Everything we do helps you love life and live it.

your health. your life. your way.
USANA has a lot to offer. Seriously, just check out the Table of Contents on the next page. It may seem overwhelming at first, but there’s a reason we offer a wide range of diverse products: we consider it our job to provide you with the best nutritional, food, and skin care options to support your well-being, no matter your specific health goals, wants, and needs.

But we didn’t just come up with these products on a whim. Our in-house scientists created these precise formulas purposefully to support your health from the cell up. Luckily, you don’t have to be a scientist to understand how our science-based products work. That’s what this booklet is for. It’s an in-depth explanation of our products that anyone—including the non-scientists among us—can understand.

There are going to be plenty of people who want serious details about USANA products. (Maybe you’re one of them.) Sometimes, you don’t just want to know what part of the body a supplement supports—you want to know how. You want to know how the individual ingredients work, and you want to know why USANA’s formula is better than all the rest.

So when you have a question about a product, turn to this booklet. And when you talk to someone who is intrigued by high-quality supplements, but wants a more in-depth explanation, this booklet has the answer.

If we could give you a short list of frequently asked questions about supplementation and USANA’s award-winning products, we would. But it’s not that simple. Everyone has different health concerns, and everyone has different questions that need to be answered. That’s why this entire booklet is dedicated to being your definitive source of USANA product information—it offers answers to a thousand possible questions. And the more time you spend flipping through it, the closer you’ll be to becoming a USANA product expert.

So go ahead. Let’s get started.
# CONTENTS

## NUTRITIONALS

<table>
<thead>
<tr>
<th>Page</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>ESSENTIALS</td>
</tr>
<tr>
<td></td>
<td>Chelated Mineral</td>
</tr>
<tr>
<td></td>
<td>Mega Antioxidant</td>
</tr>
<tr>
<td>16</td>
<td>HealthPak™</td>
</tr>
<tr>
<td>17</td>
<td>THE BEST NUTRITION FOR YOUR FAMILY</td>
</tr>
<tr>
<td></td>
<td>BabyCare Prenatal Mega Antioxidant</td>
</tr>
<tr>
<td></td>
<td>BabyCare Prenatal Chelated Mineral</td>
</tr>
<tr>
<td>20</td>
<td>Body Rox™</td>
</tr>
<tr>
<td>21</td>
<td>Usanimals™</td>
</tr>
<tr>
<td>22</td>
<td>BiOmega ™ Jr.</td>
</tr>
<tr>
<td>23</td>
<td>OPTIMIZERS</td>
</tr>
<tr>
<td>24</td>
<td>Proflavanol® C100</td>
</tr>
<tr>
<td>26</td>
<td>CoQuinone® 30</td>
</tr>
<tr>
<td>27</td>
<td>BiOmega™</td>
</tr>
<tr>
<td>28</td>
<td>Booster C 600™</td>
</tr>
<tr>
<td>29</td>
<td>Vitamin D</td>
</tr>
<tr>
<td>30</td>
<td>Ginkgo-PS™</td>
</tr>
<tr>
<td>31</td>
<td>Visionex®</td>
</tr>
<tr>
<td>32</td>
<td>Active Calcium™</td>
</tr>
<tr>
<td>33</td>
<td>Active Calcium™ Chewable</td>
</tr>
<tr>
<td>34</td>
<td>Procosa®</td>
</tr>
<tr>
<td>35</td>
<td>PhytoEstrin™</td>
</tr>
<tr>
<td>36</td>
<td>Palmetto Plus™</td>
</tr>
<tr>
<td>37</td>
<td>Pure Rest™</td>
</tr>
</tbody>
</table>

## DIGESTION/DETOX

<table>
<thead>
<tr>
<th>Page</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>38</td>
<td>Digestive Enzyme</td>
</tr>
<tr>
<td>39</td>
<td>USANA® Probiotic</td>
</tr>
<tr>
<td>40</td>
<td>Fibergy® Plus</td>
</tr>
<tr>
<td>41</td>
<td>Hepasil DTX™</td>
</tr>
<tr>
<td>42</td>
<td></td>
</tr>
<tr>
<td>43</td>
<td>FOODS</td>
</tr>
<tr>
<td>44</td>
<td>Dutch Chocolate Nutrimeal™</td>
</tr>
<tr>
<td>45</td>
<td>Wild Strawberry Nutrimeal™</td>
</tr>
<tr>
<td>45</td>
<td>French Vanilla Nutrimeal™</td>
</tr>
<tr>
<td>46</td>
<td>Chocolate Whey Nutrimeal™</td>
</tr>
<tr>
<td>47</td>
<td>Nutrimeal™ Free</td>
</tr>
<tr>
<td>48</td>
<td>Choco Chip™ Protein Snack</td>
</tr>
<tr>
<td>49</td>
<td>Peanuty Bliss™ Protein Snack</td>
</tr>
<tr>
<td>49</td>
<td>Fudge Delite™ Protein Snack</td>
</tr>
<tr>
<td>50</td>
<td>Berry Nutty™ Nutrition Bar</td>
</tr>
<tr>
<td>51</td>
<td>Rev3 Energy® Drink</td>
</tr>
<tr>
<td>52</td>
<td>Rev3 Energy® Surge Pack</td>
</tr>
<tr>
<td>53</td>
<td>5-Day RESET™ Kit</td>
</tr>
</tbody>
</table>

## FOODS

<table>
<thead>
<tr>
<th>Page</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>54</td>
<td>USANA ® Probiotic</td>
</tr>
<tr>
<td>55</td>
<td>Fibergy® Plus</td>
</tr>
<tr>
<td>56</td>
<td>USANA® Probiotic</td>
</tr>
</tbody>
</table>

## DIGESTION/DETOX

<table>
<thead>
<tr>
<th>Page</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>58</td>
<td>Sensé™ Body Care</td>
</tr>
<tr>
<td>58</td>
<td>Energizing Shower Gel</td>
</tr>
<tr>
<td>58</td>
<td>Revitalizing Shampoo</td>
</tr>
<tr>
<td>58</td>
<td>Nourishing Conditioner</td>
</tr>
<tr>
<td>58</td>
<td>Firming Body Nourisher</td>
</tr>
<tr>
<td>58</td>
<td>Intensive Hand Therapy</td>
</tr>
<tr>
<td>58</td>
<td>Natural Whitening Toothpaste</td>
</tr>
</tbody>
</table>
USANA's state-of-the-art manufacturing facility in Salt Lake City, Utah.
Take Charge of Your Health

Life is full of choices. There are the big ones, such as where to live, what career to pursue, and who you want to share your life with. But there are also other choices you make on a daily basis that may not seem quite as important: Will I exercise today? Do I have time for breakfast? Should I take the elevator or stairs? And what’s for dinner?

We don’t always think about how our day-to-day decisions can change our long-term health, but the impact is undeniable. The key to living your best life lies in your ability to make the healthiest choices you can, day after day, week after week. So what choices are you making today?

Your answer to that question directly affects your ability to live your life to its greatest potential.

USANA is your solution. We manufacture science-based products that make a healthier lifestyle easier to attain. Our quick, convenient, and tasty meal replacements and snacks leave you with no excuse for not eating right. Our high-quality supplements help fill in the gaps left in your diet with the right balance of vitamins, minerals, and antioxidants to support your health. To top it off, we supply a skin care line complete with self-preserving technology, so you can feel good about the products you use to nurture your skin.

We want to make it easier for you to make healthier choices. Because when you don’t have to worry about your health, you can get out there and live your life.

Innovations Based on Sound Science

USANA’s founder, Myron Wentz, Ph.D., created this science-based company because he had a vision of a world free from pain and suffering. A world free from disease. And he knew science could help him bring his vision to life. That vision has been carried on by each and every one of our 60+ scientists (and every single employee and USANA business owner since 1992). From researching new ingredients to constantly tweaking and improving even the most tried and true formulas, our scientists look at the needs of human cells, where health begins, and design products to meet those cellular needs.
Our commitment to quality goes beyond the formulas we create. We manufacture most of our products in our own manufacturing facilities so we can control the entire process, from raw ingredient to finished supplement. John Cuomo, Ph.D., USANA’s executive director of product development and technology, explains, “The main reason to manufacture our products in-house is so we can control the process at every step. This is our house. This is our business. And nobody else is going to take care of it if we don’t.”

In addition to our own high standards of manufacturing, a variety of government agencies conduct periodic inspections of our facilities, requiring strict control of procedures and documentation. Our Salt Lake City, Utah, facility is certified to be in compliance with Good Manufacturing Practices (GMP) requirements set forth in NSF/ANSI Standard 173-2012, Dietary Supplements by NSF International, and it also became a registered FDA Drug Establishment in 2011. All components of the manufacturing process are evaluated and inspected according to strict GMP requirements issued by the FDA.

Partners in Health

Our commitment to research doesn’t stop after we leave our building. USANA collaborates with prominent institutions to advance the world’s understanding of the effects of nutrition on health. In addition, USANA’s in-house team works closely with our Scientific Advisory Council, a board comprised of top health experts, to get valuable insights into product applications and efficacy, as well as feedback on how best to promote human health.*

Scientific Advisory Council

Chairperson Peter W. Rugg, MD, FACEP
Monica Lewis, MB ChB
Bart Moore, MD
Heather Tick, MD, CAFCI, DipAAPM
Christine Wood, MD, FAAP
Tim Wood, Ph.D., former executive vice president of research and development at USANA

Front row from left to right: Brian Dixon, Ph.D.; Sean Surbeck; John Cuomo, Ph.D.; Michael Fuhrman, DC
Second row from left to right: Cory Telford, Jenna Templeton, Howard Goldfine; Armando Vasquez
Back row from left to right: Erik Schneider, MS; Austin Winagar; Jeremy Tian, Ph.D., MD; Mark Brown, Ph.D.; Jim Eng; Mark Levy, Ph.D.
Not pictured: Keijun Koh, Toni McKinnon, RN, CCRP; Russ Barton, MS, CNS, CISSN; Kim Nguyen

*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.
You are unique, and you need an optimal health regimen that works best for you. Just as professional athletes, Olympians, and celebrities trust their health to the experts, you too can discover the difference exceptional nutrition and advanced skin care can make in your own health. And USANA’s True Health Assessment is here to guide you.

Optimal Health by Design
Start with the USANA® Essentials™ for an optimal foundation for health. These are the vitamins and minerals every human body needs to function properly. But that’s where our similarities end. You’ll want to add additional USANA supplements to your regimen to optimize and complement your personal lifestyle choices.

- Targeted Nutritionals help you fill nutrient gaps and address your personal health concerns.
- USANA® Foods support healthy glycemic control, making them a great foundation for overall well-being as well as healthy weight management.
- Rev3 Energy® provides a healthy alternative to crash-and-burn energy drinks, so you can get through your day focused and revitalized.

Assess Yourself
USANA takes the guesswork out of designing a personalized program for optimal health. Simply log on to truehealthassessment.com to complete a full evaluation of your current state of health and your lifestyle. In less than 20 minutes, you will have a list of recommendations tailored to your individual profile from our exclusive True Health Assessment.

Now that you know how to get on the right track, you can use the True Health Companion, a web health management system, to help you monitor your health goals and progress. With this extra support, you’ll never forget to make your health a priority.
Your health. your life. your way.

Speaking of your life and your actions, are you getting into a new exercise routine? Mixing up your eating habits? Changes in lifestyle can change your nutritional needs. Make sure your MyHealthPak reflects the real you with the True Health Assessment.

Visit truehealthassessment.com

Simply put, the contents of this box represent your health. And your health is a reflection of who you are and the choices you’ve made. It informs your actions and allows you the freedom to live your life your way.

Enjoy your MyHealthPak. Then get out there and enjoy your life.

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.
Your Health Recommendations at a Glance

1. Start with your Essentials.
2. Some adults over 40 may have specific health concerns. Select the product for your unique needs.
3. Choose products tailored to your interests.

<table>
<thead>
<tr>
<th>Product</th>
<th>Heart health</th>
<th>Brain &amp; mental function</th>
<th>Immunity</th>
<th>Mobility (bone, joint, strength)</th>
<th>Eye health &amp; vision</th>
<th>Healthy weight</th>
<th>Digestion &amp; Detox</th>
<th>Healthy skin</th>
<th>Healthy pregnancy</th>
</tr>
</thead>
<tbody>
<tr>
<td>BabyCare Prenatal Essentials</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BiOmega™</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Booster C 600™</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Proflavanol® C100</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CoQuinone® 30/100</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Active Calcium™/Active Calcium Chewable™</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Procosa®</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ginkgo-PS™</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Visionex®/DS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pure Rest™</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>USANA® Probiotic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Digestive Enzyme</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepasil DTX™</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fibergy® Plus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrimeal™</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks and Bars</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RESET™ Kit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For a complete assessment of your lifestyle and product recommendations, visit the True Health Assessment at truehealthassessment.com. These recommendations do not replace medical advice. Always follow the recommendations of your physician. 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.
Essentials

Helping you build a strong foundation for exceptional health, the Essentials provide a comprehensive spectrum of the necessary vitamins and minerals adults need every day for optimal health and energy levels.
Chelated Mineral is a carefully formulated balance of essential minerals and ultra trace minerals sourced from the highest quality suppliers in forms readily absorbed by the body.*

THE BENEFITS OF CHELATED MINERAL

Everyone knows the importance of vitamins to help support good health, but minerals are just as vital. Minerals and trace elements represent less than one half of one percent of the total nutrients we consume every day. Without them, though, our bodies would be unable to function. Minerals balance and regulate our body chemistry, build teeth and bones, help efficiently metabolize nutrients, and provide antioxidant support. Many vitamins and enzymes also need a mineral co-factor to function properly. Each mineral plays many roles in the body.

THE SCIENCE OF CHELATED MINERAL

Instead of adhering to recommended daily values, the levels of micronutrients in Chelated Mineral are based on cutting-edge research, providing doses that often exceed those of standard minerals. This formula provides minerals in the right amounts for optimal cellular performance.

Each mineral in Chelated Mineral plays an integral part in helping your body run at optimal levels—especially when combined with bioavailable vitamins and antioxidants.*

CALCIUM

The most common mineral in the body, calcium is essential for healthy bones and teeth. It also is vital to many important processes in the body, including regulating the acid/alkaline balance, promoting healthy nerve and muscle function, and maintaining healthy blood flow and blood clotting, which is important for cardiovascular health.*

MAGNESIUM

Because it helps regulate calcium levels, magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 60–70 percent of the body’s magnesium is found. It is involved in the metabolism of carbohydrates and amino acids, necessary for energy production, and it plays an important role in neuromuscular contractions. Every organ, including the lungs, kidneys, and heart, needs a proper balance of magnesium to function optimally. It also is an activator of hundreds of enzymes essential to life.*

IODINE

Iodine is a crucial component in the production of thyroid hormones, which regulate metabolism, growth, reproduction, and the synthesis of protein. Supplemental iodine is especially important for people on a vegetarian diet, those who avoid seafood, or those who must restrict their salt intake.*

ZINC

A component of hundreds of enzymes, zinc is involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. It is important for insulin production and hormone function. Zinc also acts as an antioxidant, aids in healthy bone structure development, promotes healthy immune function and healthy vision, and supports normal fetal growth.*

SELENIUM

Selenium is an essential component of the glutathione peroxidase antioxidant system, which helps combat the effects of free radicals, such as premature aging. It plays an important role in thyroid hormone metabolism and supports a healthy immune system. In addition, many studies have shown that selenium is important for retaining prostate health.*

COPPER

Copper is a critical component of the enzyme superoxide dismutase (SOD), is an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin. Copper is also essential for collagen synthesis and healthy nerve function.*
MANGANESE
Important for fat and carbohydrate metabolism, manganese is necessary for maintaining a healthy, normal blood-glucose balance as well as proper brain function. It is an important co-factor in the production of glycosaminoglycans, compounds that make up cartilage and connective tissues, bones, arteries, and other organs. It activates numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity and help reduce damaging effects of free radicals.¹

CHROMIUM
Today’s poor diets and unhealthy lifestyles often put stress on the body’s blood-glucose control mechanisms. Chromium is an important component of the glucose tolerance factor (GTF), which helps retain healthy glucose metabolism, provided it is healthy to begin with. Healthy insulin and glucose levels are beneficial for weight management and sustained energy levels throughout the day.¹

MOLYBDENUM
An important co-factor for a number of enzymes, molybdenum is necessary for removing wastes and toxins from the body. It also helps strengthen teeth.

