

# THE SHADOW OF WINTER LOOMS OVER THE FACE OF THE EARTH!

**F**or our body to turn sunlight into vitamin D, specific wavelengths must hit the skin. As winter takes hold of North America, the days get shorter, the sun gets lower, and those wavelengths essential for vitamin D synthesis get filtered out. USANA's **Vitamin D** supplement is formulated with a high level of vitamin D to make sure you are protected against deficiencies during the long winter months.

USANA HAS  
YOU COVERED  
THIS WINTER  
(AND WE CAN PROVE IT).

In a recently completed clinical study conducted by USANA Health Sciences, individuals taking USANA products had significantly higher vitamin D levels and were six times more likely to have a vitamin D level in the optimal range.



SEE THE OTHER SIDE  
FOR MORE TIPS TO STAY  
HEALTHY THIS WINTER.

**USANA**  
HEALTH SCIENCES

# MAKE SURE YOU HAVE THE UPPER HAND IN THE FIGHT AGAINST WINTER

Whether from the cold temperatures, the shorter days with less sunlight, or even the large family get-togethers, your immune system is more susceptible in this season than any other. Common sense combined with several USANA® products will give your immune system the support it needs for the onslaught of the season.

## UP YOUR VITAMIN C

USANA's unique bioflavonoid supplement, **Proflavanol® C<sup>100</sup>** offers the highest quality grape-seed extract along with the added antioxidant protection of high-potency vitamin C. Featuring USANA's innovative Nutritional Hybrid Technology, **Proflavanol C<sup>100</sup>** offers powerful support for balanced immune function in a unique bi-layer tablet.



## KEEP GERMS AT BAY

Wash your hands frequently, not just before meals or after using the restroom. Germs can linger on any surface for extended periods of time. And as your hands are often near your face during the day, keeping them clean is vital.



## MOVE YOUR BODY

Exercising and increasing physical activity helps to boost your immune system by helping your body better deal with daily stresses, including increased exposure to viruses.

## NOSH ON HEALTHY FOOD

Eat raw foods that are rich in antioxidants, such as blueberries, apples, and pecans. You may not know it, but red, pinto, and kidney beans are also packed with immune-boosting antioxidants.



## BALANCE THE GOOD BACTERIA

**USANA® Probiotic** helps sustain healthy immune function by promoting healthy bacterial growth in the gut. Since more immune cells are concentrated there than in any other region of the body, keeping your gut in check is always a good idea.



## GET YOUR ZZZ'S

Sleep has many restorative functions, including boosting your body's internal defense mechanisms. USANA's **Pure Rest** melatonin supplement helps support the body's natural sleep and wake cycles to ensure you get the rest you need. Make sure you have a quiet, comfortable sleep environment and avoid watching television or engaging in other mind-stimulating activities before going to bed.

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.