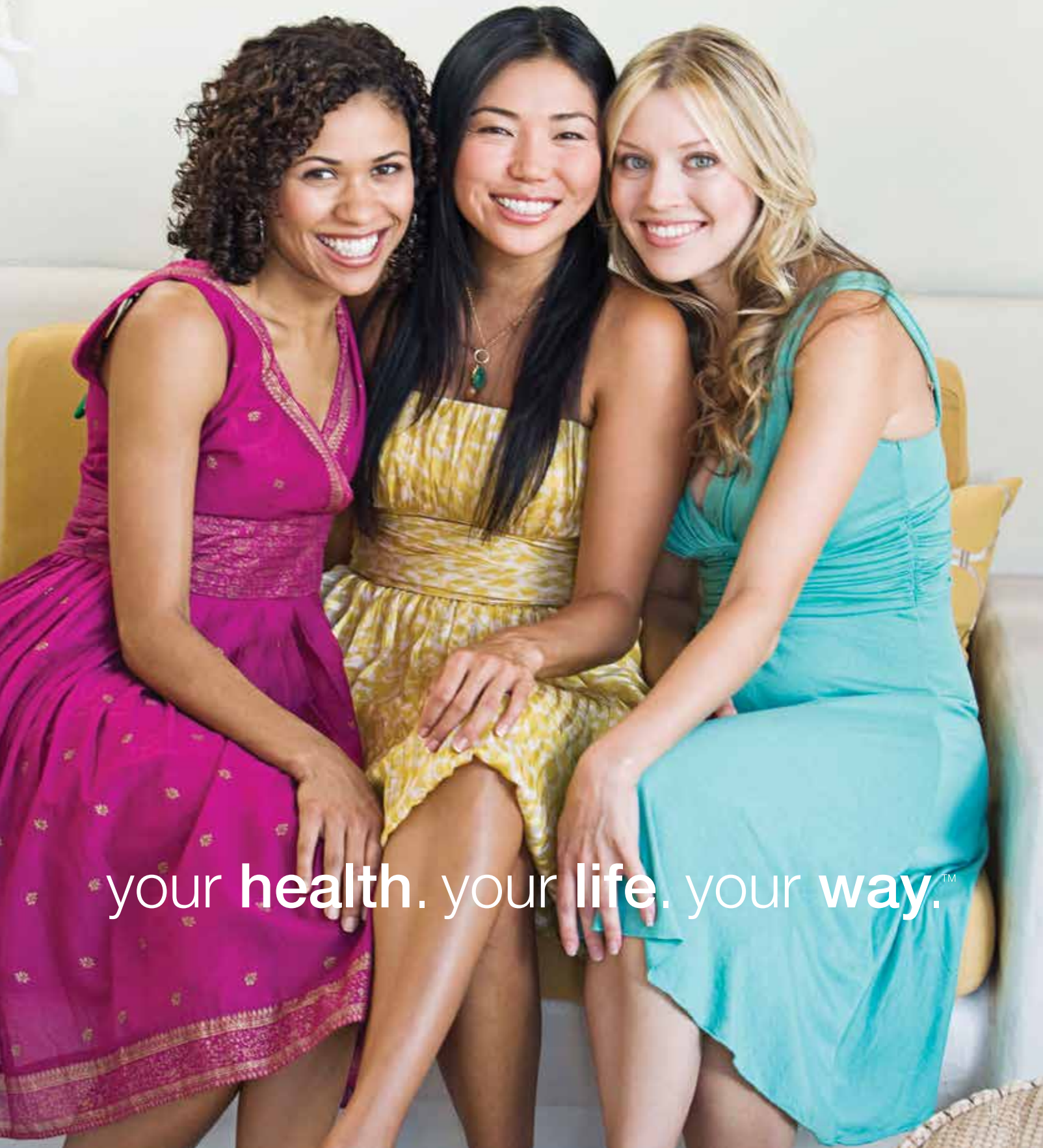




your **health.** your **life.** your **way.**™



Everything we do helps you love life and live it.



your **health.** your **life.** your **way.**TM



Your Complete Reference

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

11 ESSENTIALS

- 12 Chelated Mineral
- 14 Mega Antioxidant
- 16 HealthPak™

17 THE BEST NUTRITION FOR YOUR FAMILY

- 18 BabyCare Prenatal Mega Antioxidant
- 19 BabyCare Prenatal Chelated Mineral
- 20 Body Rox™
- 21 Usanimals™
- 22 BiOmega™ Jr.

