER



CoQuinone® 30—Item #123

An optimal combination of coenzyme Q10 and alpha-lipoic acid to support cellular energy in the heart plus sound muscle and nerve function.*

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

P

P.S. MIND YOUR HEALTH

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



Ginkgo-PS™—Item #126
USANA's unique *Ginkgo biloba* formula supporting acute memory function and cognition.*

Retail \$39.53
Wholesale \$36.60
Autoship \$32.94



A

A FEAST FOR THE EYES

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



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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



YOUR DREAMS MISS YOU

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

Pure Rest™—Item #141

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

Retail \$17.94

Wholesale \$16.61

Autoship \$14.95



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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 \$23.93

Wholesale \$22.16

Autoship \$19.94



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



Palmetto Plus™—Item #128

Designed for men concerned with maintaining sound prostate function.*

Retail \$26.34

Wholesale \$24.39

Autoship \$21.95

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

Active Calcium™—Item #120

USANA's complete bone health formula for all adults.*

Retail \$21.54

Wholesale \$19.94

Autoship \$17.95



Body Rox™ Active Calcium™ Chewable—Item #121

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

Retail \$28.74

Wholesale \$26.61

Autoship \$23.95



You'll Feel It
IN YOUR BONES

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B

BEAT THE WINTER BLUES

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

Vitamin D—Item #109

A safe and easy way to get 2,000 IU of maximum strength vitamin D to support optimal bone mineralization and cellular health.



Retail \$23.94

Wholesale \$22.17

Autoship \$19.95

A

A JOINT RESOLUTION

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



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

Procosa®—Item #131

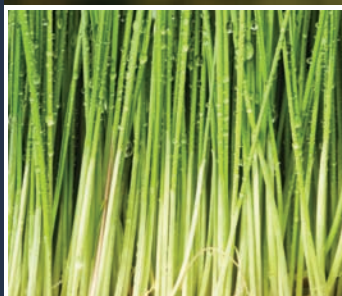
USANA's groundbreaking formula supports optimal joint health.

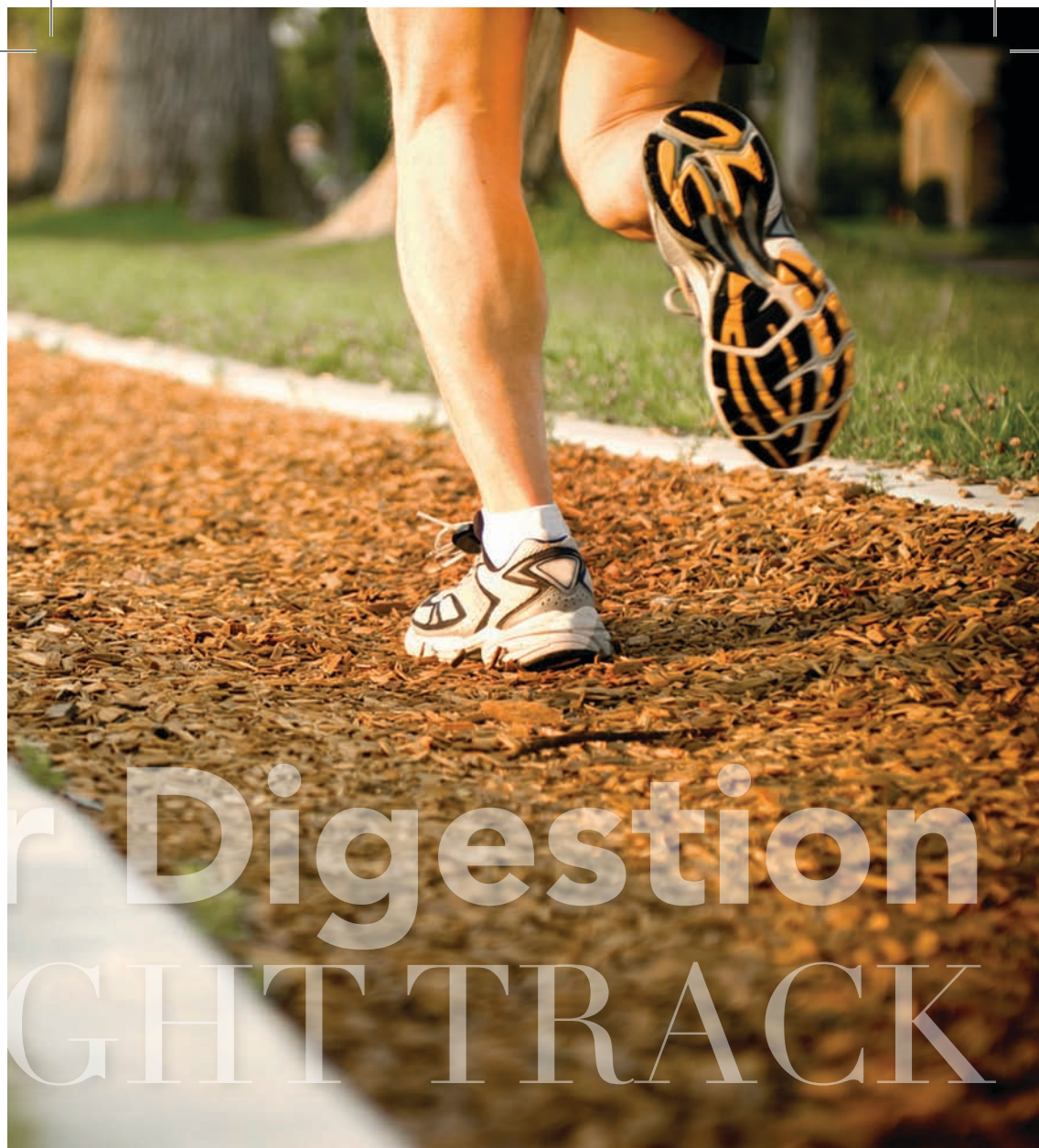
Retail \$33.00
Wholesale \$30.56
Autoship \$27.50