BORON
Boron supports the body’s ability to use calcium, magnesium, and phosphorus. It also plays a role in brain function.

VANADIUM
Vanadium helps support healthy serum glucose levels, provided they are healthy to begin with, and may also help retain healthy thyroid function.¹

SILICON
Maintaining a good balance of silicon in the body is important for maintaining strong bones, connective tissues, and skin health. It also supports healthy blood vessels.

THE USANA DIFFERENCE
Because it is one half of the USANA® Essentials™—the top-rated supplements in the world—Chelated Mineral is the best mineral supplement to protect your health. Formulated by a team of experts using highly bioavailable forms of each nutrient, the USANA Essentials surpass virtually every competitor for completeness, potency, and quality. USANA also makes the Essentials in its own state-of-the-art facilities, which allows us to oversee the entire production cycle to ensure that our products deliver only the safest, most effective formulas for you and your family.

References

*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.
Mega Antioxidant supplies precisely balanced levels of high-quality, highly bioavailable vitamins and antioxidants that work together to protect your health. For best results, Mega Antioxidant should be taken with Chelated Mineral.

THE BENEFITS OF MEGA ANTIOXIDANT

As a well-rounded multivitamin supplement, Mega Antioxidant contains a broad range of vitamins and antioxidants that work together to help each of the body’s cells function properly. The formula includes all eight B vitamins, several of which are involved in energy metabolism, helping to convert the carbohydrates, fats, and proteins we eat into fuel for our cells.

The micronutrients in Mega Antioxidant benefit nearly all the body systems, including the cardiovascular system, immune system, skeletal system, as well as brain and nerve function. Many of the key components have multiple benefits. For example, lycopene and the combination of vitamin C and bioflavonoids support health maintenance for many organs.

Additionally, some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.

THE SCIENCE OF MEGA ANTIOXIDANT

Instead of adhering to recommended daily values, the levels of micronutrients in Mega Antioxidant are based on cutting-edge research, providing doses that often exceed those of standard multivitamins. This formula provides vitamins and antioxidants in the right amounts for optimal cellular performance.

Antioxidants protect the integrity of our cells, which impacts every part of our body. Mega Antioxidant provides advanced levels of a wide range of antioxidants:

- Vitamins C and E, along with beta carotene (which naturally converts into vitamin A only as needed, providing the benefits of vitamin A without the risk of toxicity), are each powerful antioxidants that also reinforce the activity of the others.
- Flavonoids and phenolic compounds, which are abundant in fruits and vegetables, not only provide important protection against oxidative stress, they also complement and extend the activities of other antioxidants as well. A unique bioflavonoid complex—including quercetin, rutin, hesperidin, green tea, bilberry, pomegranate, and cinnamon—plus turmeric all work to inhibit the activity of free radicals.*
- Certain polyphenolic antioxidants found in olives are not present in other common dietary sources. They are structurally distinct from the bioflavonoids and other antioxidants found in fruits and vegetables. These antioxidants are found in USANA’s patented Olivol® olive-fruit extract.

Mega Antioxidant also offers broad, balanced nutritional support for many aspects of optimal health.*

HEART HEALTH

- High levels of antioxidants in the blood have been shown to help maintain cardiovascular health.*
- Vitamin E and mixed tocopherols play a critical role in protecting LDL and cell membranes from oxidation, keeping arteries healthy. Vitamin C is also helpful in maintaining healthy veins and arteries by supporting healthy tissue growth and strengthening collagen.*
- The B vitamins, especially riboflavin, folate, and vitamins B6 and B12, are fundamental to the maintenance of healthy levels of the amino acid homocysteine, provided they are healthy to begin with. Homocysteine levels have been linked to heart health.*
- Vitamin B12 is also necessary for the health of red blood cells and DNA. Those who do not take a supplement containing vitamin B12 are twice as likely to be vitamin B12 deficient as supplement users, regardless of age group.

SERVING SIZE: 2 TABLETS

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>VITAMIN A (AS BETA CAROTENE)</td>
<td>7,500 IU</td>
</tr>
<tr>
<td>VITAMIN C (AS CALCIUM, POTASSIUM CITRATE)</td>
<td>650 mg</td>
</tr>
<tr>
<td>VITAMIN D3 (AS CHOLECALCIFEROL)</td>
<td>900 IU</td>
</tr>
<tr>
<td>VITAMIN E (AS D-ALPHA TOCOPHEROL)</td>
<td>200 IU</td>
</tr>
<tr>
<td>FOLATE (AS FOLIC ACID)</td>
<td>500 µg</td>
</tr>
<tr>
<td>NIACIN (AS NIACIN AND NIACINAMIDE)</td>
<td>20 mg</td>
</tr>
<tr>
<td>VITAMIN B6 (AS PYRIDOXINE HCL)</td>
<td>16 mg</td>
</tr>
<tr>
<td>VITAMIN B2 (AS RIBOFLAVIN)</td>
<td>13.5 mg</td>
</tr>
<tr>
<td>VITAMIN B1 (AS THIAMIN HCL)</td>
<td>13.5 mg</td>
</tr>
<tr>
<td>VITAMIN B12 (AS CYANOCOBALAMIN)</td>
<td>100 µg</td>
</tr>
<tr>
<td>MAGNESIUM &amp; ZINC ASCORBATES</td>
<td>350 mg</td>
</tr>
<tr>
<td>BIOFLAVONOID COMPLEX</td>
<td>99 mg</td>
</tr>
</tbody>
</table>

†DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSSFRACTIONATED SOAP, ASCORBATE, PALMITATE, ALPHA-LIPOIC ACID, CITRIC ACID, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CARBOXYMETHYLCELLULOSE, CITRATE, PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE), BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN [D-GAMMA, D-DELTA, D-BETA TOCOPHEROL], MIXED NATURAL TOCOPHEROLS [D-ALPHA, D-GAMMA, D-DELTA, D-BETA TOCOPHEROL], OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L., FRUIT)*, FRUIT EXTRACTS [CLARKIA OFFICINALIS, LEAF, PEACH EXTRACT, CITRUS SPP. L., FRUIT*], GREEN TEA EXTRACT-DECAFFEINATED [CAMELLIA SINENSIS L., LEAF], BARK EXTRACT [CINNAMOMUM CASSIA L., BARK], BILBERRY EXTRACT [VACCINIUM MYRTILLUS L., FRUIT*], POMEGRANATE EXTRACT [PUNICA GRANATUM ED L., SEEDS, FLOWERS, FRUIT*], TURMERIC EXTRACT [CURCUMA LONGA L., ROOT]*, GREEN TEA EXTRACT [CAMELLIA SINENSIS L., LEAVES], TAGETES ERECTA L., FLOWER*], INOSITOL 75 mg, NIACINAMIDE 45 mg, Biotin 150 µg, ALUMINUM, SILICA, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, STEARIC ACID, DEXTRIN, SODIUM STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, ALPHA-LIPOIC ACID, CITRATE.

Contains soy.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. *PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

NEVER USE IN PLACE OF A SAFETY SEAL. UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD. SALT LAKE CITY, UTAH 84120 USA

STORE BELOW 25˚ C. MADE IN USA.
• Coenzyme Q10 plays a key role in producing cellular energy, demand for which is especially high in the heart, making this an important nutrient for cardiovascular health. In addition, cellular-energy production requires a full spectrum of B vitamin activities.*
• USANA’s patented Olivol® helps protect low-density lipoproteins (LDL) from oxidation.*

VISION
• Mixed carotenoids, including beta carotene, lutein, and other antioxidants, help maintain good vision.* Lutein selectively accumulates in tissues in the eye to help protect against damaging UV rays.
• Vitamin C is especially important for the retina, where concentration of this essential nutrient is significantly higher than in the blood.

IMMUNITY
• By helping to maintain the integrity of all cell membranes, along with the digestive system and lungs, beta carotene is important for a healthy immune system.
• Vitamins B6, B12, and folate are critical for producing immune cells.
• Vitamin E, vitamin D, as well as vitamin C are well known for their immune-cell supporting properties.

BONE HEALTH
• Vitamin D helps in the development and maintenance of mineral-rich bones and teeth. Healthy levels of this important nutrient are a key part of minimizing age-related bone loss. It also supports muscle strength.

DETOXIFICATION
• Vitamin C helps the body conserve glutathione, which is produced in the liver. Intracellular glutathione acts as a primary detoxification element.
• N-acetyl-L-cysteine can also help boost glutathione.
• Choline and inositol help metabolize fats in the liver.

BRAIN AND NERVE FUNCTION
• B vitamins support healthy brain and nerve function. Folate is especially important for women who may have children. Women who consume healthful diets with adequate folate throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord.*
• Choline supports transmission of nerve impulses from the brain throughout the central nervous system, which provides memory support.

SKIN, HAIR, NAILS
• Antioxidants, such as vitamin E, help defend your cells against the oxidative stress caused by sunlight, pollution, and stress, which can all prematurely age the skin.
• Lycopene, lutein, and beta carotene play a role in supporting the skin.
• Inositol, biotin, and pantothenic acid are fundamental to the growth of healthy skin, hair, and nails.
• Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues (also important for maintenance of muscle, joint, and tendon function).

THE USANA DIFFERENCE
Because it is one half of the USANA® Essentials™—the top-rated supplements in the world—you can trust that Mega Antioxidant is the best multivitamin and antioxidant supplement you can use to protect your health every day. Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, the USANA Essentials surpass virtually every competitor for completeness, potency, and quality. Our own in-house study also revealed that the Essentials provided increased levels of select nutrients over a longer period of time than some competitive products. USANA also makes products in its own state-of-the-art facilities and oversees the entire production cycle to ensure that products are safe and effective.

*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.
The USANA HealthPak is your comprehensive nutritional supplementation in convenient, daily packs.

THE BENEFITS OF HEALTHPAK
HealthPak provides a comprehensive balance of antioxidants, vitamins, and minerals for a full-body approach to supplementation. One box contains 56 convenient, individually wrapped packets for four weeks of USANA® Nutritional.

- The USANA® Essentials™, Mega Antioxidant and Chelated Mineral
- Active Calcium™ a complete bone health supplement
- AO Booster™ advanced antioxidant protection and HealthPak exclusive

One of the most important aspects of achieving optimal health is maintaining consistent, optimal levels of nutrients in your body. HealthPak makes it easy for you to get the full range of nutrients you need every day to support your entire body, including your heart, immune system, brain, nerves, bones and joints, lungs, eyes, and skin. The antioxidants in HealthPak, including USANA’s patented Olivo®, will also help protect you from the constant barrage of free radicals your body faces every day.

THE SCIENCE OF HEALTHPAK
The AO Booster supplement, available exclusively in HealthPak, contains a blend of power-packed antioxidants, including resveratrol. Resveratrol is a polyphenolic compound found in berries, grape skin, and red wine that provides excellent support for heart health and other antioxidant benefits. Research suggests flavonoids from grape seed extract provide important support for cell-signaling pathways—which regulate the cell’s lifecycle—while oxidative stress can damage cells, which may lead to premature aging.* AO Booster also includes alpha-lipoic acid, which supports the body’s natural detoxification processes by promoting phase II detoxification enzyme induction. It supports mitochondrial health and helps regenerate and activate production of other antioxidants, such as vitamin C and intracellular glutathione.*

Learn more about Mega Antioxidant (page 14), Chelated Mineral (page 12), and Active Calcium (page 32) on their respective pages.

THE USANA DIFFERENCE
Because it includes the Essentials—the top-rated supplements in the world—HealthPak provides the best multivitamin/mineral and antioxidant supplements to protect your health every day. Additional calcium boosts support for bone health, and with the enhanced antioxidant benefits of the unique AO Booster, HealthPak provides all the basic nutrition you need plus an additional line of defense against the cell damage caused by oxidative stress. The individually wrapped pouches make it easier than ever to follow your nutritional regimen, so you can be at your best every day.

References
* 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.
Good nutrition plays a critical role in everyone’s health and is especially important for children because they are constantly growing, before birth to the end of adolescence. And between the toddler meltdowns and the back-to-school-blues, the last thing a parent wants is to stress over the health of their child—but they do. As a mother or father, you’re looking for nothing less than the best for your family. And that is exactly what we’re offering.
USANA’s BabyCare Prenatal Mega Antioxidant supplies a carefully formulated range of pure, high-quality vitamins at safe levels that help support your healthy pregnancy and a healthy baby.*

THE BENEFITS OF BABYCARE PRENATAL MEGA ANTIOXIDANT

When it comes to optimal health, it is often necessary to consume amounts of nutrients that are higher than the RDA (Recommended Daily Allowance), which are generally considered the minimal recommendations for avoiding deficiency. When you’re pregnant, your nutritional needs are increased, but many prenatal vitamins provide only the minimal RDA amounts for pregnant women.

BabyCare Prenatal Mega Antioxidant provides essential vitamins, including folic acid and vitamin A (as beta carotene), to help support the healthy growth and development of your baby—before, during, and after pregnancy. Plus, it will provide added nutrition to help you maintain your energy level, and support your immune system. Additionally, it will help you recover after giving birth.*

The 8 vitamins, which include thiamin, riboflavin, niacin, folic acid, vitamin B6, vitamin B12, biotin, and pantothenic acid, are important to support energy metabolism and healthy organ development. Vitamins B6 and B12 also support red blood cell formation, which is critical because a woman’s blood volume increases by nearly 50 percent during pregnancy. BabyCare Prenatal Mega Antioxidant provides 32 mg of B6 and 200 µg of B12 in each daily dose.

THE SCIENCE OF BABYCARE PRENATAL MEGA ANTIOXIDANT

The rapidly dividing cells of the developing fetus require biotin to aid in regulating healthy cellular responses. BabyCare Prenatal Mega Antioxidant is an excellent source of vitamin B.

Vitamin A is important during fetal development and supports formation of the circulatory system, heart, eyes, ears, and limbs. BabyCare Prenatal Mega Antioxidant is a good source of provitamin A. It contains 15,000 IU of beta carotene per day, which is similar to the level contained in one carrot. The beta carotene form of vitamin A is a safe, non-retinoid form of this essential nutrient that poses no toxicity risk.

Another important antioxidant, vitamin C is essential for helping the body make collagen, which is a building block for cartilage, tendons, bones, and skin. It also supports iron absorption.*

Aside from helping to develop strong bones and teeth by aiding calcium absorption, recent studies have shown a positive correlation between maternal vitamin D status and healthy neonatal outcomes, including healthy birth weight. BabyCare Prenatal Mega Antioxidant is rich in vitamin D.* Depending on your diet and the amount of sunlight you get regularly, you may want to also add USANA’s Vitamin D supplement to your nutritional regimen (see page 29).