23 OPTIMIZERS

- 24 Proflavanol® C¹⁰⁰
- 26 CoQuinone® 30
- 27 BiOmega™
- 28 Booster C 600™
- 29 Vitamin D
- 30 Ginkgo-PS™
- 31 Visionex®
- 32 Active Calcium™
- 33 Active Calcium™ Chewable
- 34 Procosa®
- 35 PhytoEstrin™
- 36 Palmetto Plus™
- 37 Pure Rest™

Greater Expectations The USANA Difference

USANA uses only the finest grade ingredients, and we are one of only a few nutritional companies to manufacture products in our own state-of-the-art facilities. Every product is rigorously tested for potency, bioavailability, purity, and uniformity.

38

DIGESTION/DETOX

- 39 Digestive Enzyme
- 40 USANA® Probiotic
- 41 Fibergy® Plus
- 42 Hepasil DTX™

43

FOODS

- 44 Dutch Chocolate Nutrimeal™
- 45 Wild Strawberry Nutrimeal™
- 45 French Vanilla Nutrimeal™
- 46 Chocolate Whey Nutrimeal™
- 47 Nutrimeal™ Free
- 48 Choco Chip™ Protein Snack
- 49 Peanutty Bliss™ Protein Snack
- 49 Fudge Delite™ Protein Snack
- 50 Berry Nutty™ Nutrition Bar
- 51 Rev3 Energy® Drink
- 52 Rev3 Energy® Surge Pack
- 53 5-Day RESET™ Kit

54

SENSE™

- 55 Basics
 - Gentle Daily Cleanser
 - Hydrating Toner
 - Daytime Protective Emulsion
 - Night Renewal Crème
- 56 Enhancers
 - Serum Intensive
 - Perfecting Essence
 - Eye Nourisher
 - Rice Bran Polisher
 - Nutritious Crème Masque
- 58 Sense™ Body Care
 - Energizing Shower Gel
 - Revitalizing Shampoo
 - Nourishing Conditioner
 - Firming Body Nourisher
 - Intensive Hand Therapy
 - Natural Whitening Toothpaste



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.

"USANA's potency guarantee ensures that what is on the label is what is in the bottle. Our strict manufacturing processes make certain that every USANA nutritional supplement is of the absolute highest quality and contains the

proper, labeled levels of potency."

—Dr. Myron Wentz



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.



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 Winegar; 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

