

COMMON ALLERGENS IN USANA PRODUCTS

	<u>Nutrimeal</u>			<u>Fibergy Plus</u>	<u>SoyaMax</u>	<u>Nutrition Bars</u>			<u>Nutritionals</u>				
<u>Product/ Flavor</u>	<i>Dutch Chocolate & Wild Strawberry</i>	<i>French Vanilla</i>	<i>Chocolate Whey</i>	<i>Flavorless</i>	<i>Mild Vanilla</i>	<i>Peanut Butter Crunch</i>	<i>Oatmeal Raisin</i>	<i>Chocolate Fusion</i>	<i>USANA Tablets</i>	<i>USANA Capsules</i>	<i>OptOmega</i>	<i>Probiotic Plus</i>	<i>Booster C 600</i>
<u>Gluten</u>	Yes	(1)	(1)	(1)	(1)	(1)	Yes	(1)	No	No	No	No	No
<u>Soy</u>	Yes	Yes	(2, 3)	(3)	Yes	Yes	Yes	Yes	(4)	(4)	No	No	No
<u>Lactose</u>	(5)	(5)	(5)	No	No	(5)	(5)	No	No	No	No	(5)	No
<u>Casein</u>	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
<u>Whey</u>	Yes	No	Yes	No	No	Yes	No	Yes	(11)	No	No	Yes	No
<u>Yeast</u>	No	No	No	No	No	No	No	No	No	No	No	No	No
<u>Corn</u>	(6)	(6)	(6)	No	No	(6)	(6)	(6)	(6)	(6)	No	No	No
<u>Nuts</u>	(7)	(7)	(7)	(7)	(7)	Yes	(7)	(7)	No	No	(8)	No	No
<u>Eggs</u>	(9)	(9)	(9)	(9)	(9)	(9)	(9)	(9)	No	No	No	No	No
<u>Wheat</u>	Yes	(10)	(10)	(10)	(10)	(10)	Yes	(10)	No	No	No	No	No

- (1) Although formulated without gluten, these products are produced on equipment that is used to produce products containing gluten.
- (2) Chocolate Whey Nutrimeal contains a minute amount of soy-derived lecithin. However, it contains no soy protein and lecithin is not known to contribute to soy allergies in typically allergic individuals.
- (3) Although formulated without soy, these products are produced on equipment that is used to produce products containing soy.
- (4) Palmetto Plus and PhytoEstrin contain soy isoflavones.
- (5) The actual lactose level is very low. There is not enough lactose in these products to elicit a lactose intolerance reaction (even in very sensitive individuals).
- (6) Maltodextrin, pregelatinized starch, maltitol, and fructose are derived from corn. (Pregelatinized starch and maltodextrin are included in certain USANA tablets as excipients. These raw materials are significantly processed, making it extremely unlikely that any corn antigens remain in the finished product. Individuals with corn allergies can generally use the tablets without incident.)
- (7) Although formulated without nuts, these products are produced on equipment that is used to produce products containing nuts (including peanuts).
- (8) Contains oils from flax, pumpkin, and sunflower seeds.
- (9) Although formulated without eggs, these products are produced on equipment that is used to produce products containing eggs.
- (10) Although formulated without wheat, these products are produced on equipment that is used to produce products containing wheat.
- (11) Usanimals contains milk calcium. This is an excellent form of calcium that contains a very small amount of whey protein and lactose.

This document was last updated on 30 Aug 2011. This chart is provided as a convenience to USANA Associates. It should not be considered authoritative. Always refer to product labels for the most accurate, up-to-date ingredient and allergen information.

