

# THE FIRST. THE BEST. THE MOST TRUSTED.

MyHealthPak™ offers personalized nutrition in convenient, daily supplement packs.



## Step 1 Use the Health Assessment and Advisor

By answering the questions on USANA's exclusive Health Assessment and Advisor, you can easily determine which supplements are best for you.

## Step 2 Personalize Your Pack

Customize your MyHealthPak according to your individual needs by simply using the interactive online pack builder. After choosing the supplements you would like, further personalize your pack by adding your name and a special message on your packets.

## Step 3 Put Your Pack on Autoship

Never miss another day of exceptional nutrition. Autoship delivers MyHealthPak directly to your doortstep with a 10% discount off the wholesale price.



"MyHealthPak is a revolutionary step in supplementation. Nutrition has never been more specific to your body's needs and so simple to take."

Dave Wentz  
CEO, USANA Health Sciences



Essentials	Skeleton/Structural Health	Brain/Nervous Health	Cellular Metabolic Health	Cardiovascular Health	Endocrine Health
 Active Calcium™	 AO Booster™	 BiOmega™	 Body Rox™		
		 Chelated Mineral			
 CoQuinone® 30	 CoQuinone® 100	 Ginkgo-PS™	 Mega Antioxidant		
 Palmetto Plus™		 PhytoEstrin™			
 Poly C®		 Procosa® II			
 Proflavanol®	 Proflavanol® 90	 Proflavanol® 180	 Visionex®	 Visionex® DS	



POTENCY  
GUARANTEED