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.*

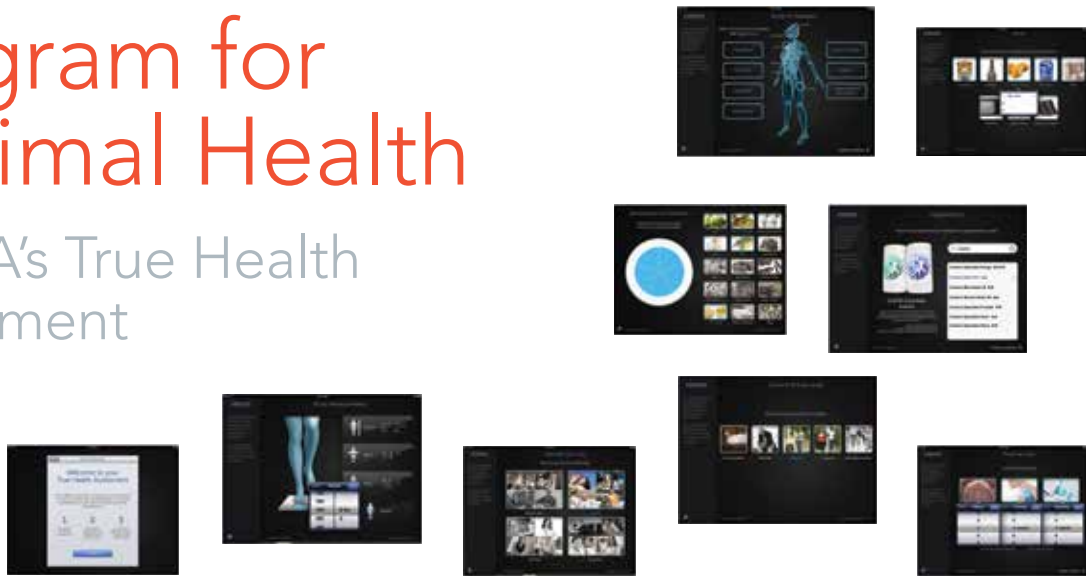
Scientific Advisory Council

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

*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 Personal Program for Optimal Health

USANA's True Health Assessment



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.



TrueHealth™
ASSESSMENT

TrueHealth
COMPANION

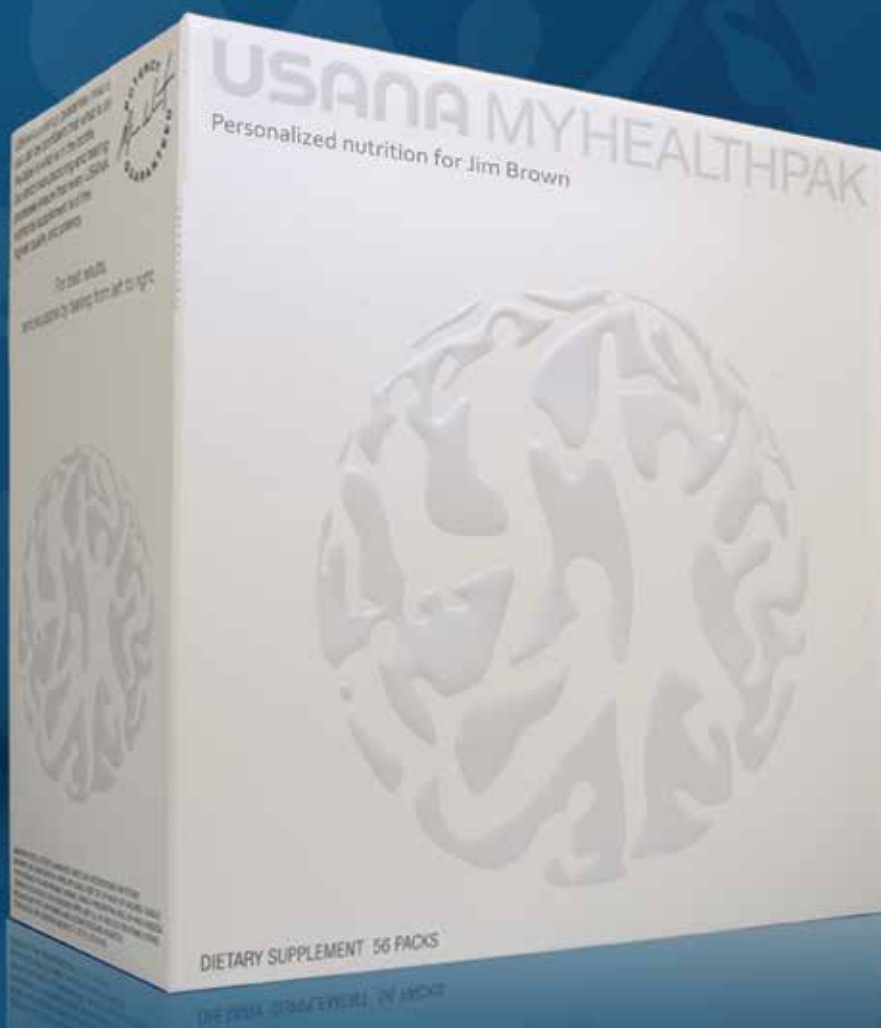
Your Health is in Your Hands

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.