THE USANA DIFFERENCE

As with all USANA nutritional products, BabyCare Prenatal Mega Antioxidant is made following the same manufacturing processes as are used for pharmaceutical products, using only safe, pure ingredients and tested for guaranteed potency. Plus, additional nutrients, such as vitamin K and choline, make BabyCare Prenatal Mega Antioxidant a well-balanced supplement for supporting the health of your future family.*

*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.
**BabyCare Prenatal Chelated Mineral**

A comprehensive mineral supplement for pregnant women and their developing babies

Designed to complement BabyCare Prenatal Mega Antioxidant, BabyCare Prenatal Chelated Mineral supplies pure, high-quality minerals at safe levels to help support a healthy pregnancy for mothers and healthy growth and development for babies.*

**THE BENEFITS OF BABYCARE PRENATAL CHELATED MINERAL**

One half of the BabyCare Prenatal Essentials™, BabyCare Prenatal Chelated Mineral provides essential minerals, such as iron and iodine, which you need to support the healthy growth and development of your baby—before, during, and after pregnancy. Plus, it will provide the nutrition you need to keep feeling good and to help support your body after giving birth.*

BabyCare Prenatal Chelated Mineral is also an excellent source of magnesium, which is needed to support healthy fetal growth and support calcium absorption for strong bones and teeth.*

This supplement also contains copper, which aids in the production of red blood cells, along with supporting fetal development.*

**THE SCIENCE OF BABYCARE PRENATAL CHELATED MINERAL**

Because maternal blood volume increases by nearly 50 percent during pregnancy, iron supplementation beginning by the second trimester is important for supporting the production of red blood cells, which help transport oxygen and nutrients to the baby. Maternal iron is also needed during pregnancy and lactation to provide the infant with sufficient iron stores to last through the first four to six months of life, after which supplementary feeding is usually recommended. BabyCare Prenatal Chelated Mineral is an excellent source of iron.

Calcium is important for a healthy pregnancy and maintaining the mother’s bone density, which is especially important as calcium is transferred to the baby for developing bones, teeth, and muscles.*

A woman’s need for iodine increases considerably during pregnancy and while nursing. It is needed for maternal thyroid hormone production, which plays a role in fetal neurocognitive development. Deficiency of iodine during pregnancy can negatively impact cognitive function. BabyCare Prenatal Chelated Mineral contains high-potency iodine.

Zinc deficiency has been linked to low birth weight and an increased risk of developing delivery complications, so maintaining adequate levels is especially important for a healthy pregnancy. Zinc also supports healthy fetal cell growth.*

**THE USANA DIFFERENCE**

Carefully formulated by a team of nutritional-science experts using safe levels of the purest ingredients, and made to the same high standards as pharmaceutical products, BabyCare Prenatal Chelated Mineral provides excellent potency and quality. It is also formulated with additional minerals, such as selenium, chromium, and manganese, which may not be found in other prenatal supplements. Make sure to complement BabyCare Prenatal Chelated Mineral with Active Calcium™ Chewable, as needed, to increase your daily calcium and magnesium intake to recommended levels (see page 32). When taken together with BabyCare Prenatal Mega Antioxidant, you will have balanced and comprehensive nutritional support for the health of your future family.*

*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.
The **Body Rox** supplement is specially formulated to help fill the gap in a poor diet and help meet certain nutritional needs for growing adolescents.

**THE BENEFITS OF BODY ROX**

Establishing healthy dietary habits that will last for a lifetime and getting optimal nutrition are especially important during adolescence and teenage years of growth, development, and physical maturation. And while there is no substitute for a balanced diet, Body Rox is a convenient way to ensure that your teen is getting the nutrients he or she needs to perform at his or her mental and physical best every day.

Additionally, healthy lifestyle habits and maintaining optimal levels of essential vitamins and minerals in the body help maintain overall health and keep the body’s immune system working as it should. Body Rox powers health with advanced levels of antioxidant vitamins A, E, and C, as well as a full complement of B vitamins, vitamin D, zinc, and selenium.

**THE SCIENCE OF BODY ROX**

Proper nutrition is the key to staying energized throughout the entire day. Body Rox is an exceptional formula to ensure teens are fulfilling their daily nutrient requirements. The B vitamins—especially B12, thiamin, and niacin—are essential for energy production because they help turn the foods we eat into useable fuel. Magnesium, copper, and zinc also help the body get the energy it needs by supporting nutrient metabolism.

The ingredients in Body Rox also support the needs of young athletes. Antioxidants are helpful for handling increased free-radical production caused by intense exercise, and strong bones, proper muscle function, and a healthy heart all depend on calcium and many other minerals. Calcium assimilation, supported by vitamin K, during the developing years is also essential for bone health later in life. Vitamins C, D, and E play a role in respiratory and cardiovascular function. Protein metabolism—supported by riboflavin, folic acid, and a special blend of antioxidant-rich phytonutrients, including our patented Olivol ®, that defend the body’s cells from oxidative damage caused by pollution, stress, poor diets, and sunlight. It also contains a generous amount of vitamin D, which helps with the utilization of calcium in the bones. And a tasty fruit-flavored coating helps make swallowing each tablet just a little bit easier.

In addition to helping the body, providing the brain with consistent levels of optimal nutrition will also keep it working at its best. Many B vitamins, including biotin, niacin, thiamin, and folate, are essential to healthy brain activity. A number of minerals, including manganese, are also needed to influence neural activity. Choline is involved in memory function. Some studies also suggest multivitamin/mineral supplementation has been beneficial for improvements in “mental tiredness” after complex tasks as well as in mood regulation, which is also controlled in the brain.

Inner health will be reflected in your outer appearance, helping you put your best face (and hair and nails) forward. Beta carotene (provitamin A) and carotenoids, such as lutein and lycopene, along with vitamins C and E play a role in respiratory and cardiovascular function. Protein metabolism—supported by riboflavin, folic acid, B6 and B12, and molybdenum—is essential for muscle tissue development. Vitamin C also plays a key role in synthesizing collagen—a structural protein that is a major component of connective tissue and muscle.

**THE USANA DIFFERENCE**

In three tablets a day, USANA’s Body Rox provides nutrients that adolescents and teens need to be their best every day. Only Body Rox offers USANA’s exclusive Antioxidant Phytonutrient Complex, which includes a special blend of antioxidant-rich phytoneutrients, including our patented Olivol®, that defend the body’s cells from oxidative damage caused by pollution, stress, poor diets, and sunlight. It also contains a generous amount of vitamin D, which helps with the utilization of calcium in the bones. And a tasty fruit-flavored coating helps make swallowing each tablet just a little bit easier.

**REFERENCES**

Usanimals, one of the USANA® Essentials™ products for kids, is an advanced formulation of important nutrients beneficial for the maintenance of good health.

THE BENEFITS OF USANIMALS

Many studies show that most children do not receive the nutrition they need from their diets. Less than 25 percent of them eat the recommended five servings or more of fruits and vegetables each day, and adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from their diets. Vitamins C and D are also often deficient. A quality nutritional supplement, such as Usanimals, can help ensure that none of these essential nutrients are missing.

THE SCIENCE OF USANIMALS

**Beta-carotene:** Beta-carotene is converted to vitamin A in the body. Vitamin A helps in the maintenance of eyes, skin, and the proper function of the immune system.*

**B vitamins:** Usanimals contains a carefully proportioned complex of B vitamins, which support a healthy metabolism and normal growth and development.*

**Vitamin C:** An antioxidant critical to maintaining good health, vitamin C supports many important functions and is vital for the synthesis of collagen—a type of connective tissue. Collagen is the most abundant structural protein in the body and is essential for healthy skin, muscles, teeth, bones, skin, and blood vessels.*

**Vitamin D:** In addition to its important role in supporting bone health, vitamin D helps in the absorption and use of calcium and phosphorus throughout the body. It also helps maintain healthy immune function.*

**Vitamin E:** Vitamin E helps protect against free-radical damage to maintain good health. Eye health too depends on adequate amounts of vitamin E as well as vitamins A and C.*

**Calcium:** A healthy diet with adequate calcium and vitamin D, along with regular physical activity, helps in the healthy development of strong bones and teeth.*

**Iodine:** The thyroid gland releases hormones that are important for healthy brain development, protein synthesis, metabolic function, and enzymatic activity. Iodine helps in the function of the thyroid gland to support normal growth and development.*

**Iron:** Most iron in the body is found in hemoglobin, the protein in red blood cells that helps supply oxygen to tissues. It also plays a role in cellular growth.

**Magnesium:** As a cofactor in more than 300 enzyme systems, magnesium helps support good health throughout the body. It supports a healthy metabolism and energy, the normal development of bones and teeth, tissue formation, and muscle and nerve function.*

**Zinc:** Zinc is a necessary element for normal growth and development. It is essential for supporting healthy metabolism, skin, connective tissue formation, and immune function.*

THE USANA DIFFERENCE

Chewable Usanimals have a great-tasting natural berry flavor with no artificial flavors or sweeteners. The animal shapes stamped on each tablet also make staying healthy fun.
USANA’s BiOmega Jr. omega-3 supplement delivers a healthy amount of the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), along with vitamin D, in a creamy orange-pineapple flavored gel.

THE BENEFITS OF BIOMEGA JR.
Omega-3 fatty acids assist with maintaining the fluidity and permeability of cell membranes, and healthy brain cell membranes contain over 10 times more concentrated omega-3s than the rest of the body. Our bodies require omega-3 fatty acids, especially DHA, for proper brain development and structure, and DHA is thought to support electric signaling in the brain, underscoring its role in learning ability, memory, concentration, and behavior and mood. And some studies have suggested that intakes of omega-3 polyunsaturated fats can contribute to improved performance on tests for verbal learning ability and listening comprehension. It’s also been shown that low plasma levels of DHA and EPA have been associated with various developmental problems in children, such as impaired cognitive development.

Essential fatty acids, including EPA and DHA, also influence nerve conduction, making them vital for the health of the central nervous system, which stems from the brain.

THE SCIENCE OF BIOMEGA JR.
A growing body of research shows the importance of omega-3 fatty acids for health, even at the earliest stages of life, but nearly 80 percent of children in North America are estimated to be deficient in omega-3s. In order to ensure a child’s healthy growth and development, it may be necessary to add a quality omega-3 supplement to their diet.

Omega-3 fatty acids, including DHA and EPA, are precursors for eicosanoids, which are mediators of many biochemical processes and influence interactions between cells. Thus, they are necessary for the normal function and production of healthy cells throughout the body, making them vital for ongoing healthy growth and development.

Developing a healthy body early in life can have long-term, positive effects. Some research suggests that early nutrition can induce lifelong effects on metabolism, growth, neurodevelopment, and cardiovascular health. Several clinical studies have shown omega-3 fatty acids beneficial for the heart and vascular system throughout our lives, and supportive—but not conclusive—research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of BiOmega Jr. provides 350 mg of EPA and 230 mg of DHA omega-3 fatty acids. (See nutrition information for total fat, saturated fat, and cholesterol content.)

THE USANA DIFFERENCE
A quality supplement like USANA’s BiOmega Jr. can make it fun and easy for kids to get the DHA and EPA they need for healthy minds and bodies without taking a supplement full of added sugar. Unlike many popular brands that supply only small amounts of omega-3s, BiOmega Jr. supplies a valuable amount of highly absorbable DHA and EPA in a delectable orange-pineapple flavored gel with no fishy taste. With 1,000 IU of added vitamin D, BiOmega Jr. also supports developing bones and overall good health. Packaged in single-serve packets, kids will love having BiOmega Jr. as a treat every other day, and parents will love how convenient it is to give their kids a healthy supplement, either straight from the packet or mixed into yogurt or other creamy foods. For best results, store in the refrigerator and serve cold.

*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.
USANA’s line of nutritionals has a wide range of products for most major body systems: cardiovascular, nervous, skeletal, endocrine, digestive, and cellular function. This allows you to target specific areas of your health based on your personal needs.
Proflavanol® C100 provides a powerful combination of grape seed bioflavonoids and USANA’s proprietary Poly® C vitamin C blend for excellent antioxidant defense and support for healthy circulation, normal immune function, healthy skin, and more.*

THE BENEFITS OF PROFLAVANOL C100

Our modern lifestyles are full of threats to our health. Pollution, fatty diets, and UV exposure all can result in oxidative damage to our cells, while stress, exposure to pathogens, or even intense exercise can tax our immune system.

Proflavanol C100 is produced using USANA’s cutting-edge Nutritional Hybrid Technology, which combines 100 mg of grape seed extract and 300 mg of vitamin C into one pill. This powerful combination is designed to help protect health in a number of ways:

- Maintain good health by neutralizing free radicals, which, over time, can cause excessive oxidative stress*
- Support circulatory and cardiovascular health*
- Help retain healthy, normal cholesterol levels*
- Support balanced immune function*
- Maintain healthy, younger-looking skin*

THE SCIENCE BEHIND PROFLAVANOL C100

Proanthocyanidins, a subclass of bioflavonoids found in blue and purple berries and also concentrated in grape seeds, have been found to be 50 times more potent than vitamin E when it comes to neutralizing free radicals. Interestingly, this only occurs when epicatechin, another of the bioflavonoids in grape seed extract, is also present in the blood.*

Grape seed extract also works synergistically with vitamin C to protect cells and enhance your body’s normal, natural immune function. Your immune system is an incredibly complex and intricate protective mechanism designed to shield your body. And when your shield is weak, your body is at risk. Grape seed bioflavonoids modulate cell-signaling pathways related to immune function while vitamin C plays a key role in immune function by supporting the normal production of white blood cells and antibodies.*

Vitamin C not only helps maintain the health of your immune system, but it also is a factor in many aspects of good health. Vitamin C helps in the development and maintenance of bones, connective tissue, teeth, and gums. It also helps the body metabolize fats and proteins. Because human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement.*

One type of connective tissue supported by vitamin C is collagen, which is integral to skin’s elasticity and firmness. Collagen tends to start breaking down as we age, and vitamin C helps regulate synthesis for this protein.
THE USANA DIFFERENCE
A unique supplement made with USANA's innovative Nutritional Hybrid Technology, Proflavanol C™ combines the highest quality grape seed extract with the free-radical quenching power of USANA's Poly C vitamin C blend, which effectively raises levels of vitamin C in the body for a longer period of time than equal amounts of ascorbic acid only (ascorbic acid is the most common form of vitamin C used in other supplements). Combining the two nutrients into one supplement provides your body with powerful nutrients that can help you maintain good health.*

From the Lab
A study USANA conducted in collaboration with Boston University showed that supplementation with grape seed extract and vitamin C has a positive influence on healthy blood flow to support cardiovascular health.*

*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.
Supplement your cells and help them function with antioxidants such as coenzyme Q10, found in CoQuinone 30.*

THE BENEFITS OF COQUINONE 30

When we’re young, our bodies store or produce ample amounts of coenzyme Q10 (CoQ10), which is used by the hundreds of mitochondria in each and every cell to generate adenosine triphosphate (ATP)—the form of energy cells use to function. As we age, the amount of CoQ10 that we absorb or produce naturally declines. In addition, CoQ10 may be depleted by several other factors, including overall nutritional status and inadequate levels of the B vitamins, vitamin C, and selenium. A high-quality, bioavailable CoQ10 supplement, such as CoQuinone 30, can help replenish our cells’ stores of CoQ10, and help hardworking cells, such as those in the heart, stay healthy.*

CoQuinone 30 also provides antioxidant protection. A byproduct of energy production in the mitochondria is the formation of damaging free radicals. Nature has designed a molecule in CoQ10 that is remarkable because it not only assists in ATP production, it also works in concert with other antioxidants to clean up the free radicals that are produced during that process and protect against their damaging effects. As an antioxidant, it rivals vitamins E and C. In addition, CoQ10 helps regenerate and recycle vitamin E.*

This unique supplement combines a well-absorbed form of CoQ10 with alpha-lipoic acid for maximum benefits. A key nutrient involved in converting glucose into energy, alpha-lipoic acid plays many roles in the body and is especially beneficial because it acts like a super antioxidant, going to work both inside the cell and in the outer cell membrane to fight off free radicals. It also assists cells in recycling CoQ10 after it has oxidized to provide even more defense against damaging oxidative stress.*

