



Health & Freedom

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USANA Health Sciences


3838 West Parkway Boulevard, Salt Lake City, UT 84120

2008 / 2009

Our Modern World Is Full of Health Hazards

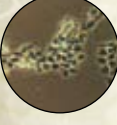
Yet we have the opportunity to be healthier than any other people in the history of the world

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.



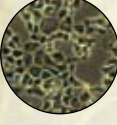
Healthy human cells in culture

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 defense.

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 combating these free radicals in addition to the body’s normal defense 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 modeled 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.



Stephen Daniel, Texas, USA

“I’ve got a lot of passion, and I love people. I have built USANA businesses in the United States, Mexico, Malaysia, and Canada, and I am planning for more international expansion. I live by the motto, ‘living to give.’ That’s something that resonates with people throughout the world. Be yourself, be genuine, keep your word, and show a true interest. I often ask, ‘How can I accommodate the needs of others?’ In the end, I put my trust in God because I ultimately work for Him.”





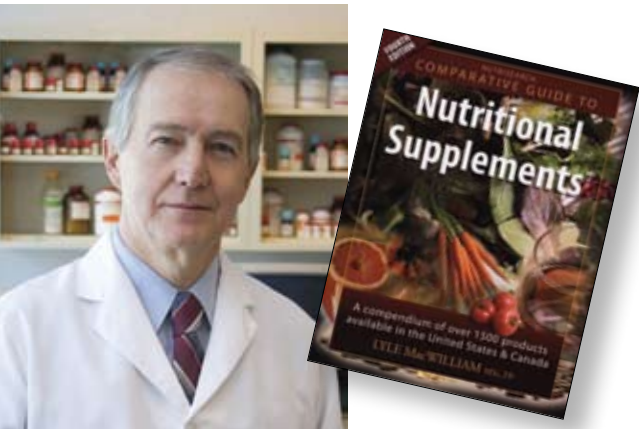
Nutritionals You Can Trust

USANA chooses to follow Good Manufacturing Practices (GMP) for pharmaceuticals rather than the less stringent GMP required for dietary supplements.

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.



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

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

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 75 million people in Europe, the United States, and Japan.
(EFO and NOF (1997) Who are candidates for prevention and treatment for osteoporosis? *Osteoporos Int* 7:1. - <http://www.iofbonehealth.org/facts-and-statistics.html>)

Health Enemy #7: Arthritis

46.4 million adults, or just over 1 in 5, in the United States have doctor-diagnosed arthritis.
(2003-2005 National Health Interview Survey)

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

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.

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

Guaranteed potency—USANA guarantees the claimed potency of its products. Most of USANA's nutrient 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.

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

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.

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.



Nutrition Made to Order

USANA Independent Associates and Preferred Customers now have the ability to create their own selection of **Essentials** and **Optimizers** with **MyHealthPak™** customized nutritional supplement packs to fit their nutritional needs and busy lifestyles.

“I designed my first **MyHealthPak** for a customer who had stopped ordering for a while because he got tired of going through all the bottles. He was so excited about it and I was able to get him back! I would usually take all my daily supplements out in the morning and put them in a plastic baggie. **MyHealthPak** is a great innovative product!”

—Carol Kuczkowski,
Illinois, USA



The USANA® Essentials
with Patented Olivol:
The Most Complete
Multivitamin System on the Market

The USANA® **Essentials**, which include **Mega Antioxidant** and **Chelated Mineral**, 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 Olivol®, the USANA patented 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 U.S. RDA (Recommended Dietary Allowances), providing levels associated more with 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 **Chelated Mineral**—are the only products on the market that contain Olivol, USANA’s patented olive-fruit extract.*

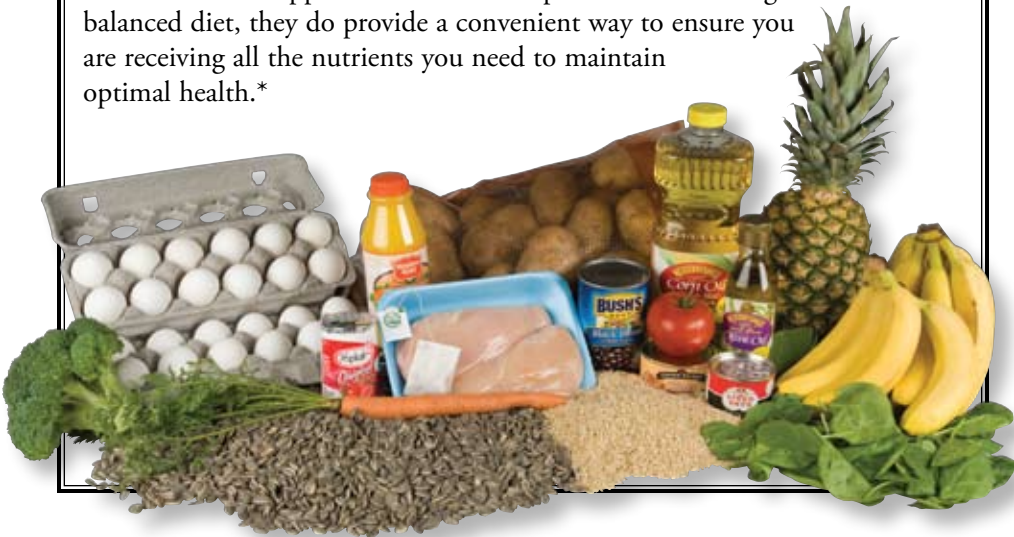


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Unrivaled Nutrition, Unmatched Value

The **Essentials** provide a broad spectrum of vital vitamins, minerals, and antioxidants—more than can easily be obtained from the average 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 \$33 to fill your grocery cart with the items needed to obtain these nutrients. The **Essentials**, meanwhile, cost just 21 cents per tablet—or \$1.70 per day. That’s a difference of more than \$30 per day or \$900 a month!