MYHP Available for MyHealthPak™

This symbol indicates which products are available in MyHealthPak.

Create your customized pack today at USANAmhp.com.



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

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.** your **life.** your **way.**

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.

	Strongly recommended	Generally recommended, as needed	Heart health	Brain & mental function	Immunity	Mobility (bone, joint, strength)	Eye health & vision	Healthy weight	Digestion & Detox	Healthy skin	Healthy pregnancy
BabyCare Prenatal Essentials											
BiOmega™											
Booster C 600™											
Vitamin D											
Proflavanol® C ¹⁰⁰											
CoQuinone® 30/100											
Active Calcium™/Active Calcium Chewable™											
Procosa®											
Ginkgo-PS™											
Visionex®/DS											
Pure Rest™											
USANA® Probiotic											
Digestive Enzyme											
Hepasil DTX™											
Fibergy® Plus											
Nutrimeal™											
Snacks and Bars											
RESET™ Kit											

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.



Essentials

Chelated Mineral



Top-rated daily mineral supplement for adults

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 is also 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.*



MY  Available for MyHealthPak™

ITEM #102

Chelated Mineral

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV
CALCIUM	135 mg	15%
(AS CALCIUM CITRATE AND CALCIUM CARBONATE)		
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM	150 mg	35%
(AS MAGNESIUM CITRATE AND MAGNESIUM AMINO ACID CHELATE)		
ZINC (AS ZINC CITRATE)	10 mg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	125%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
CHROMIUM	150 µg	130%
(AS CHROMIUM POLYNICOTINATE AND CHROMIUM PICOLINATE*)		
SELENIUM	100 µg	140%
(AS L-SELENOMETHIONINE AND SELENIUM AMINO ACID COMPLEX)		
BORON (AS BORON CITRATE)	1500 µg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

†DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, CALCIUM SILICATE, RICE PROTEIN HYDROLYSATE, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

*LICENSED UNDER U.S. PATENT 4,315,927.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS 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

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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.*

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.*

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.*

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.

Chelated Mineral, Kosher

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
CALCIUM	135 mg	15%
(AS CALCIUM CITRATE AND CALCIUM CARBONATE)		
MAGNESIUM	150 mg	40%
(AS MAGNESIUM CITRATE AND AMINO ACID CHELATE)		
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
ZINC (AS ZINC CITRATE)	7.5 mg	50%
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	50 µg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2 mg	100%
CHROMIUM (AS CHROMIUM POLYNICOTINATE**)	120 µg	100%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
SEA SALT	1.5 mg	†

*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET. † DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, PREGELATINIZED STARCH, ASCORBYL PALMITATE, SILICON DIOXIDE, SILICON, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

**LICENSED UNDER U.S. PATENT 4,315,927.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

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

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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Essentials

Mega Antioxidant



Top-rated daily vitamin and antioxidant supplement for adults

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.



MYHP Available for MyHealthPak™

ITEM #103

Mega Antioxidant

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING	%DV
VITAMIN A (AS BETA CAROTENE)	7,500 IU 150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM & ZINC ASCORBATES)	650 mg 1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	900 IU 225%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU 670%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg 900%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg 790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg 100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg 800%
FOLATE (AS FOLIC ACID)	500 µg 130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg 1670%
BIOTIN	150 µg 50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg 450%
VITAMIN K (AS PHYLLOQUINONE)	30 µg 40%
OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L. FRUIT)*	15 mg †
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg †
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN (CITRUS SPP. L. FRUIT), GREEN TEA EXTRACT-DECAFFEINATED (CAMELLIA SINENSIS HUNT. LEAVES), POMEGRANATE EXTRACT (PUNICA GRANATUM L. FRUIT), CINNAMON EXTRACT (CINNAMOMUM CASSIA L. BARK), BILBERRY EXTRACT (VACCINIUM MYRTILLUS L. FRUIT))	99 mg †
INOSITOL	75 mg †
CHOLINE BITARTRATE	50 mg †
N-ACETYL L-CYSTEINE	50 mg †
COENZYME Q10	6 mg †
TURMERIC EXTRACT (CURCUMA LONGA L. ROOT)	7.5 mg †
LUTEN (TAGETES ERECTA L. FLOWER)	300 µg †
LYCOPENE	500 µg †

†DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, ALPHA-LIPOIC ACID, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, SODIUM 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.