THE SCIENCE OF COQUINONE 30

The energy that every cell needs to function is produced through a complex process in the mitochondria, which are organelles within the cell. Within the mitochondria, cells store energy in a molecule called ATP, which is synthesized and used by every cell in the body. CoQ10 is an essential part of the electron transport chain the mitochondria use to make ATP. CoQuinone 30 dietary supplement was developed to deliver high-quality, highly bioavailable CoQ10 to the cells to support the production of ATP.*

Cells with the highest energy demands, such as in the heart, have the highest levels of CoQ10, which has been studied for years in the United States, Europe, and Japan for its role in producing cellular energy for the heart and other muscles. Several human clinical trials demonstrate CoQ10’s effectiveness in maintenance of good heart function.*

THE USANA DIFFERENCE

CoQuinone 30 contains a full 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 monolaurate in a base of medium chain triglycerides. Clinical tests performed in USANA’s laboratories show that CoQuinone 30 delivers CoQ10 in much higher quantities than from solid formulations or from competitive liquid formulations, making CoQuinone 30 more bioavailable than other CoQ10 products.*

CoQuinone 30 contains CoQ10 in the form of ubiquinone. Some competitors use ubiquinol instead, claiming it is a more bioavailable form of CoQ10, but a USANA in-house study confirmed other recently published research showing that both forms are equally beneficial.*

*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.
USANA’s BiOmega fish-oil supplement contains a concentrated dose of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) to support healthy cellular function throughout the body.*

THE BENEFITS OF BIOmega

Your cells have a phospholipid bilayer that acts as a gatekeeper—keeping things out or letting them in. Key components of that bilayer, omega-3 and omega-6 fatty acids play a significant role in maintaining our good health at the most basic level. A 1:1 ratio of omega-3 and omega-6 is ideal, as they work together to promote health. However, average diets contain significantly more omega-6s. Eating fatty fish and supplementing with BiOmega are effective ways to increase omega-3 levels to help maintain a proper balance and support healthy cellular function.*

Omega-3 fatty acids are effective in supporting joint health, as well as healthy neural development and function. Omega-3s also encourage healthy skin. In addition, combining fish oil intake with regular exercise is more supportive than exercise alone for helping reduce body fat and supporting metabolic health.*

Supportive but not conclusive research shows that consumption of EPA and DHA may reduce the risk of coronary heart disease.* One serving of BiOmega provides 1050 mg of EPA and DHA omega-3 fatty acids. (See nutrition information for total fat, saturated fat, and cholesterol content.)

It is important that women who are pregnant get sufficient amounts of omega-3 fatty acids to support their child’s brain and eye development.*

THE SCIENCE OF BIOmega

The omega-3 long-chain fatty acids are the biosynthetic precursors of eicosanoids, which are hormone-like substances that help retain normal health processes in our bodies.*

Incorporation of omega-3 fatty acids into articular chondrocyte membranes helps to preserve articular cartilage to support healthy joints.*

Fatty acids influence brain development and structural integrity, impacting biochemical efficiency in the brain. Neural phospholipid membranes selectively concentrate DHA in photoreceptors and some cell-signaling sites, while the retina selectively incorporates EPA to support eye fluidity.*

Sufficient levels of omega-3 and omega-6 fatty acids can help maintain skin’s barrier function to keep it looking healthy, and EPA may also help protect skin against the damaging effects of the sun.*

EPA and DHA help maintain healthy high-density lipoprotein and triglyceride levels in plasma, which are important for supporting healthy arterial function and blood flow.*

Pre- or post-partum women should consume DHA and EPA to support the growth and development of their child. DHA plays a role in the healthy development of the visual system, and it is one of the dominant fats in the nerve cells of fetal and infant brains.*

THE USANA DIFFERENCE

Produced from sustainably raised cold-water, deep-sea fish oil, USANA’s BiOmega includes a careful balance of DHA and EPA at a more potent dose than many competitors.

BiOmega is purified to be virtually free of contaminants. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to maintain product quality during storage. BiOmega is also fortified with vitamin D to supply an additional 200 IU per day.* And with added lemon flavoring, there is no fishy aftertaste.

*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.
USANA’s Booster C 600 is a delectable, lemon-berry flavored powder that supplies a powerful blend of ingredients shown to support immune defense. This product is for occasional use during times of stress or when you’re feeling run down.*

THE BENEFITS OF BOOSTER C 600

Deficiencies in vitamin C or zinc, which are needed for the normal development and function of many white blood cells, may make individuals more susceptible to impaired immune response. Healthy adults generally need at least 75 to 90 mg of vitamin C and 8 to 11 mg of zinc per day to avoid deficiency.*

In addition to delivering 10 mg of zinc, Booster C 600 is a potent source of vitamin C. An essential, water-soluble nutrient that our body cannot produce on its own, vitamin C must be obtained from the diet. It supports white blood cell production and is maintained in cells to protect against oxidative stress, which is important for maintaining cellular integrity and proper function. Vitamin C also helps prolong the activity of vitamin E, which is another nutrient important for healthy immunity. Booster C 600 includes a unique combination of ascorbic acid, sodium ascorbate, and USANA’s proprietary Poly C®, which has been shown to provide higher and longer-lasting levels of vitamin C in the blood than ascorbic acid itself.*

THE SCIENCE OF BOOSTER C 600

People have used the herb Echinacea throughout history to support the immune system. Several laboratory and animal studies suggest that Echinacea contains active substances that enhance the activity of the immune system, including polysaccharides, glycoproteins, alkamides, volatile oils, and flavonoids. With short-term use, Echinacea purpurea extract has been shown to naturally support a healthy immune system. It is recommended that Echinacea only be used for short periods, generally two weeks or less. Elderberry is another herb long used for its beneficial effect on the immune system. Elderberries contain more anthocyanins—a type of flavonoid—than blueberries. As antioxidants, anthocyanins help protect healthy cells and support the production of cytokines to regulate immune responses.*

THE USANA DIFFERENCE

Many immune health products contain vitamin C, but only Booster C 600 contains USANA’s proprietary Poly C vitamin C blend to deliver stronger, longer-acting antioxidant defense. Blended with a high quality, effective form of Echinacea, plus zinc and elderberry, Booster C 600 provides a perfect, portable solution for giving your immune system a little added support.*

*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.
Vitamin D is necessary for normal bone mineralization and growth, maintenance of muscle strength and coordination, cardiovascular health, and robust and balanced immune function.

**THE BENEFITS OF VITAMIN D**

Vitamin D status is a factor in the maintenance of good health. However, reports continue to show that populations around the world are suffering from vitamin D deficiency. In the U.S. alone, only one third are getting adequate amounts of vitamin D daily. The problem is widespread and increasing, with potentially severe repercussions for overall health.

Many cells in your body have vitamin D receptors and need vitamin D to function properly, including those in your skin and brain. USANA's Vitamin D supplement is formulated with a high level of vitamin D to help prevent deficiency by ensuring you get adequate amounts throughout the entire year.

**THE SCIENCE OF VITAMIN D**

Vitamin D promotes a healthy, balanced immune system through its key role in regulation and differentiation of immune system cells. It also has been linked to healthy endothelial function, which is important for cardiovascular health. And, it also helps maintain normal functioning of the nervous system.*

In addition, recent research has shown the following:

- Vitamin D may play a role in keeping our lungs healthy, with higher concentrations of vitamin D resulting in positive effects on lung function and health.*
- Vitamin D may play a role in helping elderly people maintain lean muscle mass.*

Healthy vitamin D levels are a key part of minimizing age-associated bone loss. Vitamin D supports the development and maintenance of bones and teeth by helping in the absorption and use of calcium. Calcium is the major structural element of bones and teeth. Your body needs several nutrients in order for calcium to be absorbed and used properly. Two of these nutrients are vitamin D and vitamin K. Vitamin D increases absorption of calcium from the small intestine so the body receives maximum benefit, while vitamin K helps make sure calcium builds up in the bones and not in soft tissues. Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Although vitamin D can be toxic in very large doses, toxicity is rarely the biggest cause for anxiety. Instead, deficiency has become relatively common. Vitamin D deficiency has been correlated to a number of health concerns. Because of the prevalence of deficiency, in the most recent revision of the Dietary Reference Intakes (DRI), the recommended dietary intake for certain age groups was increased as much as 50 percent. Talk to your doctor about healthy vitamin D levels, and ask for a test to find out if you are deficient.

**THE USANA DIFFERENCE**

USANA's Vitamin D supplement is made with cholecalciferol (vitamin D3), which research suggests is better than competing forms at raising levels of vitamin D in the blood. A clinical study conducted by USANA scientists showed individuals taking USANA products are six times more likely to have vitamin D levels in the optimal range.*

Even when the winter months are behind us, it doesn't mean your body needs less of a good thing. USANA's Vitamin D supplement is a safe and easy way to get 2,000 IU of maximum-strength vitamin D enhanced with 30 µg of vitamin K.*
Ginkgo-PS combines two powerful circulatory supplements—standardized Ginkgo biloba extract and phosphatidylserine (PS)—into a single tablet. By maintaining a healthy diet, staying active mentally and physically, and supplementing your diet with Ginkgo-PS, you can help preserve your cognitive health.*

THE BENEFITS OF GINKGO-PS
Several factors contribute to weakening mental function. The number of brain cells (neurons) steadily declines over the years, partly because of oxidative damage caused by free radicals. And the conductivity of neuron membranes also tends to decrease over time due to the gradual loss of critical phospholipids from the cell membrane and other structural components. The recommended daily dose of Ginkgo-PS provides your body with a generous amount of PS to help support these structures.*

In addition to normal biological processes working against you, the environment can also damage cellular tissue in the body and the brain. The body’s normal physiological response to stress—a near constant in modern life—is to restrict blood circulation in the brain, which means your brain receives a reduced supply of vital oxygen and nutrients. The recommended daily dose of Ginkgo-PS provides your body with 100 mg of Ginkgo, which helps the body maintain healthy circulation.*

THE SCIENCE OF GINKGO-PS
Ginkgo extract contains a mix of bioflavonoids that provide antioxidant activity to fight free-radical damage. Its most important role, however, is facilitating blood circulation throughout the body and maintaining healthy oxygenation. More oxygen means more efficient use of other nutrients, which has positive results for mental performance, memory, and general cognitive function.*

Phosphatidylserine, or PS, is the ideal complement to Ginkgo biloba. PS is a phospholipid component of all cell membranes and is essential for proper cell function. It is found in highest concentration in the cell membrane of neural tissues. Many human clinical studies have been conducted on PS, including several double-blind, placebo-controlled trials. Measurable effects were related to memory, attention, and learning ability.*

THE USANA DIFFERENCE
USANA is one of few manufacturers to combine Ginkgo biloba and PS into a single product. Additionally, USANA uses only standardized Ginkgo biloba extract. The high quality of our Ginkgo biloba extract combined with PS gives Ginkgo-PS clear advantages over other similar products on the market.
USANA’s Visionex supplement is designed to help maintain long-term eye health and support visual performance.*

THE BENEFITS OF VISIONEX

One important reason for the loss of visual acuity over time is the damage to our eyes caused by environmental factors. Except when we are asleep, our eyes are constantly exposed to environmental elements such as air pollution, dryness, and oxidative damage from sunlight. The ingredients found in Visionex work together to help support healthy vision. The formula is designed to protect the delicate tissues of the eye from photo-oxidation.*

Supplementation with the lutein and zeaxanthin in Visionex can also help preserve visual function. Use of these important carotenoids improves tolerance to and recovery from exposure to bright light, helps improve visual acuity in low-light or hazy conditions, and can sharpen vision by making edges appear clearer.*

Research also suggests that lutein may be beneficial in maintaining healthy skin.*

THE SCIENCE OF VISIONEX

When light shines through the inner layers of the retina, it is filtered through the yellow pigment of the macula. The macula is especially vulnerable to oxidative damage because it has a high metabolic rate and because the light focused on it encourages the production of free radicals. The yellow pigment helps protect the sensitive receptors in the macula from the potentially harmful effects of short-wavelength light.*

Macular pigment includes the carotenoids lutein and zeaxanthin, an isomer of lutein, which protect eye health in two ways: first as filters that absorb some of the high-energy blue light and, second, as antioxidants that quench light-induced free radicals and reactive oxygen species.

Average levels of macular pigment tend to be low, especially in those who do not eat many fruits and vegetables. And maintaining an adequate level is important, not only for long-term eye health, but also because macular pigment optical density (MPOD) has been linked to visual performance. Supplementing with lutein and zeaxanthin can help increase MPOD, which may reduce glare disability and discomfort, reduce photostress recovery times, and enhance contrast sensitivity.*

In addition to lutein and zeaxanthin, the Visionex formulation contains three other important nutritional aids to eye health: bilberry extract, vitamin C, and zinc. The bilberry fruit is rich in antioxidant anthocyansides and has been shown to help retain healthy capillaries, including those in the eye. Vitamin C provides additional antioxidant protection, especially to the retina, where the concentration of vitamin C is significantly higher than that found in the blood. And zinc appears to provide an additive effect to antioxidants in promoting good visual acuity.*

Lutein and zeaxanthin also offer benefits for skin appearance by increasing surface lipids (good for hydration and elasticity) and enhancing natural antioxidant photo-protective activity to reduce the visible effects of the sun. The vitamin C in Visionex also supports the synthesis of collagen, which is an important structural protein in the skin.*

THE USANA DIFFERENCE

Sun exposure and screen time in front of a computer’s glare can take a toll on your vision. Guard your long-term eye health with proper protection, such as sunglasses, and provide your eyes with the dietary carotenoids they need. The links between lutein and zeaxanthin and eye health are so strong that several national and regional health organizations have recommended an increase of dietary lutein. The amounts of lutein, zeaxanthin, and other eye-supporting nutrients working together in Visionex can help protect the future of your eyesight.*

*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.
**Active Calcium** is more than just calcium—it is a carefully formulated, comprehensive bone health supplement.

**THE BENEFITS OF ACTIVE CALCIUM**

Calcium is necessary for human life. Our body uses calcium for blood clotting, nerve conduction, cell division, and other physiological functions. To support these processes, calcium is frequently pulled from our bones, where 99 percent of our body's calcium is found. Dietary calcium, along with other nutrients, is then used to help remodel our bone structure. But if our body consistently uses more calcium than is replaced within the bones, it may lead to bone loss.

Our bodies cannot produce calcium. This is why consuming proper amounts of this essential mineral is so crucial: adequate calcium, as part of a healthy diet, may help prevent bone loss. Most adults should consume 1200 mg of calcium from food and supplements per day. USANA's Active Calcium can help ensure you get sufficient amounts of calcium every day to help in the maintenance of your bones and teeth.*

**THE SCIENCE OF ACTIVE CALCIUM**

Our entire skeletal structure is not static. It constantly remodels itself and, in 10 years, we have an entirely new skeleton. This remodeling process requires sufficient amounts of calcium and vitamin D to form the bones properly. And, if there isn't enough calcium or vitamin D available from the diet, it can result in bone loss and, possibly, osteoporosis. Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.*

Vitamin D enhances both calcium absorption in the small intestine and calcium utilization in bone formation. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. It also influences the utilization of phosphorus, another mineral that is important for the bone remodeling process.*

An essential nutrient that plays a key role in the bone remodeling process, magnesium helps in the development and maintenance of bones and teeth. Approximately 60–70 percent of the magnesium in the body is found in the skeleton, and higher intakes have been associated with higher levels of bone mineral density. Supplementing is especially important for middle-aged or older adults who are not receiving sufficient amounts of magnesium from their diet.*

Vitamin K influences the level of osteocalcin in the bone-forming cells and, thus, the rate of mineralization of bone.*

Silicon gives stability to all the connective tissues of the body and is essential for proper calcium utilization. In addition, silicon is key to the calcium mineralization of the bone matrix.*

Boron reduces calcium excretion and increases deposition of calcium in the bone.*

**THE USANA DIFFERENCE**

Active Calcium combines two forms of highly absorbable, elemental calcium with additional bone-supporting ingredients that all complement each other to give you the best support for healthy bones, so your skeleton can continue to be your strongest supporter.
Active Calcium Chewable is a carefully formulated, comprehensive bone health supplement in a chewable form.