Keep Your ON THE RIGHT





r Digestion GHT TRACK





T

THE SUPER SOAKER UPPER

Digestive Enzyme—Item #111

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



Retail \$35.94

Wholesale \$33.28

Autoship \$29.95

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A Pleasant BALANCE



USANA® Probiotic—Item #108

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

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



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



Hepasil DTX™—Item #135

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

Retail \$39.00

Wholesale \$36.11

Autoship \$32.50

HYBRID
USANA NutritionalHybrid Technology

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T

THE FIBER OF YOUR WELL-BEING

Fibery® Plus—Item #226

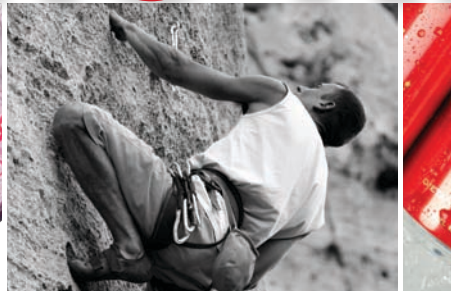
A key component for healthy digestion and with 12 grams of fiber per serving, **Fibery Plus** is a flavor-free fiber blend, which makes it perfect for mixing in nearly any liquid without altering the taste. **Fibery Plus** controls hunger and decreases your cravings. That way, you gain all the benefits of fiber without making any sacrifices.*

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





Join the R





REVolution





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

DAVID HENRIE
ACTOR, WIZARDS OF WAVERLY PLACE

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



REV3 ENERGY™

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

Rev3 Energy™ drink
12 cans—Item #138

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



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

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

Rev3 Energy Surge™ Pack Refill—Item #139
(28 stick packs)
Retail \$63.54
Wholesale \$58.83
Autoship \$52.95



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

USANA[®]

the taste of he

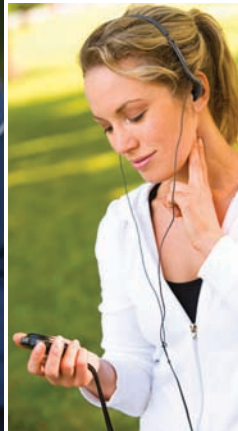




FOODS

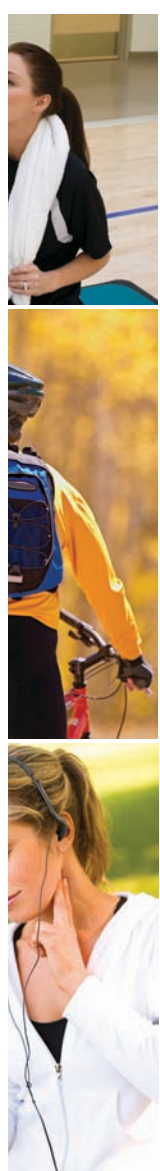
Healthy Cuisine





KATHY'S RESET™ tips

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



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

KATHY KAEHLER

Celebrity trainer and USANA spokesperson

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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

TAKE SOME WEIGHT OFF YOUR SHOULDERS





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

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

5-Day **RESET**™ Kit—Item #251

Retail \$119.94

Wholesale \$111.05

Autoship \$99.95

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

*These statements have not been evaluated by the Food and Drug Administration. The components of the **RESET** program are foods and are not intended to diagnose, treat, cure, or prevent any disease.

It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant, are lactating, have allergies, are taking medications, or are under the care of a physician.

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

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

NUTRIMEAL™

Try all three flavors!

Dutch Chocolate (protein blend)—Item #210

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

Wild Strawberry (protein blend)—Item #212

Retail \$30.30

Wholesale \$28.06

Autoship \$25.25



W WHY 'WHEY'T?

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

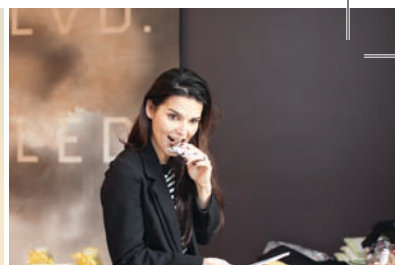
Chocolate Whey **Nutrimeal**™—Item #202 *Gluten free**

Retail \$33.00

Wholesale \$30.56

Autoship \$27.50

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



SCIENCE MEETS DELICIOUS

NOSH ON THE DELICIOUSNESS!