THERE IS 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.

Mega Antioxidant without Vitamin K, Kosher

DIRECTIONS: TAKE THREE (3) TABLETS SPREAD EVENLY THROUGHOUT THE DAY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS		
SERVING SIZE: 3 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN A (AS BETA CAROTENE)	15,000 IU	300%
VITAMIN C (AS CALCIUM POTASSIUM, MAGNESIUM & ZINC ASCORBATES)	1,300 mg	2170%
VITAMIN D3 (AS CHOLECALCIFEROL)	600 IU	150%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	400 IU	1330%
VITAMIN B1 (AS THIAMIN HCL)	27 mg	1800%
VITAMIN B2 (AS RIBOFLAVIN)	27 mg	1590%
NIACIN (AS NIACIN AND NIACINAMIDE)	40 mg	200%
VITAMIN B6 (AS PYRIDOXINE HCL)	32 mg	1600%
FOLATE (AS FOLIC ACID)	1000 µg	250%
VITAMIN B12 (AS CYANOCOBALAMIN)	200 µg	3330%
BIOTIN	300 µg	100%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	90 mg	900%
OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L. FRUIT)**	30 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	34 mg	†
BIOLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN (CITRUS SPP. L. FRUIT), GREEN TEA EXTRACT-DECAFFEINATED (CAMELLIA SINENSIS HUNT. LEAVES), POMEGRANATE EXTRACT (PUNICA GRANATUM L. FRUIT), CINNAMON EXTRACT (CINNAMOMUM CASSIA L. BARK), BILBERRY EXTRACT (VACCINIUM MYRTILLUS L. FRUIT))	158 mg	†
INOSITOL	150 mg	†
CHOLINE BITARTRATE	100 mg	†
N-ACETYL L-CYSTEINE	100 mg	†
COENZYME Q10	12 mg	†
TURMERIC EXTRACT (CURCUMA LONGA L. ROOT)	15 mg	†
LYCOPENE	600 µg	†
LUTEIN (TAGETES ERECTA L. FLOWER)	1000 µg	†
†DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, ALPHA-LIPOIC ACID, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. CONTAINS SOY.

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STORE BELOW 25° C. MADE IN USA

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HealthPak™

A selection of core supplements pre-packed in convenient AM and PM pouches



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® Nutritionals:

- 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 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 **Olivol®**, 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 stay consistent with your nutritional regimen, so you can be at your best every day.

*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.



ITEM #100

DIRECTIONS: TAKE ONE (1) PACKET IN THE MORNING AND ONE (1) PACKET IN THE EVENING, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS		
SERVING SIZE: 1 PACKET		
AMOUNT PER SERVING		%DV
VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLLQUINONE)	45 µg	60%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg	900%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	335 mg	35%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM OXIDE)	250 mg	60%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENYOMETHIONINE AND SELENIUM AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND CHROMIUM PICOLINATE*)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L., FRUIT)**	15 mg	†
BIOFLAVONOID COMPLEX (RUTIN, GREEN TEA EXTRACT-DECAFFEINATED [CAMELLIA SINENSIS HUNT, LEAVES], QUERCETIN, HESPERIDIN [CITRUS SPP L., FRUIT], POMEGRANATE EXTRACT [PUNICA GRANATUM L., FRUIT], CINNAMON EXTRACT [CINNAMOMUM CASSIA L., BARK], BILBERRY EXTRACT [VACCINIUM MYRTILLUS L., FRUIT])	99 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
ALPHA-LIPOIC ACID	100 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (CURCUMA LONGA L., ROOT)	7.5 mg	†
LUTEIN (TAGETES ERECTA L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
GRAPE SEED EXTRACT (VITIS VINIFERA L., SEEDS)	45 mg	†
RESVERATROL (POLYGONUM CUSPIDATUM SIEB. & ZUCC., ROOT AND RHIZOME)	15 mg	†
BORON (AS BORON CITRATE)	1.83 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†
†DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, MODIFIED CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, SILICON (AS SILICON AMINO ACID COMPLEX AND SILICON DIOXIDE), SODIUM CITRATE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT. CONTAINS SOY.