While USANA supplements are not a replacement for eating a balanced diet, they do provide a convenient way to ensure you are receiving all the nutrients you need to maintain optimal health.*



HealthPak
100™

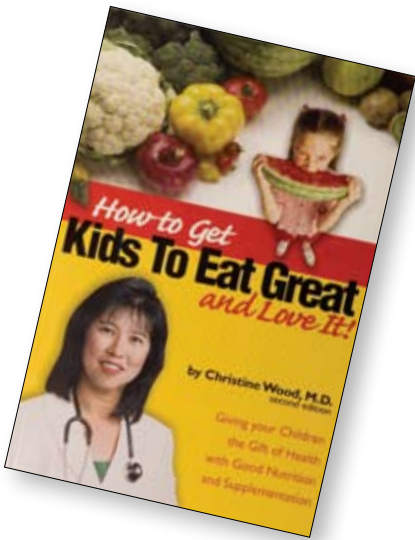
The most convenient way to get your daily dose of nutrition

USANA’s **HealthPak 100™** is a nutritional supplement pack that offers a comprehensive daily supplement regimen with a full daily dose of the **Essentials™**, bone-supporting nutrients from **Active Calcium™**, and antioxidants in the exclusive **AO Booster** tablet. Each box contains 56 individually wrapped packets containing two **Mega Antioxidant**, two **Chelated Mineral**, one **Active Calcium**, and one **AO Booster**, providing you with optimal and balanced antioxidant activity—day and night.*



by Christine Wood, M.D., USANA Associate, practicing pediatrician in Encinitas, CA, author of *How to Get Kids To Eat Great and Love It!* and www.kidseatgreat.com

Overweight Children – Sound the Alarm



Most people are now well aware of the significant increase in overweight children in the United States. Today, almost one out of three children in the U.S. is either overweight or borderline overweight and likely to develop type 2 diabetes.

The bottom line is that our children are not getting the nutrition and exercise that they need.

- American children are getting 40 percent of their calories from extra fat and added sugars.
- Nearly one in seven 10-year-olds get 50-70 percent of calories from snacks. Average soda consumption in 13- to 18-year-old males is three cans or more a day; 10 percent drink more than seven cans a day.
- Nearly two-thirds of children fail to get the Recommended Dietary Allowances (RDA) for vitamin E and zinc. Half do not meet the RDA for calcium, and close to one-third fall short of the RDA for iron and vitamin B6.
- Nearly a quarter of all vegetables consumed by children and teens are in the form of french fries.

Despite the challenges, parents need to take the ultimate responsibility to focus on maintaining their children's health now. This can be done in many ways. For example:

- Examine the foods that are brought into the house—understand how to read a nutrition label, and especially avoid trans fat.
- Set limits on media and sedentary activities—remove the TV from your child's bedroom.
- Decide what types of restaurants to frequent—there are better choices out there. Try to find less fried food choices.
- Get involved with the schools—school boards need to hear from parents who support healthier food choices in schools.



Tina & Tomas Artica
California, USA

“Our family strives to achieve optimal health and obtain financial freedom so we may provide the best possible lives for our children. Our 2½-year-old twins are our world—and our future. USANA affords us the freedom to spend quality time with our children and grants us peace of mind knowing they have access to the highest quality nutritional supplements.

“We’ve reflected on our family’s well-being as Tina continues to battle health issues. We truly trust our children’s health to USANA, a company built on integrity, and its world-renowned scientists who care deeply about the welfare of current and future generations.”

The Importance of Nutrients at a Young Age

Research clearly shows that many children do not get the nutrition they need because of unhealthy diet choices, 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 at this age 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, kids and their parents should follow a well-balanced, proactive nutritional plan that includes high-quality vitamin and mineral supplementation in addition to eating a healthy diet.

USANA For All Generations

Usanimals™

Usanimals™ include vitamins C and E, two of the most powerful antioxidants needed by kids today. **Usanimals** also contain an antioxidant phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders. Your children will love the Wild Berry flavor and animal shapes, and you will too, because USANA uses only natural flavors and sweeteners.*

Body Rox™

Body Rox™ is specifically formulated to meet the nutritional demands of growing adolescent bodies and provides a combination of antioxidants that help young bodies maintain ideal health, including Olivol®, rutin, quercetin, hesperidin, grape-seed extract, green-tea extract, turmeric extract, lutein, and lycopene.*

Body Rox™ Active Calcium™ Chewable

Because this product is chewable, it appeals to younger people who might not otherwise consider supplementing their diet with calcium. **Active Calcium™ Chewable** provides nutritional support for optimal bone development and is an effective way to increase dietary calcium.*

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Exclusive Patented Self-Preserving Technology

Sensé beautiful science® is a complete line of skin-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 each cell, where healthy skin begins, so skin looks younger and healthier.

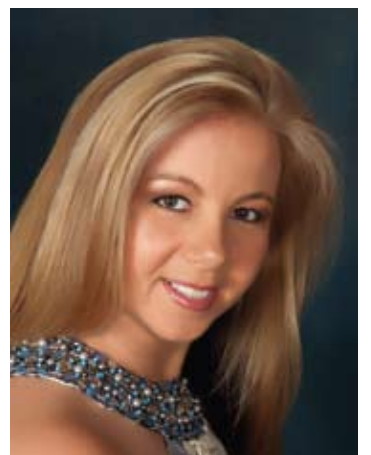
You take care of yourself. You want the best nutrition for your body.
Your skin deserves the best, too.



