

# SCIENCE MEETS Delicious



# Raising the Bar



Looking at the competition, it isn't difficult to realize that USANA® Foods are a level above the rest.

Developed by USANA scientists, USANA Foods are nutritionally balanced, providing the optimal ratio of carbohydrates, complete proteins, and beneficial fats to help maintain optimal health and an ideal weight. A meal replacement lacking this balance deprives you of the nutrients your body needs to function at its peak. In short, you need the correct amount of fats, carbs, and nutrients to keep your body strong and healthy. Which is why USANA Foods are the best.\*

Excessive intake of high-fat, high glycemic, sugar-loaded foods has been proven in multiple studies to diminish your health rapidly and accelerate poor health-related conditions. USANA Foods are formulated to be low glycemic, low in sugar, and low in saturated fat.

Furthermore, USANA Foods have been clinically tested, and their low glycemic foundation is scientifically based, meaning that the ingredients are formulated to produce only small fluctuations in blood glucose levels for sustained energy and to keep you satisfied longer.

You can even taste the difference. Other health shakes can be chalky, distasteful, or just plain bland, leaving you in a state of utter disappointment—and often with a bitter taste in your mouth too. Why should you have to sacrifice taste for health? Why can't nutrition and flavour combine to form one delicious meal? With USANA, you don't have to pick and choose. All our healthy products come in a variety of delectable flavours to satisfy even the pickiest of taste buds.



## Here's how USANA stands up to the competition:

Comparison valid as of: 11/29/2010	<b>USANA</b> <b>Nutrimeal™</b> -Dutch Chocolate (1 Serving, 60 g)	<b>Beachbody</b> <b>Shakeology®</b> -Chocolate (1 Serving, 48 g)	<b>GNC</b> <b>Total Lean™</b> <b>Lean Shake™</b> -Swiss Chocolate (1 Serving, 48 g)	<b>Pharmanex</b> <b>My Victory</b> <b>AC Shake</b> -Chocolate (1 Serving, 45g)
Represents balanced diet	✓			
Great source of potassium	✓			✓
Provides 1/3 RDA fibre	✓		✓	✓
Contains no artificial flavours or sweeteners	✓	✓		

\* Health Canada regulations have one of the highest global standard for a meal replacement product by requiring a balanced source of calories derived from fat, protein, and carbohydrates. Trademarks are the property of their respective owners.