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The Best Nutrition for Your Family

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.



Mother/Child

BabyCare Prenatal Mega Antioxidant

A comprehensive vitamin supplement for pregnant women and their developing babies



ITEM #151

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 your body recover after giving birth.*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Because it is needed for closure of the neural tube in the very first weeks of pregnancy, any woman of childbearing years should take folic acid. When taken as directed, BabyCare Prenatal Mega Antioxidant is an excellent source of 1,000 µg of folic acid, which is more bioavailable than the folate you'll find in food.

The B 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 biotin.

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 nutritionals, 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.*

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING	%DV*
VITAMIN A (AS BETA CAROTENE)	7,500 IU 90%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM & ZINC ASCORBATES)	650 mg 1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	900 IU 225%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU 670%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg 790%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg 675%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg 100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg 640%
FOLATE (AS FOLIC ACID)	500 µg 60%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg 1250%
BIOTIN	150 µg 50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg 450%

*%DV FOR PREGNANT WOMEN.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, INOSITOL, PREGELATINIZED STARCH, RUTIN, MIXED TOCOPHEROLS, CROSCARMELOSE SODIUM, CHOLINE BITARTRATE, N-ACETYL L-CYSTEINE, HESPERIDIN, ASCORBYL PALMITATE, DEXTRIN, OLIVOL® OLEA EUROPAEA (OLIVE FRUIT) EXTRACT**, QUERCETIN, ALPHA-LIPOIC ACID, SILICON DIOXIDE, CAMELLIA SINENSIS (GREEN TEA) EXTRACT, CURCUMA LONGA (TURMERIC) EXTRACT, LUTEIN, COENZYME Q10, PUNICA GRANATUM (POMEGRANATE) EXTRACT, LYCOPENE, VITAMIN K, DEXTROSE, SOY LECITHIN, CINNAMOMUM CASSIA (CINNAMON) EXTRACT, SODIUM CARBOXYMETHYLCELLULOSE, VACCINIUM MYRTILLUS L. (BILBERRY) EXTRACT, SODIUM CITRATE.

**PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

CONTAINS SOY.

PRECAUTIONS/WARNINGS: FOLIC ACID IS IMPROPER THERAPY IN THE TREATMENT OF PERNICIOUS ANEMIA AND OTHER MEGALOBlastic ANEMIAS WHERE VITAMIN B12 IS DEFICIENT. FOLIC ACID ABOVE 1 mg DAILY MAY OBSCURE PERNICIOUS ANEMIA IN THAT HEMATOLOGIC REMISSION CAN OCCUR WHILE NEUROLOGICAL MANIFESTATIONS PROGRESS.

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DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

STORAGE: STORE BELOW 25° C

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*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.



Mother/Child

BabyCare Prenatal Chelated Mineral

A comprehensive mineral supplement for pregnant women and their developing babies



ITEM #151

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING	%DV*
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	135 mg 10%
IODINE (AS POTASSIUM IODIDE)	150 µg 100%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM AMINO ACID CHELATE)	150 mg 35%
ZINC (AS ZINC CITRATE)	10 mg 70%
COPPER (AS COPPER GLUCONATE)	1 mg 50%
IRON (AS FERROUS FUMARATE USP)	14 mg 80%
*%DV FOR PREGNANT WOMEN	

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL CELLULOSE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, MANGANESE GLUCONATE, SELENIUM AMINO ACID COMPLEX, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, L-SELENOMETHIONINE, CALCIUM SILICATE, HYDROLYZED RICE PROTEIN, VANADIUM CITRATE, MOLYBDENUM CITRATE, DEXTROSE, SOY LECITHIN, CHROMIUM POLYNICOTINATE, ULTRA TRACE MINERALS, VANILLA EXTRACT, SODIUM CARBOXYMETHYL CELLULOSE, SODIUM CITRATE.