Regina Hamlin, M.D., has been a dermatologist for over 30 years. She is Chief of Dermatology at four major hospitals in California and a clinical professor of medicine at UCSF Fresno.

"Many of my patients are looking for holistic, natural ways to rejuvenate their skin's appearance. To counteract environmental factors, I recommend USANA's scientifically advanced, natural products, which can help you enjoy radiant, healthy skin at any age."

*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!"

"USANA has revolutionized the science of skin care by creating a self-preserving technology for its personal-care products that does away with added parabens and other chemical preservatives. Every Sensé product incorporates this exclusive, patented technology, helping promote healthier looking skin and a healthier you."

Capture the Glow of Health In Your Skin With Sensé.™



The Basics
The daily 3-step program for healthy-looking skin



The Enhancers
Targeted solutions for your skin's individual needs



Splash
Personal-care products for the entire family

USANA Athletic Advisory Council

The establishment of USANA's Athletic Advisory Council, composed of Associates and non-Associates including 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 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 RDAs for key nutrients.

Kant AK. Consumption of energy-dense, nutrient-poor foods by adult Americans: nutritional and health implications. The Third National Health and Nutrition Examination Survey, 1988-1994. Am J Clin Nutr 2000 Oct; 72(4):929-36.

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.cspsCanada.org) 9(1):40-49, 2006.



An Extensive Selection of Products to Customize Your Nutritional Program

● Cardiovascular*



Proflavanol® and Proflavanol® 90 ● ● ● ● ●
Proflavanol® contains a unique blend of Poly C® and grape-seed extract—antioxidants that appear to be some of the most powerful free-radical scavengers. And now it is three times stronger with Proflavanol® 90. Both Proflavanol and extra-strength Proflavanol 90 contain the highest quality grape-seed extract available anywhere—providing you with a powerful weapon in your fight for optimal health.*



CoQuinone® 30 ● ● ●
USANA's commitment to quality, using only the best ingredients in the right amounts and proper formulations for optimal bioavailability and safety, can be seen at its best in CoQuinone® 30. This product contains 30 mg of CoQ10 and 12.5 mg of alpha lipoic acid per soft gel capsule. USANA's unique formulation provides these important antioxidants in a natural mixture of lecithin and vegetable-derived glycerin mono-oleate in a base of medium-chain triglycerides. In a clinical trial CoQuinone 30 was shown to be more bioavailable than some other CoQ10 products.*



TenX Antioxidant Blast™ ● ● ●
Providing more than a gram of antioxidants, TenX Antioxidant Blast™ is packed with two servings of fruit and is fortified with vitamin C and a unique bioflavonoid complex that includes grape-seed extract, quercetin, and USANA's exclusive Olivol®. Ounce per ounce, TenX Antioxidant Blast has 10 times the antioxidant power of most juice products currently on the market.† TenX is a delicious and convenient way to boost your antioxidant intake and maintain your health every day.*

† Based on results of ORAC measurements provided by Brunswick Labs.

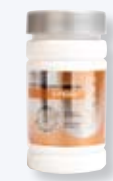
● Cellular Metabolic*



OptOmega® ● ● ●
OptOmega® is a certified organic, all-vegetarian product designed to re-establish an optimal ratio of omgea-3 and omega-6 fatty acids—two nutrients crucial to maintaining cardiovascular health.* With a unique blend of cold-pressed flax, sunflower, pumpkin seed, and extra virgin olive oils, OptOmega is an excellent way to replace the important polyunsaturated fats that are often scarce in the modern diet.



BiOmega™ ● ● ● ● ●
USANA's BiOmega™ gel capsules supply the body with the polyunsaturated omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These nutrients help support cardiovascular health and optimal neural growth and development, and help maintain good joint health.*



E-Prime™ ● ● ● ● ●
USANA's E-Prime™ contains mixed tocopherols and tocotrienols, resulting in 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 the bioavailability potential of E-Prime. The result is a potent and complete 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 than ascorbic acid alone.* USANA's unique formula helps maintain a healthy immune system, supports the synthesis of collagen, and helps retain cardiovascular health.*



Hepasil DTX™ ● ● ●
Hepasil DTX™ is designed to support healthy liver function.* Hepasil contains milk-thistle extract and broccoli concentrate, as well as a number of antioxidants including green-tea extract, Olivol® olive extract, turmeric extract, and alpha lipoic acid, which may help to protect healthy livers from oxidative stress.*

● Skeleton/Structural*



Active Calcium™ ● ● ● ● ●
Active Calcium™ provides comprehensive nutritional support for optimal bone health and maintenance throughout life.* Active Calcium is carefully formulated with a balanced blend of calcium, magnesium, vitamin K, boron, silicon, and vitamin D to offer a superb nutritional supplement for maintenance of strong, healthy bones.* Regular exercise and a healthy diet with enough calcium helps teens and young adult women maintain good bone health and may help to reduce their risk of osteoporosis later in life.* A great-tasting chewable version is also available for kids, teens, or anyone who prefers a chewable tablet.



Procosa® II ● ● ●
Feel the difference with USANA's advanced Procosa® II, which offers 2,000 mg of glucosamine sulfate, a dosage 33 percent higher than the industry standard, for support and maintenance of healthy cartilage.* Procosa II also contains turmeric extract. Glucosamine, vitamin C, manganese, silicon, and turmeric are powerful ingredients that work together to provide short- and long-term support for healthy joints.*

● Endocrine*



PhytoEstrin™ ● ● ●
PhytoEstrin™ is a combination of soy isoflavones combined with herbal extracts that are designed to promote healthy blood lipid levels, provided they were healthy to begin with, and help maintain bone health.* It is a valuable support during the peri- and post-menopausal years.*



Palmetto Plus™ ● ● ●
Palmetto Plus™ is a comprehensive formulation that provides powerful support to overall prostate health.* Palmetto Plus provides long-term prostate support for men,* contains all-natural botanical components guaranteed for potency, and furnishes a comprehensive, unique formulation of clinically proven saw palmetto, lycopene, and soy isoflavones in a single, highly effective product.