THE BENEFITS OF ACTIVE CALCIUM CHEWABLE

USANA’s Active Calcium Chewable provides the same benefits as the tableted form of Active Calcium. It, too, can help ensure you get sufficient amounts of calcium every day to help in the maintenance of your bones and teeth. The chewable tablet is ideal for teens, those who dislike swallowing tablets, and pregnant women or anyone who suffers from occasional heartburn.*

Because the teenage years are a critical stage in development, USANA formulated this chewable calcium supplement to make it easier for those 12 and over to get enough calcium in their diet to keep bones healthy and strong. Preadolescent girls who take a calcium supplement experience greater gains in bone mineral content than those who do not.

Additionally, the calcium and magnesium compounds in Active Calcium Chewable act as an antacid, neutralizing stomach acids and thereby eliminating heartburn symptoms while also supplying calcium. This is especially helpful for pregnant women, who often suffer from heartburn and who also need adequate calcium to maintain healthy bones and support the baby’s developing bones and teeth as well.*

THE SCIENCE OF ACTIVE CALCIUM CHEWABLE

Our entire skeletal structure is not static. It constantly remolds itself and, in 10 years, we have an entirely new skeleton. This remodeling process requires sufficient amounts of calcium and vitamin D to form the bones properly. And, if there isn’t enough calcium or vitamin D available from the diet, it can result in bone loss and, possibly, osteoporosis. Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.*

Vitamin D enhances both calcium absorption in the small intestine and calcium utilization in bone formation. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. It also influences the utilization of phosphorus, another mineral that is important for the bone remodeling process.*

An essential nutrient that plays a key role in the bone remodeling process, magnesium helps in the development and maintenance of bones and teeth. Approximately 60–70 percent of the magnesium in the body is found in the skeleton, and higher intakes have been associated with higher levels of bone mineral content than those who do not.

An essential nutrient that plays a key role in the bone remodeling process, magnesium helps in the development and maintenance of bones and teeth. Approximately 60–70 percent of the magnesium in the body is found in the skeleton, and higher intakes have been associated with higher levels of bone mineral content than those who do not.

THE USANA DIFFERENCE

Active Calcium Chewable combines two forms of highly absorbable, elemental calcium with additional bone-supporting ingredients in a chewable form. The ingredients complement each other to provide support for healthy bones.*

*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.
USANA’s Procosa supplement helps maintain and protect joint health with a unique blend of vegetarian glucosamine, vitamin C, and Meriva® bioavailable curcumin.*

THE BENEFITS OF PROCOSA

Your joints connect your bones together, with most of them acting as “pivot points” that allow you to move and bend and help absorb impact sustained during daily activity. When joints are healthy, they allow the bones to move together comfortably. However, in some individuals, the cartilage breaks down and becomes thin, resulting in more joint friction, discomfort, and stiffness.

In addition to a healthy diet and maintaining moderate physical activity, the unique blend of vegetarian glucosamine, vitamin C, Meriva bioavailable curcumin, and other nutrients in Procosa can help support optimal joint health and function so you can maintain an active, independent lifestyle.*

THE SCIENCE OF PROCOSA

Between the bones is a narrow space—the joint cavity. Within the joint cavity, your bones are capped with cartilage, which helps reduce friction during movement. Cartilage gets its lubrication and nutrients from synovial fluid, which also acts like a shock absorber. If synovial fluid and cartilage deteriorate, the spacing between the bones narrows, and eventually the bones will rub together. Research has shown that joint space may be better maintained in those who take glucosamine.*

Glucosamine is an amino sugar that is believed to play a role in regulating cartilage formation by encouraging production of collagen and by acting as a building block for proteoglycans. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint. Glucosamine is well-absorbed and effectively distributed into tissues, including articular cartilage.*

Glucosamine also stimulates production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid. Synovial fluid reduces friction between the articular cartilage of synovial joints—wrists, knees, elbows, shoulders, hips—during movement.* The recommended daily dose of Procosa provides the body with 1500 mg of vegetarian glucosamine.

Joint stability comes from ligaments that connect bones to each other and tendons that connect muscles to bone. One of the main structural proteins needed to maintain the integrity and strength of your ligaments and tendons is collagen. Collagen synthesis depends on the presence of vitamin C, which is why Procosa delivers 225 mg per daily dose.*

Meriva bioavailable curcumin, a critical component of the Procosa formula, is an innovative phytosome that has been shown to support joint comfort and function. Curcumin helps protect chondrocytes (joint cells) and provides antioxidant activity.* Traditionally, curcumin, which is derived from turmeric, has very poor bioavailability and is not absorbed efficiently. Meriva enhances the absorption of Procosa by combining curcumin with a phospholipid, which improves absorption by helping it pass through cell walls more easily, making it nearly 30 times more bioavailable than traditional curcumin preparations.

THE USANA DIFFERENCE

Procosa was created using a unique combination of high-quality glucosamine hydrochloride with potassium and magnesium sulfates to provide the same benefits of glucosamine sulfate without using shellfish or other animal-based ingredients. Not only is it one of the few vegetarian formulas available on the market, the addition of vitamin C and Meriva bioavailable curcumin makes Procosa a unique, comprehensive approach to joint health.*

*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.
USANA's PhytoEstrin supplement contains herbs such as chasteberry powder and black cohosh, which can help support the transition into menopause.*

THE BENEFITS OF PHYTOESTRIN
Natural approaches to maintaining health before, during, and after menopause have become popular over the last few years. For many women, regular exercise, a proper diet, nutritional supplementation with vitamin E, vitamin B5, and calcium, and botanical preparations of estrogen-like compounds—such as those found in PhytoEstrin—may help improve the quality of life during the transition to menopause and the years following.*

Some authorities theorize that high levels of soy isoflavones in Asian diets contribute to Asian women transitioning through menopause more easily than those women living in Western cultures. Soy isoflavones are biologically active chemical compounds from plants such as grains, legumes, fruits, and vegetables that bind to the same estrogen receptor sites and behave similarly to human estrogen.

THE SCIENCE OF PHYTOESTRIN
For centuries, chasteberry, a shrub native to Mediterranean Europe and Central Asia, has been used to help support women's health, particularly symptoms of peri- and post-menopause. And over the last 50 years, scientific studies have supported the use of chasteberry in supporting women's health. Chasteberry has been found effective in easing menopausal symptoms, and is a mixture of iridoids, flavonoids, and glycosides.*

Black cohosh, a plant native to eastern North America, has also been in use for many years, particularly in Native American traditional medicine, to support women's health and ease menopausal symptoms. Dong quai, a dried root found in China, has been used extensively in Asia for supporting women’s health as well.*

After menopause, when levels of estrogen and progesterone drop, soy isoflavones like those found in PhytoEstrin may help support cardiovascular and bone health.*

THE USANA DIFFERENCE
All-natural PhytoEstrin is a broad-spectrum, botanical formulation containing phytoestrogens from five different sources, including a guaranteed 14 mg of soy isoflavones to help maintain women's health. PhytoEstrin also contains a unique combination of herbs that complement the activity of the soy isoflavones: black cohosh, dong quai, licorice-root extract, and chasteberry powder. Together with isoflavones, these herbs help support cardiovascular health while providing support through menopausal symptoms during the peri- and post-menopausal years.*

*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.
Palmetto Plus is a science-based supplement for men that supports long-term prostate health.

THE BENEFITS OF PALMETTO PLUS
Palmetto Plus is a combination of saw palmetto, lycopene, and soy isoflavones, which have been shown to assist in retaining prostate health.*

Prostate health should be a concern for all men, because as they age, many are at risk for developing prostate problems. However, a healthy diet and exercise, coupled with targeted, standardized botanical extracts like those found in Palmetto Plus may help prevent these issues.*

THE SCIENCE OF PALMETTO PLUS
Palmetto Plus is a comprehensive formula that, over time, may provide long-term support for prostate health. Considerable clinical research has shown that a significant percentage of men using saw palmetto show a positive correlation between saw palmetto and prostate health.*

Lycopene is the most abundant carotenoid (vitamin-like compound) found in the prostate and may play a role in supporting a healthy prostate by enhancing immune function and providing antioxidant protection.*

Soy isoflavones, a group of phytochemicals found in soybeans, have been shown to help maintain health functions throughout the body.*

THE USANA DIFFERENCE
USANA is one of only a few major manufacturers to combine saw palmetto with lycopene and soy isoflavones in a single product. Palmetto Plus is a convenient, effective way to obtain a comprehensive men’s health formulation at a reasonable price.*
Pure Rest is a fast-acting melatonin supplement that supports the body’s natural sleep and wake cycles.

THE BENEFITS OF PURE REST
USANA’s Pure Rest is a non-habit forming supplement that supports the natural increase of melatonin production at night. When taken at bedtime, Pure Rest supports the body’s natural circadian rhythms and helps promote sleep, which restores the body after daily exposure to free radicals and general wear and tear.*

Pure Rest promotes sleep, and sleep plays a significant role in keeping the immune system functioning normally while stimulating tissue repair, muscle growth, and protein synthesis.*

Sleep deprivation can have serious mental and physical consequences, resulting in poor concentration, impaired coordination, blurred vision, compromised immune function, and an increased risk of morbidity and mortality.

THE SCIENCE OF PURE REST
Pure Rest contains 2 mg of melatonin in a dissolvable, orange-flavored tablet.

Melatonin is a naturally occurring hormone synthesized in the brain that regulates normal sleep and wake cycles. Melatonin levels naturally start to rise in the evening and remain elevated for most of the night, signaling to our body that it is time to sleep. As melatonin levels rise we become less alert, feel drowsy, and eventually fall asleep. Evidence shows that getting enough quality sleep will not only help people feel energized and productive, but will also increase their odds of living healthier lives.

Those who sleep, on average, less than six hours per night have been shown to be much more likely to be obese and develop abnormal blood glucose levels (a precursor to type 2 diabetes) than those who average seven to eight hours a night. Women who do not get at least six hours of sleep a night are also more likely to have high blood pressure, which could lead to cardiovascular disease over time.

THE USANA DIFFERENCE
USANA’s ultra-pure, fast-acting Pure Rest supplement is manufactured to the same high standards and carries the same potency guarantee as all tabulated products, so you can feel confident that it is safe and effective. Pure Rest is not a sleeping pill and is not habit forming. Additionally, it contains no animal ingredients.

Because individual needs vary, USANA scores the tablets so they can easily be broken in half to adjust the dosage as necessary.

*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.
Digestion/Detox

USANA’s line of Sanoviv Inspired Digestion/Detox products were made to work together to support your digestive health based on the results and recommendations of USANA’s collaboration with the medical professionals at Sanoviv Medical Institute.
The Digestive Enzyme supplement supplies enzymes to help you digest your meals more efficiently and alleviate the sense of fullness after a large meal or bloating associated with digestion. Now with added artichoke extract, this unique formula also helps provide relief from occasional digestive issues.*

THE BENEFITS OF DIGESTIVE ENZYME

Our body naturally produces enzymes to digest the foods we eat, but certain factors, including age or food sensitivities, may reduce our ability to digest foods efficiently. This can lead to stomach upset. Eating large meals can also cause mild indigestion.

Although eating a varied, healthy diet usually provides us with some enzymes to supplement those naturally made by the body, many of us don’t eat the way we should. And without a sufficient amount of functioning enzymes in our body, good digestive health may be impaired, which can lead to indigestion as well as a reduction in the amount of nutrients we are able to absorb from our foods.

USANA’s Digestive Enzyme is a digestive aid that supplies supplemental enzymes to help break down the foods we eat so the body receives the nutrients it needs to function properly. The added artichoke extract further helps support healthy digestion.*

THE SCIENCE OF DIGESTIVE ENZYME

Enzymes play an important role in human health. Many researchers over the last century have maintained that a loss of digestive enzymes may be a significant contributing factor to poor health as we age. This is likely partially because our food is not being broken down and we do not receive all the nourishment that we need from what we eat.

Digestive Enzyme helps aid digestion by augmenting the enzymes our pancreas naturally excretes with a wide range of the enzymes that help break down the food we eat:

- Alpha-amylase supports the digestion of starch.
- Bromelain, protease, and papain support the digestion of protein, the absorption of which is important to maintaining muscle health.
- Lactase assists in the digestion of foods containing lactose (e.g., milk) and helps with symptoms of lactose intolerance (including gas, bloating, and cramping).
- Lipase supports the breakdown of fats.
- Cellulase supports the digestion of cellulose, which usually comes from plant materials.

Artichoke extract has been shown to be effective in relieving digestive complaints, such as mild dyspepsia (stomach upset), by aiding the digestion of fatty foods.*

THE USANA DIFFERENCE

Supplementing with Digestive Enzyme increases enzyme levels for optimal digestive efficiency. It is designed to support more complete digestion and absorption of macronutrients. The addition of artichoke extract makes USANA’s formula unique in the supplement industry.*

References

USANA Probiotic food supplement supports digestive health with a unique blend of probiotics that brings balance to your belly.

THE BENEFITS OF USANA PROBIOTIC

Everything you ingest must go through your digestive system, which, in turn, provides all the micro- and macronutrients your body’s cells need to function properly. Because the digestive system is responsible for breaking down and absorbing the vitamins and minerals from food and nutritional supplements, maintaining digestive health is an important factor in optimizing nutrient intake and defending against deficiency-related illness.*

Not only does a healthy digestive system greatly reduce the likelihood of physical discomfort from gas, constipation, bloating, or occasional diarrhea, it also facilitates consistent waste elimination from the body through the regular passing of stool and normalization of stool consistency.*

To keep everything working smoothly, it is vital that you drink plenty of water; exercise; and consume a proper diet with plenty of fiber from fruits, vegetables, and whole grains. In addition to eating a healthful diet, using probiotics can help create an ideal environment for healthy digestion.*

THE SCIENCE OF USANA PROBIOTIC

Your gut is host to both beneficial and potentially harmful bacteria. These bacteria, also known as microflora, may aid healthy digestion. Age, stress, illness, antibiotics and/or certain medicines, poor diet and hydration, lack of rest, and harmful environmental conditions may endanger the fine balance that is needed to support the normal intestinal flora. This imbalance can result in the reduction of beneficial bacteria in the gut, which can lead to digestive concerns that may not only be physically uncomfortable but also possibly harmful to your health.