Chocolate Fusion Nutrition Bar—Item #233

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



12 bars

Each serving contains 12 grams of protein and 3 grams of fiber.

Retail \$34.74

Wholesale \$32.17

Autoship \$28.95

Oatmeal Raisin Nutrition Bar—Item #232

Tastes like an oatmeal cookie!



14 bars

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

Retail \$34.74

Wholesale \$32.17

Autoship \$28.95

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!



14 bars

Each serving contains 10 grams of protein and 2 grams of fiber.

Retail \$34.74

Wholesale \$32.17

Autoship \$28.95

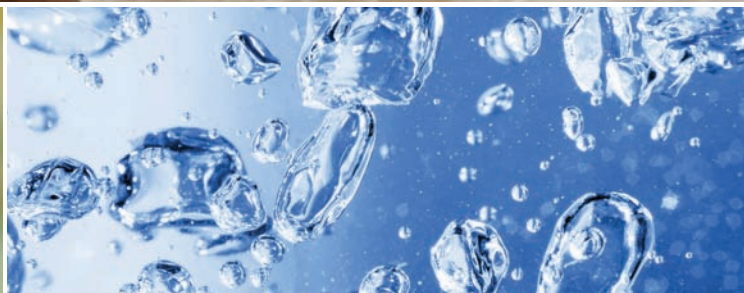
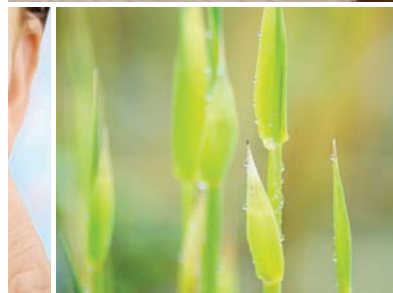
*No gluten-containing ingredients are used in this product. However, this product is produced in a facility that manufactures other products that do use gluten-containing ingredients.

WHEN SCIENCE AND NATURE GET ALONG,
IT'S A BEAUTY



sensé
beautiful science®

THE BEST THING





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

ASHLAN GORSE,
E! NEWS CORRESPONDENT

sensé

THE SCIENCE BEHIND



TOPICAL NUTRITION

Proflavanol T[®] Antioxidant Complex

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

Proteo-C[™] Vitamin C Complex

- vitamin C brightens and provides oxidative defense
- 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

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Deluxe Pack—Item #350

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

Retail \$179.94

Wholesale \$166.61

Autoship \$149.95



Ultimate Beauty Regimen

a.m.

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

p.m.

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

2-3 times per week

Rice Bran Polisher
 Nutritious Crème Masque

T

THE BASICS

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

1 Cleanse

Gentle Daily Cleanser—Item #300

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

Retail \$17.94 Wholesale \$16.61 Autoship \$14.95

2 Tone

Hydrating Toner—Item #301

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

Retail \$15.54 Wholesale \$14.39 Autoship \$12.95

3 Replenish

Daytime Protective Emulsion—Item #302

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

Retail \$39.00 Wholesale \$36.11 Autoship \$32.50

Night Renewal Crème—Item #303

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

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

Basic Pack—Item #351

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

Retail \$89.94 Wholesale \$83.28 Autoship \$74.95



a.m.



p.m.





T

THE ENHANCERS

Targeted solutions for your skin concerns.

Perfecting Essence—Item #305

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

Retail \$51.00 Wholesale \$47.22 **Autoship \$42.50**

Serum Intensive—Item #304

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

Retail \$44.34 Wholesale \$41.06 **Autoship \$36.95**

Eye Nourisher—Item #306

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

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

Rice Bran Polisher—Item #307

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

Retail \$15.54 Wholesale \$14.39 **Autoship \$12.95**

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 \$21.21 Wholesale \$17.72 **Autoship \$15.95**



S

SENSE™ BODY CARE

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

Revitalizing Shampoo—Item #312

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

Retail \$16.74 Wholesale \$15.50 **Autoship \$13.95**

Nourishing Conditioner—Item #313

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

Retail \$17.94 Wholesale \$16.61 **Autoship \$14.95**

Energizing Shower Gel—Item #311

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

Retail \$16.74 Wholesale \$15.50 **Autoship \$13.95**

Firming Body Nourisher—Item #314

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

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

Intensive Hand Therapy—Item #315

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

Retail \$15.00 Wholesale \$13.89 **Autoship \$12.50**

Hair & Body Pack—Item #354

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

Retail \$79.14 Wholesale \$73.28 **Autoship \$65.95**





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 colors
- NO artificial flavors
- NO artificial sweeteners
- NO fluoride

Natural Whitening Toothpaste—Item #399

USANA's natural solution for a healthy smile.

- Fresh, minty taste
- Lifts stains to reveal whiter teeth
- Removes plaque to clean teeth
- Fights bacteria to control bad breath



Retail \$9.00

Wholesale \$8.33

Autoship \$7.50



a perfect match



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



The Official Multivitamin of the



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Rev. 07/11

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