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



*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.

● Brain/Nervous*



Visionex® ● ● ● ●

This comprehensive formula is designed to help support long-term eye health with two powerful free-radical fighting antioxidants—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 helping to retain your healthy vision.* Visionex contains guaranteed levels of lutein and zeaxanthin as well as vitamin C, bilberry extract, and zinc for additional support of healthy eyes.*



Ginkgo-PS™ ● ● ●

Ginkgo-PS™ contains a combination of *Ginkgo biloba*, phosphatidylserine (PS), and lecithin to help maintain healthy blood circulation in the brain.* Ginkgo-PS may also assist in healthy mental and cognitive function.*

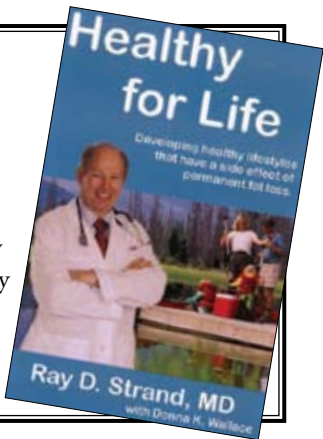


Forget the Low-carb Diet, Go Low-glycemic

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 drink mix that provides complex carbohydrates, complete proteins, 8 grams of fiber, and other vital nutrients. With only 230 calories, a delicious glass of Nutrimeal will satisfy your hunger while helping you lose weight.* Nutrimeal is available in Dutch Chocolate, Wild Strawberry, and French Vanilla flavors.



Fibergy®

Fiber is one of the key ingredients to a low-glycemic diet, and Fibergy® drink mix provides 12-13 grams in each serving. It also contains inulin, which further promotes healthy digestive function by helping to stimulate the growth of beneficial intestinal bacteria.* With a smooth texture and a great taste, Fibergy helps you feel satisfied and full. Fibergy is available in gluten-free Peach Mango and Almond Crème.



SoyaMax™

Each serving of SoyaMax™ contains 24 grams of soy protein and is an outstanding source of low-fat, cholesterol-free, non-animal protein. SoyaMax is formulated with soy protein isolate.



Nutrition Bar

A delicious, healthy snack, Nutrition Bars provide a beneficial energy source in a flavorful bar.* They provide healthy carbohydrates, proteins, and fats.

Nutrition Bars are available in two delicious varieties: Oatmeal Raisin and Peanut Butter Crunch. Oatmeal Raisin blends whole-grain oats, oat bran, and raisins into a great-tasting, wholesome snack. Peanut Butter Crunch, with a chocolate coating and peanut center, provides all of the benefits of soy protein, which contains all the essential amino acids for building a healthy body in optimal ratios and a highly digestible form.*



Fibergy Bar™

The all-natural Iced Lemon Fibergy Bar™ is perfect for your busy lifestyle. Each delicious bar has five grams of fiber, only 1.5 grams of fat, and no cholesterol. These convenient, on-the-go snacks have been formulated to provide hunger satisfaction and long-lasting energy.* The delicious Iced Lemon flavor makes it easy to increase the fiber intake of even the most finicky eater.

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 flavor 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.



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.





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
Quebec, 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
- Jeremy & Diane Stansfield
Utah, USA
- Jeff & Jackie Smith
Utah, USA
- Sterling & Mary Ottesen
Utah, USA
- Lyndon Redman &
Marie-France Morin, Nevada, USA
- Susan Waitley
California, USA
- Bud & Bunny Barth
California, USA
- Pete & Dora Zdanis
Pennsylvania, USA
- April & Mike Fano
Utah, USA

- Brandie & Tren Grant
Utah, USA
- Nanc & Dan Christy
California, USA
- Rick & Terri Young
Utah, USA
- Ursula Dowhey
Manitoba, Canada
- Nancy & Larry Bunn
Washington, USA
- Seta Der Artinian & Hubert Krause
Québec, Canada
- Barbara Souther
British Columbia, Canada
- Elizabeth Strand
South Dakota, USA
- Michael & Barbara Hollender
Florida, USA

- Susanne & John Cunningham
Manitoba, Canada
- Mable & Vincent Chan
British Columbia, Canada
- Liesbeth Van Eerten
Queensland, Australia
- Dean & Evelyn Koontz
Washington, USA
- Patti & Rik Jamieson
Washington, USA
- Tom & Lorie Mulhern
Washington, USA
- Terry Allen
Florida, USA
- Jenny & Mike Larsen
Idaho, USA
- Connie & Michael Allen
Alberta, Canada

- Sophia Marcoux & Jacques Fiset
Québec, Canada
- John Kinnear
British Columbia, Canada
- Elizabeth C. Vine
Texas, USA
- Jean & Peter Cheung
British Columbia, Canada
- Jennifer & Brian Douglas
Utah, USA
- Kevin & Gaewyn Goodwin
Auckland, New Zeland
- Paul & Leslee Maki
Utah, USA
- William Ohochinsky &
Donna Thrasher
Saskatchewan, 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

Patricia & Sven Poulsen
British Columbia, Canada

Penelope & Phil Kirk
Maine, USA

Suzanne & Michel Lavoie
Québec, Canada

Line & Luc Dubois
Quebec, 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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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





