The Food and Agriculture Organization of the United Nations defines probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host." Probiotic dietary supplements replenish beneficial microflora, which can help restore a proper microbial equilibrium in the gut and aid good digestion. USANA Probiotic features a unique 50/50 mixture of Bifidobacterium BB-12® and Lactobacillus rhamnosus LGG®—two strains of probiotic bacteria that have been clinically proven to promote a natural balance of beneficial microflora in the gut.*

Research suggests that probiotics, including Bifidobacterium BB-12 and Lactobacillus rhamnosus LGG®, may also play a role in sustaining healthy immune function. More immune cells are concentrated in the gut than in any other region of the body. These probiotics may help prevent harmful bacteria from taking hold in the intestinal tract and encourage the growth of healthy bacterial growth to help support proper nutrient absorption.*

THE USANA DIFFERENCE

The beneficial effects of one strain of probiotics do not necessarily hold true for others, or even for different varieties of the same species or strain. A sufficient quantity of high-quality bacteria strains must survive stomach enzymes and enter the intestinal tract alive to be effective. Verified to supply 12 billion Colony Forming Units (CFU) of viable bacteria—a level shown to be effective in clinical studies—USANA Probiotic contains Bifidobacterium BB-12 and Lactobacillus rhamnosus LGG, two strains well-documented to survive transit through the harsh, acidic environment of the stomach to colonize the intestines.*

USANA Probiotic employs an advanced delivery system that guarantees the product will remain effective for at least 18 months when stored at room temperature. Refrigeration may prolong shelf life even further. It is also easy to use. Simply take USANA Probiotic alone or add one serving (one stick pack) of the mildly sweet, powdered formulation to cold beverages or foods every one or two days for proven digestive health results.*

*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.

Directions for Use: Adults: add the contents of one stick pack to water, NutriMeal® or other favorite cold beverage and drink immediately. Take one stick pack every 1–2 days, or as needed to promote digestive health.*

Nutrition Facts: Serv. Size: 1 Stick Pack, Amount Per Serving: Calories 0, Total Fat 0g (0% DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 0mg (0%DV), Fiber 0g (0% DV), Sugars 0g, Protein 0g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet

Ingredients: Mannitol, Inulin, Lactobacillus rhamnosus LGG®, Bifidobacterium BB-12®, Silicon Dioxide. BB-12® is a registered trademark of Chr. Hansen. LGG® is a registered trademark of Valio Ltd.

References
• Courtois B, Gaskins HR, Mercenier A. Cross-talk between probiotic bacteria and the host immune system. 2007. J Nutr 137(3 Suppl 2):781S-90S.
• D’Hara AM, Shafanah F. The gut flora as a forgotten organ. 2006. ESMO Reg 7:684-95.

*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.
**Fibergy Plus** is a convenient, naturally low-glycemic way to add more fiber to your diet.

**THE BENEFITS OF FIBERGY PLUS**
Consuming multiple sources of dietary fiber is important, because different types of fiber provide specific benefits and serve unique purposes within the body. The dietary fiber in Fibergy Plus promotes good digestive health, is important to the maintenance of heart health, and aids in normal bowel regularity, which helps move wastes and toxins out of the colon quickly and efficiently. It can also help regulate food intake because it can help keep you feeling full longer after a meal.* The FDA states that low-fat diets, rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors. As a result, diets high in soluble and insoluble fiber are important for not only digestive health, but overall health as well.

**THE SCIENCE OF FIBERGY PLUS**
In addition to cellulose, the unique blend of Fibergy Plus contains two important sources of fiber: inulin and psyllium. Psyllium is a bulking agent that sweeps the gastrointestinal tract and normalizes stool consistency to promote regularity. This activity is crucial for health, because if undigested food material and metabolic waste build up due to slow elimination, they may contribute to health problems in the future.* When combined with a diet low in saturated fat, soluble fiber can help maintain healthy triglyceride, blood pressure, and cholesterol levels already in the normal range. Additionally, soluble fiber from foods such as Fibergy Plus, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Fibergy Plus supplies the 2.9 grams of the soluble fiber from psyllium necessary per day to have this effect.

Psyllium fiber can be helpful for those trying to lose weight. Because it is a bulking agent that helps food digest more slowly, consuming psyllium with a meal that includes protein may reduce food consumption later in the day, as it enhances satiety.*

Inulin serves as a prebiotic, a non-digestible food ingredient that promotes the growth of healthy bifidobacteria in the digestive tract. Healthy bacteria are desirable in the gut as they assist the digestive tract’s ability to absorb nutrients and break down foods.*

**THE USANA DIFFERENCE**
Fibergy Plus is cholesterol free, fat free, and low in sodium. And just one serving of Fibergy Plus accounts for almost half of the daily recommended value of dietary fiber.

The formula was also designed without added flavors, making it convenient to mix in with any juice or flavored beverage of your choice. Adding Fibergy Plus to your USANA Nutrimeal™ can make it easier to skip unhealthy snacks throughout the day, as the high fiber content combined with the low-glycemic shake leaves you feeling satisfied longer.*

Pairing Fibergy Plus with the USANA® Probiotic is a beneficial combination as well. The USANA® Probiotic supplies healthy bifidobacteria and works in a symbiotic relationship with inulin found in Fibergy Plus to support healthy digestion by supporting the growth of healthy bacteria in the gut.*

*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.
A healthy lifestyle coupled with a supplement such as USANA’s Hepasil DTX is a great way to support liver function, which plays a vital role in the body’s natural detoxification processes.

THE BENEFITS OF HEPASIL DTX
Your liver performs a number of functions vital to maintaining good health, including filtering almost everything that goes into your blood stream. Almost every nutrient you put into your mouth—from food, drinks, medications, and supplements—goes through your liver, where they are broken down into a form that can be used by your body or filtered out and eliminated. An unstable liver that isn’t functioning optimally may result in a buildup of toxins in your system that could cause a wide variety of long-term health issues.*

Hepasil DTX supports healthy liver function by supplying the body with nutrients that promote the natural detoxification process as well as endogenous antioxidant activity.*

THE SCIENCE OF HEPASIL DTX
A key ingredient in Hepasil DTX, choline helps the liver metabolize fats and cholesterol and move them out of the liver. Upon entry into the cell, choline is oxidized to become betaine, which plays a role in donating methyl groups necessary for detoxification reactions.*

Hepasil DTX also delivers a comprehensive array of phenolic compounds that exhibit antioxidant properties, including green tea extract, broccoli concentrate, and USANA’s patented Olivol®. In addition, n-acetyl L-cysteine, alpha-lipoic acid, and milk-thistle extract help your body produce its own natural antioxidants—most notably, glutathione, which is most concentrated in the liver. Glutathione goes to work in three ways: it attaches to and carries toxins out of your body; it helps protect cells from oxidative stress; and it recycles other antioxidants so they can continue defending your cells. This is important not only for protection from the free radicals and toxins you are exposed to in the environment, but also because the detoxification process itself generates oxidative stress in your liver.*

Taking three tablets of Hepasil DTX a day for 28 days can help significantly increase natural glutathione production and overall antioxidant capacity. In fact, the formula itself is now patent pending because of the increase in glutathione, vitamin C antioxidant capacity, and detoxification activity it helps produce within the body.* Hepasil DTX is also patent pending because it safely combines two previously incompatible liver-supporting nutrients into one bi-layer tablet using USANA’s Nutritional Hybrid Technology.

THE USANA DIFFERENCE
The unique formulation of Hepasil DTX supports healthy liver function by providing choline to aid its natural detoxification process, along with a full range of nutrients that help the body combat oxidative stress. It also includes USANA’s patented Olivol® for more complete antioxidant support. Hepasil DTX provides comprehensive support for the liver.*

References

*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.
USANA believes in making superior products to meet all your individual health needs. Which is why we’ve developed all sorts of nutritious snacks and meal replacements for when your busy lifestyle needs a nudge in a...healthier direction.
Nutrimeal™
A perfectly nutritious meal replacement shake

THE BENEFITS OF FIBER AND PROTEIN
Diet rich in soluble and insoluble fiber are important for maintaining digestive health. When regularly eaten as part of a diet low in saturated fat and cholesterol, soluble fiber has been shown to help support healthy cholesterol levels, provided they are healthy to begin with.*

All of our Nutrimeal formulas are gluten free1. Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Dutch Chocolate and Wild Strawberry Nutrimeal provides 15 grams of soy, whey, and pea protein. A serving of French Vanilla Nutrimeal provides 15 grams of soy protein. Soy protein is a complete protein, containing all of the essential amino acids in a highly digestible form. Whey protein, which is also easily digestible, is an excellent source of amino acids essential for building a healthy body.*

DUTCH CHOCOLATE & WILD STRAWBERRY NUTRIMEAL
The protein blend in Dutch Chocolate and Wild Strawberry Nutrimeal provides the benefits of soy and whey, plus additional protein sources, such as pea protein isolate and rice protein concentrate, to provide balanced amino acids to the body. These flavors also contain ingredients known for their fiber content, and they are perfect for those who are avoiding gluten.†

FRENCH VANILLA NUTRIMEAL
This gluten-free† meal replacement is formulated with 100 percent soy protein for those who prefer non-animal proteins or who are lactose or gluten intolerant. Soy protein is a complete source of all the essential amino acids which are required by the human body.

† For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

From the Lab
A 12-week study conducted by the University of Colorado Denver produced significant weight loss, improvements in glycemic control, and reductions in risk factors for heart disease in 60 overweight individuals with metabolic syndrome when placed on a low-glycemic diet that included Nutrimeal™, as well as moderate exercise. Results were published in the August 2009 issue of Obesity and Weight Management.

Dutch Chocolate Nutrimeal™

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It’s perfect for replacing one or more meals a day!

NUTRITION FACTS
Serving Size: 3 scoops (60 g)
Servings Per Container: 9

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 240</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 65</td>
<td></td>
</tr>
<tr>
<td>Total Fat 7 g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat 1 g</td>
<td>3%</td>
</tr>
<tr>
<td>Cholesterol 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 315 mg</td>
<td>13%</td>
</tr>
<tr>
<td>Potassium 600 mg</td>
<td>17%</td>
</tr>
<tr>
<td>Total Carbohydrate 52 g</td>
<td>17%</td>
</tr>
<tr>
<td>Dietary Fiber 6 g</td>
<td>21%</td>
</tr>
<tr>
<td>Soluble Fiber 3 g</td>
<td>11%</td>
</tr>
<tr>
<td>Total Sugar 10 g</td>
<td>6%</td>
</tr>
<tr>
<td>Added Sugar 0 g</td>
<td></td>
</tr>
<tr>
<td>Protein 15 g</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin A 2,040 IU</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin C 22 mg</td>
<td>20%</td>
</tr>
<tr>
<td>Vitamin D 100 IU</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin E 1 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Thiamin 20 µg</td>
<td>20%</td>
</tr>
<tr>
<td>Riboflavin 25 µg</td>
<td>25%</td>
</tr>
<tr>
<td>Niacin 46 µg</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin B6 48 µg</td>
<td>20%</td>
</tr>
<tr>
<td>Folate 96 µg</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin B12 8 µg</td>
<td>10%</td>
</tr>
<tr>
<td>Calcium 359 mg</td>
<td>14%</td>
</tr>
<tr>
<td>Phosphorus 1,220 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Magnesium 338 mg</td>
<td>13%</td>
</tr>
<tr>
<td>Zinc 16 µg</td>
<td>10%</td>
</tr>
<tr>
<td>Copper 0.22 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Molybdenum 0.35 mg</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

INGREDIENTS: Protein blend [soy protein isolate, whey protein isolate, pea protein, fructose, sunflower oil, maltodextrin, cocoa, soy fiber, cane fiber, natural flavors, gum arabic, oligofructose, prime powder (prime, calcium stearate), sodium caseinate (a milk derivative), cellulose gum, salt, potassium phosphate, xanthan gum, rice, soy lecithin, calcium carbonate, magnesium oxide, ascorbic acid (Vitamin C), ferrous fumarate (iron), zinc gluconate, niacinamide (niacin), folic acid, pyridoxine hydrochloride (Vitamin B6), riboflavin (Vitamin B2), thiamin hydrochloride (Vitamin B1), cyanocobalamin (Vitamin B12), d-alpha tocopheryl acetate (Vitamin E), vitamin A palmitate, cholecalciferol (Vitamin D)].

CONTAINS: SORBITAN AND MILK.

Produced on equipment that also processes peanuts, tree nuts, eggs, wheat, sesame, and shellfish.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

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.
Wild Strawberry Nutrimeal™

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It’s perfect for replacing one or more meals a day!

**NUTRITION FACTS**

<table>
<thead>
<tr>
<th>Serving Size: 3 scoops (60 g)</th>
<th>Servings Per Container: 9</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>240</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>65%</td>
</tr>
<tr>
<td><strong>% Daily Value</strong></td>
<td></td>
</tr>
<tr>
<td>Total Fat 7 g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat 1 g</td>
<td>6%</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
<td>6%</td>
</tr>
<tr>
<td>Cholesterol 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 120 mg</td>
<td>17%</td>
</tr>
<tr>
<td>Potassium 490 mg</td>
<td>14%</td>
</tr>
<tr>
<td>Total Carbohydrate 133 g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber 8 g</td>
<td>32%</td>
</tr>
<tr>
<td>Soluble Fiber 4 g</td>
<td></td>
</tr>
<tr>
<td>Insoluble Fiber 4 g</td>
<td></td>
</tr>
<tr>
<td>Protein 15 g</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin A 15%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 25%</td>
<td></td>
</tr>
<tr>
<td>Calcium 35%</td>
<td>20%</td>
</tr>
<tr>
<td>Iron 35%</td>
<td>10%</td>
</tr>
<tr>
<td>Thiamin 20%</td>
<td>25%</td>
</tr>
<tr>
<td>Riboflavin 25%</td>
<td>20%</td>
</tr>
<tr>
<td>Niacin 15%</td>
<td>20%</td>
</tr>
<tr>
<td>Folate 20%</td>
<td>10%</td>
</tr>
<tr>
<td>Phosphorus 30%</td>
<td>10%</td>
</tr>
<tr>
<td>Magnesium 20%</td>
<td>10%</td>
</tr>
<tr>
<td>Zinc 25%</td>
<td>10%</td>
</tr>
<tr>
<td>Copper 10%</td>
<td>10%</td>
</tr>
<tr>
<td>Molybdenum 10%</td>
<td>10%</td>
</tr>
<tr>
<td>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. Calories: 2,000 2,500</td>
<td></td>
</tr>
</tbody>
</table>

| **INGREDIENTS:** Protein Blend (Soy Protein Isolate, Whey Protein Isolate, pea protein isolate), Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Gum Arabic, Can Fibers, Strawberry Powder, Pumice Powder (Prune, Calcium Stearate, Natural Flavors, Inulin, Oligofructose, Beet Juice Color, Dextrose), Calcium Carbonate, Salt, Cellulose Gum, Potassium Phosphate, Xanthan Gum, Soy Lecithin, Calcium Carbonate, Citric Acid, Magnesium Oxide, Malt Acid, Ascorbic Acid, Vitamin D, Ferrous Fumarate (Iron), Zinc Gluconate, Nicotinamide (Nicotinic Acid), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Potassium Iodide, Thiamin Hydrochloride (Vitamin B1), Choline Chloride (Vitamin B1), D-Alphatocopherol, Phosphoric Acid (Vitamin E), Vitamin A Palmitate, Cholecalciferol (Vitamin D). |

Produced on Equipment that also Processes Peanuts, Tree Nuts, Eggs, Wheat, Sesame, and Shellfish.

For Our Customers Sensitive to Gluten: No Gluten Containing Ingredients Are Used in This Product. However, Wild Strawberry Nutrimeal Is Produced in a Facility That Manufactures Other Foods That Do Contain Gluten.

French Vanilla Nutrimeal™

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It’s perfect for replacing one or more meals a day!