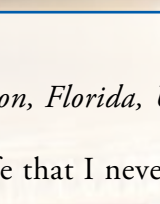
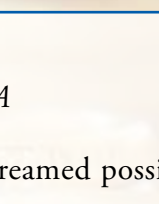
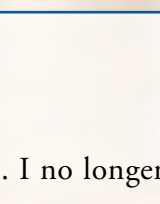
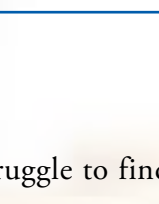
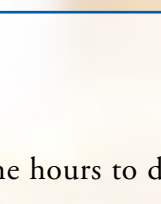
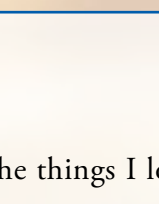
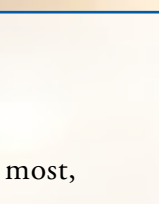
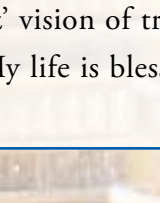
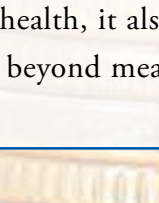
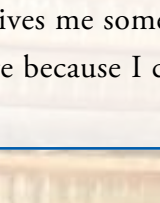
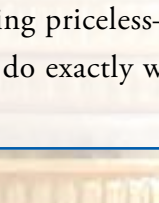
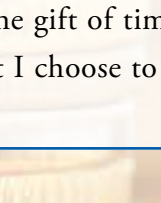
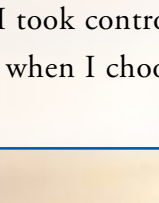
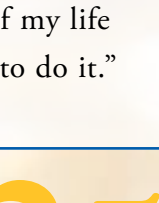

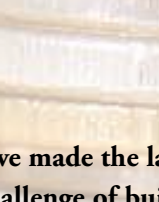


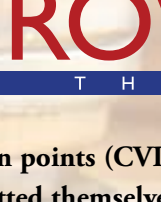















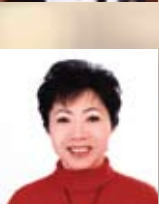







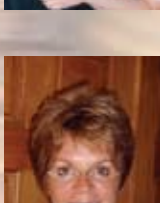


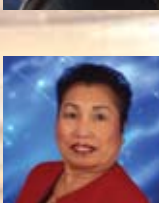
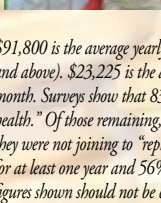
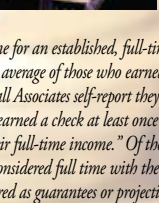
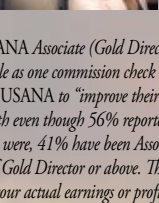


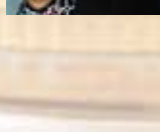

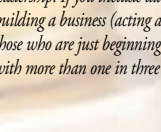
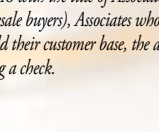
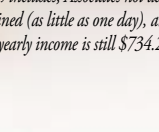
John Ross Appleton
Western Australia, Australia

Dixie Moore
California, USA

Neil & Vivian Reinhart
British Columbia, Canada

Kelli Lessie
California, USA

“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







Zachary Ross & Collette Larsen, California, USA							
Diane & Jeremy Stansfield, Utah, USA							
Rita Hui, Hong Kong, China							
Vincent & Mable Chan, British Columbia, Canada							
Connie Yao & Jim Barabe, British Columbia, Canada							
Liu Tang Jung & Pan Hsiu Jou, Taipei, Taiwan							
Jacques Fiset & Sophia Marcoux, Québec, Canada							
Monica & Bryan Penrod, Texas, USA							
Queen & Alan To, Hong Kong, China							
Layda & Bryan Morris, Texas, USA							
Lynn Allen-Johnson, Florida, USA							
Steven Lu, Victoria, Australia							
Lyndon Redman & Marie-France Morin, Nevada, USA							
Victor & Annette Que, British Columbia, Canada							
Susanne & John Cunningham, Manitoba, Canada							
Dr. Wen Chi & Zhang Houng Wu, New Jersey, USA							
Bob & Mary Ma, Xian Lin & Amy Shen, New South Wales, Australia							
Zhi Xian Jin & Steven Chen, New South Wales, Australia							
Daniel & Dr. Paige Hunter, Texas, USA							
Pete & Dora Zdanis, Pennsylvania, USA							
Rick & Terri Young, Utah, USA							
Delbra & Timothy Lewis, Alabama, USA							
Matt & Shanna Ryan, Texas, USA							
Susan Waitley, California, USA							
Penelope & Phil Kirk, Maine, USA							



Lynn Allen-Johnson, Florida, USA

“I am living a life that I never dreamed possible. I no longer struggle to find the hours to do the things I love most, which includes spending time with my wonderful family. USANA not only affords me the opportunity to share with the world Dr. Wentz’ vision of true health, it also gives me something priceless—the gift of time. I took control of my life with USANA. My life is blessed beyond measure because I can do exactly what I choose to do when I choose to do it.”

“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

Ri Yue Liu, New York, USA							
Dr. Steve & Andrea Hryszczuk, Illinois, USA							
Peter & Bibiana Pau, Washington, USA							
Tomas & Tina Artica, California, USA							
Jacques Fiset & Sophia Marcoux, Québec, Canada							
Victor & Annette Que, British Columbia, Canada							
Chun Yan Li, New York, USA							
Stephen Daniel, Texas, USA							
Monica & Bryan Penrod, Texas, USA							
Xiao Nan Wang, New York, USA							
Trish Ignacio & Paul Panya, California, USA							
Heshie Segal, Pennsylvania, USA							
Marcela C. González & Luis Vizcaino, Jalisco, Mexico							
Mei Huang, New York, USA							
Sterling & Mary Ottesen, Utah, USA							
Vincent & Mable Chan, British Columbia, Canada							
Jared Crebs, Texas, USA							
Luz Evangelista, Querétaro, Mexico							
Salvador Millán & Andrea Equihua-Gasca, Querétaro, Mexico							
Willa Huang, British Columbia, Canada							
Dr. Alberto Peña del Moral & Brenda Alcaráz, Tijuana, Mexico							
Barbara Fonger, Montana, USA							
Michael Adamson & J'en El, California, USA							
Ellen & Paul Dueck, Manitoba, Canada							
Liberty Pascual, California, USA							

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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.”

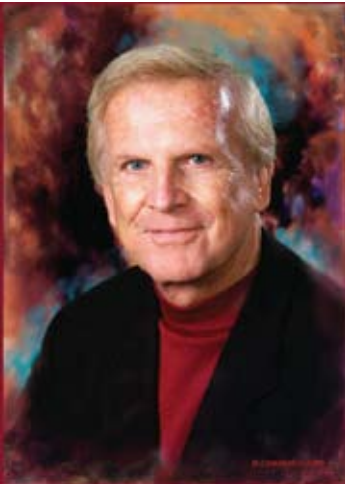
Collette and Zak’s organization, Larsen Global Alliance, continues to thrive. As the pair celebrates yet another amazingly successful year, the mother-and-son team remains a shining example of what a strong partnership can accomplish.





Layda & Bryan Morris, Texas, USA

“USANA has taught us that we can get everything we want. We now have peace of mind financially with time and health freedom. We can do anything we set our minds to, and we know that we have the option to choose the kind of life we want to live—the life we’ve always dreamed of.”



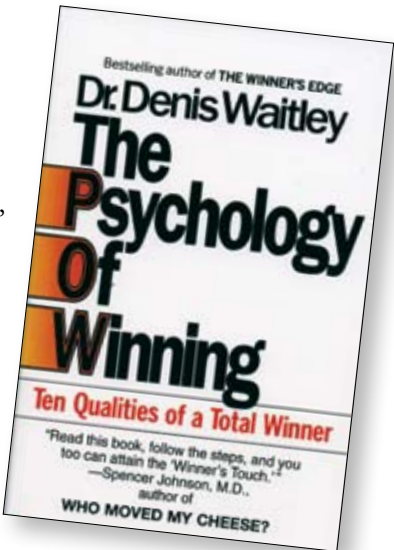
Why the USANA Opportunity Is the Right Choice

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.



Defining Success

*Daniel & Dr. Paige Hunter
Texas, USA*

As their budding USANA business began taking shape, Dr. Paige and Daniel Hunter outlined a three-point criteria for success: living a life free of debt, maintaining good health, and helping others do the same. Paige and Daniel have attained their definition of success and realize each new day brings opportunities to help even more people through USANA.

“Teaching the business principles that have enabled us to step into freedom unlike we ever experienced before is one of the most riveting and rewarding aspects of USANA,” they say. “We’re also able to impact people’s lives by teaching how one may improve their overall health. When you create leveraged income, time freedom, and the health to enjoy it all, you have the perfect ingredients for an abundant life.”

Always Connected: Future Bright for Gen Y

Steven Lien, California, USA

Steven Lien is a visionary for a generation that’s more comfortable communicating via text messaging and social networking than it is speed-dialing a cell phone or even sending an e-mail. Steven and his team are part of perhaps the most media-savvy and technologically advanced generation.



Steven, a Southern California-based Diamond Director, and his fellow Generation Yers are shaping the future of the world. At the same time, the enthusiastic and driven group is playing a pivotal role in promoting astounding domestic and international growth throughout USANA.



“USANA allows people to always look to the future,” Steven says. “Your goals can continue to grow and you know that you will always have a vehicle that will allow you to achieve them.”

A team-first attitude, coupled with an exemplary work ethic and a strong desire to support Dr. Myron Wentz’ vision of true health and true wealth is helping Gen Y establish a new standard among colleagues and peers. With that in mind, USANA’s next generation is eager to see what the future holds.

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



Six Ways to Earn Income with USANA

- 1. Retail Sales**
Earn profits on the difference between wholesale and retail.
- 2. Weekly Commissions**
Earn a starting commission up to 20% from your customers and 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 favor 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.

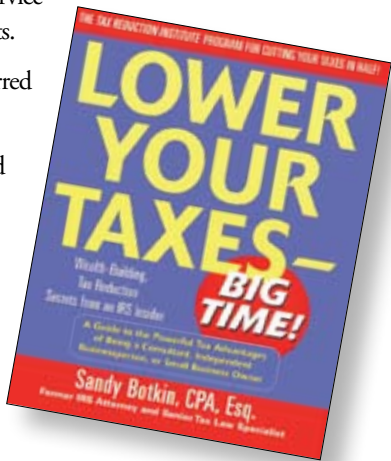
According to the U.S. Internal Revenue Service booklet *Tax Information for Direct Sellers* (IRS Publication 911):

- You can elect to treat all or part of the costs of certain qualifying property as an expense rather than as a capital expenditure—and deduct up to \$25,000 per year.
- You can also deduct your regular expenses incurred by your business, including insurance, telephone charges, catalogs, business licenses, the costs of entertaining in your home, journal subscriptions, membership fees, service charges, supplies, home office, travel and transportation, automobile, meals, entertainment, and business gifts.
- You can set aside 25 percent of your own salary as a sole proprietor, up to \$41,000 annually, in a tax-deferred SEP-IRA.