**NUTRITION FACTS**

<table>
<thead>
<tr>
<th>Serving Size: 3 scoops (60 g)</th>
<th>Servings Per Container: 9</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>240</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>78%</td>
</tr>
<tr>
<td><strong>% Daily Value</strong></td>
<td></td>
</tr>
<tr>
<td>Total Fat 7 g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat 1 g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
<td>6%</td>
</tr>
<tr>
<td>Cholesterol 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 120 mg</td>
<td>17%</td>
</tr>
<tr>
<td>Potassium 490 mg</td>
<td>13%</td>
</tr>
<tr>
<td>Total Carbohydrate 133 g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber 8 g</td>
<td>32%</td>
</tr>
<tr>
<td>Soluble Fiber 3 g</td>
<td></td>
</tr>
<tr>
<td>Insoluble Fiber 5 g</td>
<td></td>
</tr>
<tr>
<td>Protein 15 g</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin A 15%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 15%</td>
<td></td>
</tr>
<tr>
<td>Calcium 35%</td>
<td>15%</td>
</tr>
<tr>
<td>Iron 30%</td>
<td>10%</td>
</tr>
<tr>
<td>Thiamin 20%</td>
<td>15%</td>
</tr>
<tr>
<td>Riboflavin 25%</td>
<td>10%</td>
</tr>
<tr>
<td>Niacin 15%</td>
<td>10%</td>
</tr>
<tr>
<td>Folate 20%</td>
<td>10%</td>
</tr>
<tr>
<td>Phosphorus 30%</td>
<td>10%</td>
</tr>
<tr>
<td>Magnesium 25%</td>
<td>10%</td>
</tr>
<tr>
<td>Zinc 25%</td>
<td>10%</td>
</tr>
<tr>
<td>Copper 10%</td>
<td>10%</td>
</tr>
<tr>
<td>Molybdenum 20%</td>
<td>5%</td>
</tr>
<tr>
<td>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. Calories: 2,000 2,500</td>
<td></td>
</tr>
</tbody>
</table>

| **INGREDIENTS:** Soy Protein Isolate, Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Soy Fiber, Can Fibers, Natural Flavors, Oligofructose, Gum Arabic, Pumice Powder (Prune, Calcium Stearate, Inulin), Oligofructose, Xanthan Gum, Soy Lecithin, Calcium Carbonate, Citric Acid, Magnesium Oxide, Malic Acid, Ascorbic Acid, Vitamin D, Ferrous Fumarate (Iron), Zinc Gluconate, Nicotinamide (Nicotinic Acid), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Potassium Iodide, Thiamin Hydrochloride (Vitamin B1), Choline Chloride (Vitamin B1), D-Alphatocopherol, Phosphoric Acid (Vitamin E), Vitamin A Palmitate, Cholecalciferol (Vitamin D). |

CONTAINS: Soybean and Milk.

Produced on Equipment that also Processes Peanuts, Tree Nuts, Eggs, Wheat, Sesame, and Shellfish.

For Our Customers Sensitive to Gluten: No Gluten Containing Ingredients Are Used in This Product. However, French Vanilla Nutrimeal Is Produced in a Facility That Manufactures Other Foods That Do Contain Gluten.
Chocolate Whey Nutrimeal™
Chocolate meal replacement shake formulated as a significant source of whey protein

Chocolate Whey Nutrimeal is a soy-protein free alternative to the popular line of USANA® Nutrimeal shakes. Like the other flavors of Nutrimeal, it is a meal replacement drink that is low glycemic and made with natural flavors and sweeteners, and it is gluten free.†

The combination of whey and casein milk proteins provides both instant and sustained release of amino acids for the body to use.

THE BENEFITS OF WHEY
Protein is key to building a healthy body, and USANA’s Chocolate Whey Nutrimeal is a delicious way to get 15 grams of protein every day. USANA developed Chocolate Whey Nutrimeal for those who have soy, wheat, or gluten sensitivity† and for athletes who often prefer to use whey as a protein source. It offers a healthy blend of fats, whey protein, and good carbohydrates. Also, since it is low glycemic, Chocolate Whey Nutrimeal is formulated for sustained energy to control your hunger.* With the added bonus of a delectable chocolate taste, this healthy option is not only convenient, it’s a tasty treat as well.

†For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

**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.
Nutrimeal™ Free
A nutritious, plant-based meal replacement shake

You want food that’s clean, pure, and above all, healthy. You may not want gluten, dairy, or soy—but you still need something that will fill you up and give you the energy you need to take on the day.

That’s why we created Nutrimeal Free. It’s a meal replacement shake formulated with a complete vegetable protein, and it’s unique for what it doesn’t contain—no fructose, gluten†, dairy, or soy. It’s packed with protein to give you sustained energy, and it has plenty of fiber to support healthy digestion. Oh, and did we mention it’s vegetarian friendly?

This shake is an ideal source of nutrition for when you want to detox and cleanse, or if you need a simple, convenient meal replacement without an overpowering flavor.

†For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, Nutrimeal Free is produced in a facility that manufactures other foods that do contain gluten.

NUTRITION FACTS
Serving Size: 3 scoops (53 g)
Servings Per Container: 9

Amount Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>220</td>
<td></td>
</tr>
<tr>
<td>Total Fat g</td>
<td>7</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat g</td>
<td>1</td>
<td>2%</td>
</tr>
<tr>
<td>Trans Fat g</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol mg</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium mg</td>
<td>340</td>
<td>14%</td>
</tr>
<tr>
<td>Potassium mg</td>
<td>390</td>
<td>11%</td>
</tr>
<tr>
<td>Total Carbohydrate g</td>
<td>24</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber g</td>
<td>6</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars g</td>
<td>17</td>
<td>4%</td>
</tr>
<tr>
<td>Protein g</td>
<td>15</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin A (15%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C (15%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium (20%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron (20%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thiamin (15%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riboflavin (15%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Niacin (15%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin B6 (15%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Folate (15%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin B12 (10%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phosphorus (10%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iodine (10%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Magnesium (20%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zinc (20%)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your energy needs.

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It’s perfect for replacing one or more meals a day!

INGREDIENTS: Non-GMO Plant Protein Blend (Peanut Protein Isolate, Potato Protein Isolate, Balanced Fiber Blend (Canola Fiber, Asafoetida Gum, Citrus Pectin, Vegetable Fiber, Pea Fiber, Cellulose Gum, Xanthan Gum), Organic Canola Sugar, High Oleic Sunflower Oil, Maltodextrin, Natural Flavors, Vitamin and Mineral Blend (Potassium Phosphate, Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Ferrous Fumarate (Iron), Zinc Gluconate, Magnesium Oxide, Potassium Iodide, Riboflavin, Pyridoxine Hydrochloride (Vitamin B6), Potassium Iodide, Thiamin Hydrochloride, Cyanocobalamin (Vitamin B12), D-Alpha Tocopheryl Acetate (Vitamin E), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D3), Coconut Oil, Food Starch-Drug Excipients, Sea Salt, Stevia Leaf Extract). Manufactured on equipment that also processes products containing shellfish, wheat, milk, soy, egg, peanuts, and tree nuts.

*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.
USANA Protein Snacks
Convenient snacks in three delicious flavors

Have you ever reached for a snack, only to hesitate when you thought of your waistline? Just because you want to be healthy doesn’t mean you have to deprive yourself. These delectable snacks will give you all the indulgence you deserve with some extra benefits to boot. Each of them is low glycemic and packed with protein so they’ll fill you up without spiking your blood sugar. They’re a healthier—and tastier—alternative to high-sugar snacks.*

Additionally, all three of USANA’s delicious Protein Snacks are free of gluten, which makes them a good option for those who are gluten intolerant.† Gluten refers to protein found in wheat, rye, and barley. And, the soft-baked technology USANA utilizes to create these snacks gives all three of them a better flavor, texture, and taste.

Going from zero to 60 on the roadway to a healthier diet is difficult. Make the transition easier with these delicious Protein Snacks.

CHOCO CHIP™ PROTEIN SNACK
This soft and chewy chocolate chip Protein Snack will give you the same comfort as your home-baked version without all the questionable ingredients. Plus, these snacks are topped with a delicious chocolatey icing that adds great flavor to every bite without a hint of remorse.

PEANUTTY BLISS™ PROTEIN SNACK
When you want big peanut butter flavor, reach for this delicious Protein Snack loaded with rich peanut butter chips and topped with an amazingly smooth peanut butter icing.

FUDGE DELITE™ PROTEIN SNACK
This luxurious, soft-baked Protein Snack will give you all the chocolatey taste you’ve been craving with rich chocolate chips baked right in. Oh, and don’t forget the dark chocolate icing on top, which adds just one more layer of deliciousness to keep you away from the sugary snacks you reached for before.

†For our customers sensitive to gluten: No gluten-containing ingredients are used in these products. However, Choco Chip, Peanutty Bliss, and Fudge Delite are produced in a facility that manufactures other foods that do contain gluten.

*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.
### Peanutty Bliss™ Protein Snack

**ITEM #236**

**INGREDIENTS:** NON GMO PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NON-SUGAR SWEETENERS (SORBITOL, GLYCERINE, MALTITOL), SUGARS (BROWN SUGAR, EVAPORATED CANE SYRUP), PALM OIL, MONO GLYCERIDES, DEFATTED PEANUT FLOUR, NONFAT DRY MILK, PEANUT OIL, NATURAL VANILLA FLAVOR, SOY LECITHIN, CITRIC ACID, WHEY, BETA CAROTENE, ASCORBYL PALMITATE, SALT, POTASSIUM SORBATE.

CONTAINS: PEANUTS, MILK, AND SOY

† NO GLUTEN OR EGGS ARE USED IN THIS PRODUCT. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, MILK, SOY, EGG, PEANUTS, AND TREE NUTS.

STORE AT ROOM TEMPERATURE (25˚ C)

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: (1) square (38 g)</th>
<th>Servings per container: 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>160</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>6 g</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>3 g</td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>180 mg</td>
</tr>
<tr>
<td>Total Carbohydrate (g)</td>
<td>18 g</td>
</tr>
<tr>
<td>Dietary Fiber (g)</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>11 g</td>
</tr>
<tr>
<td>Vitamin A (IU)</td>
<td>3%</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>1%</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>3%</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>5%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

### Fudge Delite™ Protein Snack

**ITEM #237**

**INGREDIENTS:** NON GMO PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NON-SUGAR SWEETENERS (SORBITOL, GLYCERINE, MALTITOL), SUGARS (BROWN SUGAR, EVAPORATED CANE SYRUP), PALM OIL, COCOA, UNSWEETENED CHOCOLATE, COCOA BUTTER, NONFAT DRY MILK, NATURAL VANILLA FLAVOR, SOY LECITHIN, CITRIC ACID, WHEY, BETA CAROTENE, ASCORBYL PALMITATE, SALT, POTASSIUM SORBATE.

CONTAINS: MILK AND SOY

† NO GLUTEN OR EGGS ARE USED IN THIS PRODUCT. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, MILK, SOY, EGG, PEANUTS, AND TREE NUTS.

STORE AT ROOM TEMPERATURE (25˚ C)

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: (1) square (43 g)</th>
<th>Servings per container: 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>180</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>6 g</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>3 g</td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>200 mg</td>
</tr>
<tr>
<td>Total Carbohydrate (g)</td>
<td>20 g</td>
</tr>
<tr>
<td>Dietary Fiber (g)</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>12 g</td>
</tr>
<tr>
<td>Vitamin A (IU)</td>
<td>3%</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>1%</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>4%</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>17%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4
If you’re hungry and in a hurry, you need food that’s quick and nutritious—and if you can recognize and pronounce the ingredients, all the better. But is it nutty to think we could create a nutritious bar that combines savory, sweet, and satisfying? A bar packed with wholesome ingredients that come straight from Mother Nature?

Well, if a bar that brings together raw almonds, cashews, and seeds with naturally sweet dried fruits is nutty…then yes—you could call us a little nutty. Actually, make that Berry Nutty.

**EAT TO YOUR ADVANTAGE:**
All-natural ingredients
Healthy source of ALA
Gluten free†
Soy free†
Dairy free†
Heart healthy*
Low glycemic
No trans fats
Low sodium
Non-GMO
Prebiotic fiber
Organic ingredients
Sanoviv inspired

**WHAT IS SANOVIV?**
Sanoviv Medical Institute is a cutting-edge healthcare facility created by USANA’s founder, Dr. Myron Wentz. The professionals on staff at Sanoviv apply the principles of holistic care along with modern medicine to create comprehensive programs for a variety of medical needs. USANA often works closely with Sanoviv to develop new products.

†For our customers sensitive to gluten, dairy, or soy: no gluten, dairy, or soy are used in this product. However, Berry Nutty Nutrition Bar is manufactured on equipment that also processes products containing gluten, wheat, dairy, eggs, and soybeans.

*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.
Rev3 Energy® Drink
A refreshing way to recharge your energy levels

Cleaner. Smarter. Stronger. Rev3 Energy Drink is all the power of an energy drink—refined. With an advanced formula developed by USANA’s nutrition experts, Rev3 offers two superior alternatives to crash-and-burn energy drinks.

REV3 ENERGY® DRINK
Rev3 contains L-carnitine, an ingredient that has an important function in energy production. L-carnitine helps shuttle fatty acids (fats) into the mitochondria where they can be turned into energy. Rev3 also contains coenzyme Q10, which is involved in the production of 95 percent of the energy required by the body.

A REVOLUTION IN ENERGY DRINKS
Rev3 is low glycemic and formulated to provide sustained energy. With a high glycemic load, typical energy drinks spike your blood sugar levels, giving you a quick feeling of energy but soon leading to a crash that leaves you feeling drained. Rev3 has a total glycemic load that is three to four times lower than traditional energy drinks. This means that Rev3 does not lead to a debilitating sugar crash but rather leaves you feeling a sustained level of energy throughout the day.*

PROPRIETARY ENERGY COMPLEX
Rev3 was developed with a complete and proprietary energy complex that includes L-Carnitine, malic acid, citric acid, Korean ginseng, and rhodiola. These ingredients are broken down and eventually enter the Krebs cycle (citric acid cycle) and electron transport chain where they help refuel the body’s energy stores.

THE USANA DIFFERENCE
Rev3 has a crisp, all-natural taste. Rev3 is unique among most common energy drinks because it has no artificial flavors, no artificial sweeteners, no artificial preservatives, and no artificial colors. It contains naturally derived caffeine from a blend of teas for improved mental alertness and stamina. Rev3 also includes additional vitamins, minerals, and antioxidants that support energy metabolism at the cellular level.*

*Nutrition Facts
Serving Size: 8 FL OZ (240 mL)
Serving Per Container: 1.5
Amount Per Serving
Calories 70
Calories from Fat 0
Total Fat 0g  0%
Sodium 0g  0%
Total Carbohydrate 6g  2%
Sugars 19g
Protein 0g

% Daily Value*

Vitamin B1 100%  •  Vitamin B2 100%
Riboflavin 100%  •  Vitamin B6 250%
Niacin 100%  •  Folate 100%
Calcium 10%  •  Magnesium 15%

Not a significant source of saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, and iron.

Primary Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Other Ingredients: Purified reverse osmosis carbonated water, crystalline fructose, evaporated cane syrup, proprietary energy complex (L-Carnitine Fumarate, green and white tea blend, containing 80 mg caffeine, Korean Ginseng, Rhodiola, d-Ribose, citric acid, malic acid, proprietary phytochemical blend (Acerola extract, Grape Seed Extract, Olivil®, Aloe Vera Extract, Pomegranate, Natural vegetable juicenatural flavors, Potassium Sorbate, Choline Chloride, Cinnamon O.S., Ultra Trace Minerals, Olivil Olive Fruit Extract is protected under US patents 6,358,542 or 6,361,803.

Not recommended for children, pregnant or nursing women, or those sensitive to caffeine. Consult your physician if you are taking prescription drugs or have a medical condition.

USANA Health Sciences, InC. 1933 W. Parkway Blvd.
Salt Lake City, Utah 84120 USA
Store below 25˚C. Made in USA

*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.
Experience the energizing benefits of Rev3 in a convenient, ready-to-mix pack. The Rev3 Energy Surge Pack is perfect to take with you wherever you go. Simply mix with a bottle of water and enjoy this fresh, scientifically formulated alternative to the typical energy drink.

WHAT MAKES IT WORK?
Rev3 Energy Surge Pack contains a natural source of caffeine derived from the leaves of three different types of teas. With 80 mg of naturally derived caffeine, Rev3 Energy Surge Pack contains about as much caffeine as an average cup of coffee, but without many of the potentially harmful ingredients, such as large amounts of sugar, excessive calories, or artificial preservatives.

THE ENERGY COMPLEX
Malic acid and citric acid are part of Rev3 Energy Surge Pack’s complete energy complex. These ingredients are broken down and eventually enter the Krebs cycle (citric acid cycle) and electron transport chain where they help refuel the body’s energy stores.

THE USANA DIFFERENCE
Rev3 Energy Surge Pack has no artificial flavors, no artificial sweeteners, no artificial preservatives, and no artificial colors. It contains naturally derived caffeine from blend of teas for improved mental alertness and stamina. Teas also provide numerous beneficial ingredients, including a thermogenic agent to aid in energy production, and antioxidants and phytonutrients known to be beneficial to health and metabolism.*

*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.
5-Day RESET™ Kit

Reinvent yourself with the RESET weight-management system, and lose up to five pounds in five days.†

It's no secret that the key to effective weight loss is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes and improving eating habits can often seem like insurmountable tasks. With that in mind, USANA scientists developed RESET weight-management program to help people jumpstart healthy eating habits and begin to make a clean break from unhealthy, high-glycemic foods.*

CONTROL THE CRAVINGS

All of the USANA Foods in RESET are guaranteed to be low glycemic. As the foundation of a nutritious diet, low-glycemic foods release energy slowly and do not cause drastic blood glucose spikes and crashes. Therefore, you don’t feel hungry as quickly, so you don’t feel an overwhelming need to eat, which may help you lose weight.† In addition, the fiber content of RESET helps provide a long-lasting sense of fullness to help reduce hunger levels throughout the day.

The benefits of RESET go beyond weight loss. Consisting of three simple phases, this program will not only help you shed pounds, but it will also assist you in making positive changes to your overall lifestyle.*

LOSE THE POUNDS

The RESET 5-Day Jumpstart Phase is not about starvation. It is a nutritionally balanced, low-calorie system to help you kick carbohydrate cravings and lose the first few pounds and find the motivation to keep working toward your total weight-loss goal.*

FIND THE NEW YOU

After you have completed the first five days with the 5-Day Jumpstart Phase, make the new healthy habits part of your lifestyle by choosing the next phase that is right for you.

FIVE DAYS TO A NEW YOU

The RESET program is a nutritionally balanced program of macronutrients (high-quality protein, good carbohydrates, and healthy fats) and micronutrients (vitamins, minerals, and antioxidants). The program is simple—every day you drink three Nutrimeal™ shakes and eat a USANA Protein Snack, a serving of fruit, and a serving of vegetables. You should also take the HealthPak packets™, drink 64–80 ounces of water, and walk for approximately 20–30 minutes (about 3,000 steps) every day.

<table>
<thead>
<tr>
<th>MEALS</th>
<th>5-DAY RESET</th>
<th>TRANSFORM PHASE</th>
<th>MAINTAIN PHASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Nutrimeal shake</td>
<td>Nutrimeal shake</td>
<td>Nutrimeal shake</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein Snack</td>
<td>Protein Snack</td>
<td>Protein Snack</td>
</tr>
<tr>
<td>Lunch</td>
<td>Nutrimeal shake</td>
<td>Nutrimeal shake</td>
<td>Low-glycemic meal** with plenty of fresh vegetables and fruits</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein Snack</td>
<td>Low-glycemic snack** with plenty of fresh vegetables and fruits</td>
<td>Low-glycemic snack**</td>
</tr>
<tr>
<td>Dinner</td>
<td>Nutrimeal shake</td>
<td>Low-glycemic meal** with plenty of fresh vegetables and fruits</td>
<td>Low-glycemic meal** with plenty of fresh vegetables and fruits</td>
</tr>
</tbody>
</table>

Also eat one serving of fruit and one serving of vegetables per day

**Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes

†Individual results may vary. Weight-management system lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. in five days. It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician.

Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.

*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.
Sensé™

Dedicated to those looking to enhance their health and beauty, USANA has created Sensé beautiful science®, a comprehensive approach to skin care. Each product is developed with groundbreaking, patented Self-Preserving Technology, meaning they stay fresh naturally. With regular use, skin is visibly transformed.

Made from the purest natural botanical extracts and topical nutrition complexes, Sensé is formulated to revitalize individual cells—where healthy skin begins. When cells are properly nourished and protected, you can expect beautiful results.
THE BASICS

Gentle Daily Cleanser

This mild, soap-free formula washes away surface dirt and make up without drying or irritating the skin. Gentle Daily Cleanser uses natural cleansers like yucca and soapwort bark to lift impurities. Enhanced with green-tea extract, this cleanser works overtime to defend against environmental stress, while it soothes and moisturizes with aloe and clary sage.

Hydrating Toner

Wipe away lingering surface impurities after cleansing and restore skin's pH balance with this gentle revitalizing toner. The gotu kola and coneflower in Hydrating Toner refine and brighten skin's appearance while green-tea and whole-grape extracts help calm oxidative stress caused by environmental influences.

Daytime Protective Emulsion with Broad Spectrum SPF 15

Restore moisture and support the skin's natural cell renewal process with this lightweight moisturizer enriched with light-activated Regenisomes™. This enzyme technology helps speed the skin's recovery from visible environmental damage. Natural plant extracts boost Daytime Protective Emulsion's benefits: aloe delivers concentrated moisture, plankton guards against the drying effects of the sun, and Irish moss softens the skin.

Drug Facts

Active Ingredients  Purpose
Octinoxate 7.5%      Sunscreen
Oxybenzone 3%       Sunscreen
Avobenzone 2%       Sunscreen

Inactive Ingredients
**Night Renewal Crème**

Wake up to younger looking skin with this hydrating overnight crème. DSR™ Technology and penetrating Regenisomes™ visibly refine skin’s texture to reduce the appearance of aging. Whole-grape and green-tea extracts undo the damage of daily stress. Rich in vitamin E, Night Renewal Crème brightens the complexion and softens skin with Irish moss and shea butter.

**THE ENHANCERS**

**Serum Intensive**

This unique blend of alpha- and beta-hydroxy acids reduces the appearance of fine lines and wrinkles, unclogs pores, and diminishes uneven skin tone. DSR Technology helps keep skin looking youthful by boosting skin's clarity and promoting smooth texture. The whole-grape and green-tea extracts in **Serum Intensive** also calm environmental effects on the skin. Ideal for oily skin.

**Perfecting Essence**

Fight the appearance of aging and reduce uneven skin tone and texture with this acid-free refining treatment. DSR Technology, along with the bearberry leaf and licorice root found in **Perfecting Essence**, provide brightening compounds to visibly improve the look and feel of the skin.
Care for the delicate skin around the eye with this lightweight, moisturizing complex enriched with shea butter and Irish moss. Regenisomes and DSR Technology rejuvenate skin after exposure to the environment and reduce the appearance of fine lines and wrinkles. **Eye Nourisher** also contains soy to help retain moisture, gotu kola and coneflower to brighten the skin, and whole-grape and green-tea extracts to provide oxidative defense.

**Rice Bran Polisher**

Exfoliate dead skin cells and keep your complexion looking radiant with papaya enzyme, beta-hydroxy acids, and rice bran beadlets in this gentle scrub. **Rice Bran Polisher** delivers moisture with kukui nut oil, restores the skin’s pH with aloe, and refreshes with whole-grape and green-tea extracts. Reveal brighter, smoother skin with this gentle scrub.

**Nutritious Crème Masque**

**Nutritious Crème Masque** is a powerful facial treatment that is designed to deliver intense moisture while drawing excess oils and impurities from the skin. Natural emollients, shea, and mango butter deposit a rich blend of lipids, and pure China clay removes impurities to leave skin feeling firm.

---

**Ingredients:** Water (Aqua), Cyclopentasiloxane, Glycerin, Cetearyl Alcohol, Isohexadecane, Hydroxyethyl Acrylate/ Sodium Acryloyldimethyl Taurate Copolymer, Squalane, Cetearyl Glucoside, Cetearyl Methicone, Dimethicone, PPG-12/SMII Copolymer, Undecylenoyl Glycine, Limnanthes Alba (Meadowfoam) Seed Oil, Capryloyl Glycine, Sodium Hydroxide, Polysorbate 60, Butyrospermum Parkii (Shea Butter) Extract, Carbomer, Tetrahexyldecyl Ascorbate, Algae Extract, Hydrolyzed Lupine Protein, Pentylene Glycol, Disopropyl Dimer Dilinoleate, Butylene Glycol, Dimethicone/Vinyl Dimethicone Crosspolymer, Disodium EDTA, Glyceryl Laurate, Glycine, Magnesium Ascorbyl Phosphate, Proline, Tocopherol Acetate, Glucosamine HCl, Urea, Yeast Extract, Camellia Sinensis Leaf Extract, Centella Asiatica Extract, Chondrus Crispus (Carrageenan) Extract, Echinacea Angustifolia Extract, Sambucus Nigra Flower Extract, Vitis Vinifera (Grape) Fruit Extract, Malva Sylvestris (Mallow) Extract, Glycine Soja (Soybean) Protein, Tocopherol, Lecithin, Micrococcus Lysate, Retinyl Palmitate, Oryzanol.

Ophthalmologist/Dermatologist/Allergy/Clinically Tested.

---

**Ingredients:** Water (Aqua), Cyclopentasiloxane, Glycerin, Cetearyl Alcohol, Hydroxypropyl Triethoxysilane, Capryloyl Glycine, Sodium Hydroxide, Polysorbate 60, Butyrospermum Parkii (Shea Butter) Extract, Carbomer, Tetrahexyldecyl Ascorbate, Algae Extract, Hydrolyzed Lupine Protein, Pentylene Glycol, Disopropyl Dimer Dilinoleate, Butylene Glycol, Dimethicone/Vinyl Dimethicone Crosspolymer, Disodium EDTA, Glyceryl Laurate, Glycine, Magnesium Ascorbyl Phosphate, Proline, Tocopherol Acetate, Glucosamine HCl, Urea, Yeast Extract, Camellia Sinensis Leaf Extract, Centella Asiatica Extract, Chondrus Crispus (Carrageenan) Extract, Echinacea Angustifolia Extract, Sambucus Nigra Flower Extract, Vitis Vinifera (Grape) Fruit Extract, Malva Sylvestris (Mallow) Extract, Glycine Soja (Soybean) Protein, Tocopherol, Lecithin, Micrococcus Lysate, Retinyl Palmitate, Oryzanol.

Ophthalmologist/Dermatologist/Allergy/Clinically Tested.

---

**Ingredients:** Water (Aqua), Glyceryl Stearate, Dicaprylyl Maleate, Kaolin, Stearyl Alcohol, Glycerin, C12-15 Alkyl Benzoate, Cetearyl Alcohol, Titanium Dioxide, Magnesium Silicate, Cetearyl Alcohol, Ethylhexanoate, Cetyl Lactate, Xanthan Gum, Pentylene Glycol, Magnesium Ascorbyl Phosphate, Tetrahexyldecyl Ascorbate, Caprylyl Glycol, Disodium EDTA, Disopropyl Dimer Dilinoleate, Ethylhexyglycerin, Butylene Glycol, Tocopheryl Acetate, Glycine, Hexylene Glycol, Proline, Centella Asiatica Extract, Echinacea Purpurea Extract, Sodium PCA, Magnesium PCA, Camellia Sinensis Leaf Extract, Echinacea Angustifolia Extract, Quillaja Saponaria Bark Extract, Salvia Scarea (Clary Sage) Extract, Vitis Vinifera (Grape) Fruit Extract, Yucca Schidigera Root Extract, Sea Salt, Squalane, Butylene Glycol, Calcium PCA, Salicylic Acid, Magnesium Ascorbyl Phosphate, Magnesium PCA, Papain, Glycine Soja (Soybean) Protein, Aloe Barbadensis Leaf, Retinyl Palmitate, Tocopherol, Oryzanol, Avena Sativa (Oat) Kernel Flour, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.
Wash away impurities and revitalize your skin with this soap-free cleansing gel infused with botanical extracts. **Energizing Shower Gel** moisturizes skin with jojoba-seed and avocado oil. All while invigorating your skin with a fresh, tangerine fragrance.

**Revitalizing Shampoo**
Cleanse your hair with this gentle shampoo that delivers vital nutrients to help restore natural softness, body, and shine. Wheat protein, panthenol, and vitamin E in **Revitalizing Shampoo** promote a healthy scalp, while aloe provides penetrating moisture. Safe for all hair types, including chemically processed and color-treated hair.

**Nourishing Conditioner**
Moisturize, protect, and strengthen hair with this exclusive conditioning formula enriched with vitamins C and E. Wheat protein helps to mend split ends as **Nourishing Conditioner** restores moisture with aloe and soothes environmental effects with whole-grape and green-tea extracts. Safe for all hair types, including chemically processed and color-treated hair.
Firming Body Nourisher

Sweep away dry skin with this firming moisturizer formulated with an exclusive Hydroxy Complex. **Firming Body Nourisher** deeply hydrates as soy protein delivers vital nutrients. Whole-grape and green-tea extracts help counteract the effects of environmental exposure, while shea butter and Ceramide 3 soothe, firm, and replenish essential moisture.

Intensive Hand Therapy

Fight the damaging effects of the environment and keep hands and cuticles soft with this concentrated hand cream. **Intensive Hand Therapy** contains cocoa and shea butters, apricot kernel oil, aloe, and beeswax to lock in moisture. Mulberry and bearberry leaf refine while green-tea and whole-grape extracts protect from oxidative stress.

Natural Whitening Toothpaste

The USANA lifestyle involves all aspects of your health, including your teeth and gums. Neglecting your oral hygiene can have drastic effects on your dental health and quality of life. Dental problems resulting from inadequate dental care range from tooth decay to periodontal disease.

**WHY NATURAL WHITENING TOOTHPASTE?**

USANA’s **Natural Whitening Toothpaste** can be the foundation of an advanced oral health regimen. It contains vitamins and antioxidants that play a key role in maintaining a healthy smile. Natural Whitening Toothpaste is naturally formulated to remove plaque to clean teeth and also fight bacteria to control bad breath. Natural Whitening Toothpaste also contains silica to gently remove stains without bleach or harsh abrasives. And Vitamin E from vegetable oils moisturizes gums. Natural Whitening Toothpaste is also unique for what it doesn’t contain. This refreshing mint toothpaste contains no artificial colors, flavors, or sweeteners. And because not everyone needs or wants fluoride, Natural Whitening Toothpaste is formulated without it. So, you can decide the role that fluoride will play in maintaining your healthy smile.
Auto Order.

Automatic Savings & Delivery.

Auto Order is an automatic shipment of products conveniently delivered to your home every four weeks. And the best part? With Auto Order, you’ll never pay full price again!

Save 10% on all your USANA products.

3838 West Parkway Blvd.
Salt Lake City, Utah 84120
(801) 954-7100 • fax (801) 954-7300
USANA.com

Customer Service: (801) 954-7200
Toll Free: (888) 950-9595
E-mail: distserv@usana.com
Preferred Customers: (866) USANAPC or (866) 872-6272
Customer Service (in Korean): (801) 954-7231
Toll Free Customer Service (in French): (888) 782-8282
Customer Service (in Japanese): (801) 954-7773

Servicios al Distribuidor Línea de Pedidos (en Español): 801-954-7373
Toll Free: 888-683-8383
Dominican Republic Toll Free (en Español): 888-751-2425

For more information about the USANA products and opportunity, contact your Independent USANA Associate.

Item# 302.010115 US/ENG