According to David D’Arcangelo, a leading authority on home-based business, by employing your spouse and children in your business:

- You can pay your spouse for working part time and put \$3,000 in a tax-deferred IRA account every year.
- You can employ your children and claim \$4,850 per child every year, tax free, using the standard deduction.

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



*Carmen Marshall
Colorado, USA*

“It is possible to create what you want with USANA. So often people are told, ‘You can’t do this. It’s too good to be true. Successful lives are for other people.’ USANA gives people the ability to say, ‘I can do this! I can create the life I really want!’ I’ve seen so many people succeed and realize their own financial freedom by trusting in USANA and believing in themselves.”

*Lyndon Redman
Nevada, USA*



Utilizing technology is key for success as a home-based entrepreneur, according to Lyndon Redman, who understands the importance of USANA’s online tools. They can significantly reduce the time required for daily administrative tasks and provide Associates everywhere the opportunity to spend more time sharing their USANA message.

“USANA’s outstanding online tools have been integral in the tremendous growth of my business,” Lyndon says. “I encourage others to put these tools to work for them. They’ll be amazed at their increased business-building efficiency.”



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 Centers 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 Center 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 Center

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

- A. 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.
- B. Order USANA products that total 150 points, or 450 points with 3 Business Centers, 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.
- C. Order USANA products worth 100 PSV (or 200 PSV for 3 Business Centers) for personal use and resale every four weeks.

How Business Centers Work to Provide Income for You

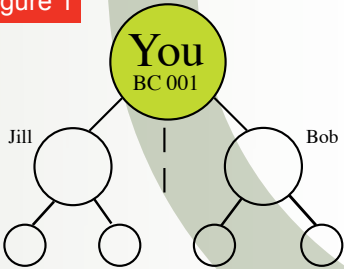
As you begin to build your downline, you have the option to start with 1 Business Center or 3 Business Centers. One Business Center gives you direct income from group volume, whereas 3 Business Centers gives you leveraged income from group volume.

With 1 Business Center, 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 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 organization.

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 Center. 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 Associates’ 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

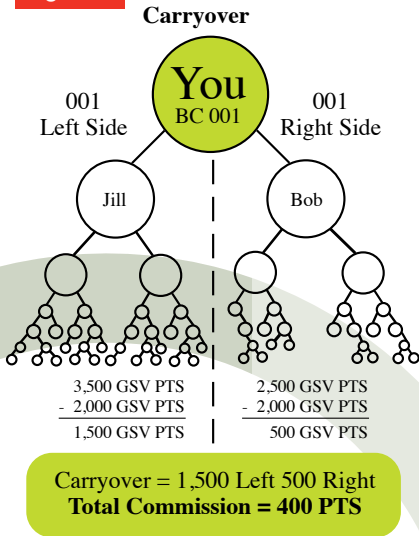
Calculating Commissions with 1 Business Center

Assume that your 001 Business Center 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 Center in the left and right side of your 001 Business Center. 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, equaling 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.

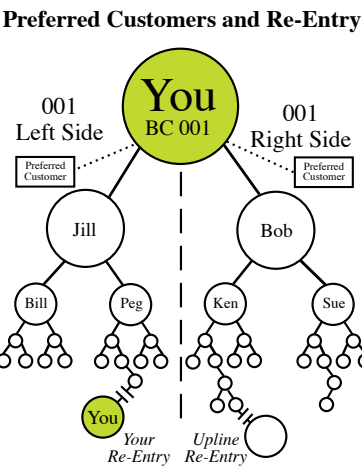
Figure 3



Preferred Customer

Another way to accumulate GSV is to add Preferred Customers to the left and right side of your Business Centers (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.

Figure 4



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 Centers and your income potential.

Whenever you maximize a Business Center (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 Center. To activate a Business Center 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 Center, and no matter how many Business Centers you activate, it only takes 200 points in PSV in your 001 Business Center within each four-week period to keep all of them active.



Fiona & Ewan Leslie, Florida, USA

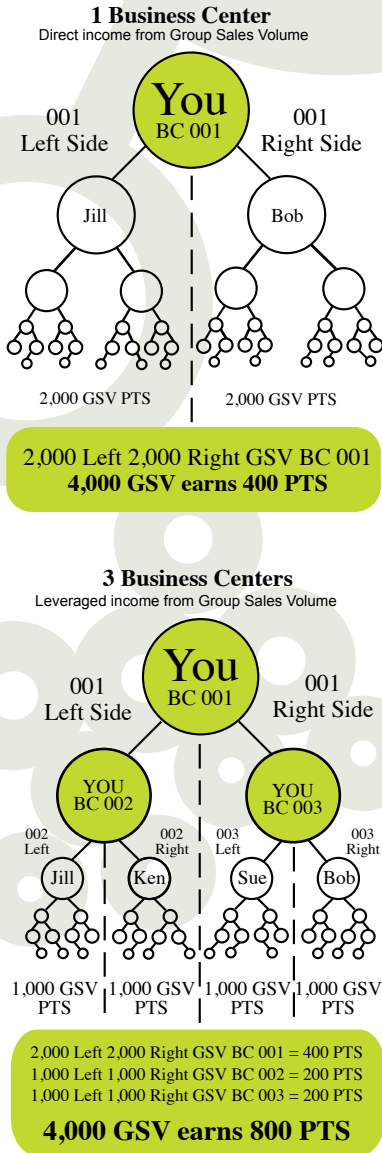
“Once we got involved in USANA we wanted to share the products and business plan with everyone. We made good money in the car business, but we had no time freedom. We wanted something we could be passionate about. We found it in USANA.”

Doubling Commissions with 3 Business Centers

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

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

Figure 5



\$91,800 is the average yearly income for an established, full-time USANA Associate (Gold Director and above). \$23,225 is the annual average of those who earned as little as one commission check each month. Surveys show that 83% of all Associates self-report they joined USANA to “improve their health.” Of those remaining, 21% earned a check at least once a month even though 56% reported they were not joining to “replace their full-time income.” Of those that were, 41% have been Associates for at least one year and 56% are considered full time with the title of Gold Director or above. These figures shown should not be considered as guarantees or projections of your actual earnings or profits. Success with USANA results only from successful sales efforts, which require hard work, diligence, and leadership. If you include all 126,146 with the title of Associate, which includes, Associates not actively building a business (acting as wholesale buyers), Associates who just joined (as little as one day), and those who are just beginning to build their customer base, the average yearly income is still \$734.27, with more than one in three earning a check.

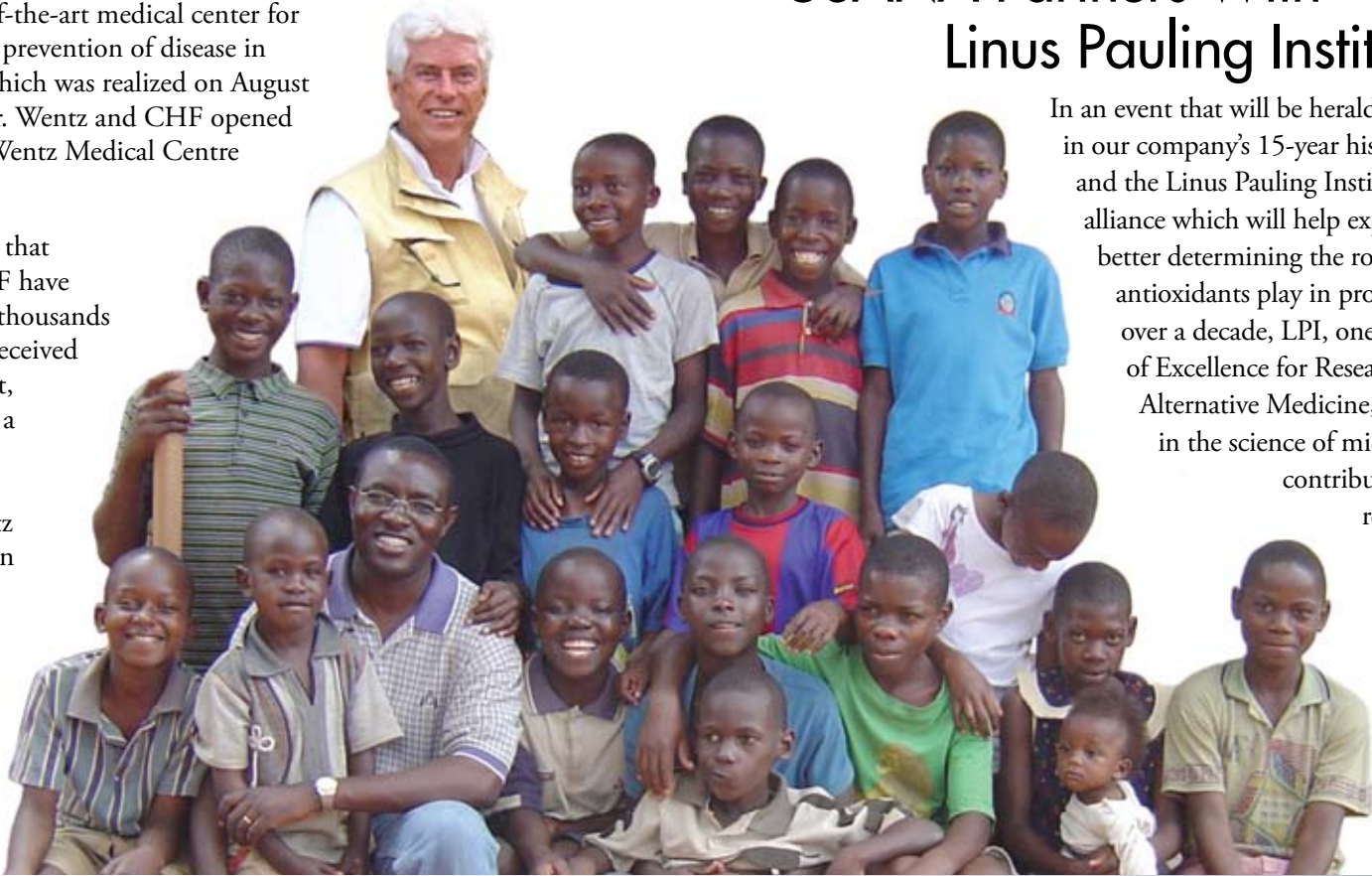
USANA & Children's Hunger Fund: A Partnership for Change

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 percent, and the refugee population was reduced by more than 60 percent.

Fueled by this success, Dr. Wentz resolved to establish a state-of-the-art medical center 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 honored 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 endeavors.



USANA Partners With Linus Pauling Institute

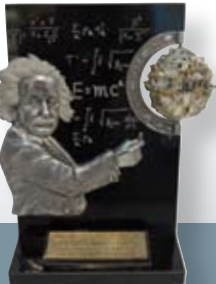
In an event that will be heralded as one of the most pivotal in our company's 15-year history, USANA Health Sciences and the Linus Pauling Institute (LPI) have formed an alliance which will help expand Dr. Wentz' vision by better determining the role that vitamins, minerals, and antioxidants play in 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 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