CONTAINS SOY.

CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

STORAGE: STORE BELOW 25° C.

QUESTIONS OR COMMENTS? FOR INFORMATION, CONTACT 1-800-950-9595.

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

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

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THE BENEFITS OF BABYCAR 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 BABYCAR 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 is accepted as the most common cause of preventable brain damage in the world. Iodine deficiency 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.



Mother/Child

Body Rox™

Complete daily vitamin, mineral, and antioxidant supplement for teenagers



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, 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.

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, are all crucial for skin health. Zinc and copper play a role in protein structure, which can impact skin appearance.

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 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.

*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.

MYHEALTH Available for MyHealthPak™



ITEM #104

DIRECTIONS: TAKE THREE (3) TABLETS SPREAD EVENLY THROUGHOUT THE DAY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 3 TABLETS

AMOUNT PER SERVING	%DV
VITAMIN A (AS BETA CAROTENE)	9,000 IU 180%
VITAMIN C* (AS POLY C. CALCIUM POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	500 mg 830%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU 250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU 670%
VITAMIN K (AS PHYLOQUINONE)	60 µg 75%
VITAMIN B1 (AS THIAMIN HCL)	20 mg 1330%
VITAMIN B2 (AS RIBOFLAVIN)	20 mg 1180%
NIACIN (AS NIACIN AND NIACINAMIDE)	36 mg 180%
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	24 mg 1200%
FOLATE (AS FOLIC ACID)	500 µg 125%
VITAMIN B12 (AS CYANOCOBALAMIN)	150 µg 2500%
BIOTIN	300 µg 100%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	30 mg 300%
CALCIUM (AS CALCIUM CARBONATE AND CALCIUM CITRATE)	225 mg 25%
IODINE (AS POTASSIUM IODIDE)	150 µg 100%
MAGNESIUM (AS MAGNESIUM AMINO ACID CHELATE AND MAGNESIUM CITRATE)	112.5 mg 30%
ZINC (AS ZINC CITRATE)	12 mg 80%
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	150 µg 210%
COPPER (AS COPPER GLUCONATE)	1 mg 50%
MANGANESE (AS MANGANESE GLUCONATE)	3 mg 150%
CHROMIUM (AS CHROMIUM NICOTINATE AND CHROMIUM CHLORIDE)	150 µg 130%
MOLYBDENUM (AS MOLYBDENUM TRIOXIDE)	50 µg 65%
CHOLINE BITARTRATE	45 mg †
INOSITOL	30 mg †
ANTIOXIDANT PHYTONUTRIENT COMPLEX (QUERCETIN DIHYDRATE, OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L. FRUIT), GRAPE SEED EXTRACT (VITIS VINIFERA L. SEED), GREEN TEA EXTRACT-DECAFFEINATED (CAMELLIA SINENSIS HUNT, LEAVES), MERIVA® BIOAVAILABLE CURCUMIN COMPLEX)**	156 mg †
LUTEIN (TAGETES ERECTA L. FLOWER)	1500 µg †
LYCOPENE	450 µg †
BROCCOLI CONCENTRATE (BRASSICA OLERACEA V. BOTRYTIS L. FLOWER)	15 mg †

† DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, SILICON (AS SILICON DIOXIDE AND SILICON AMINO ACID CHELATE), MODIFIED CELLULOSE, L-CYSTEINE HYDROCHLORIDE, DEXTRIN, ASCORBYL PALMITATE, DEXTROSE, SOY LECITHIN, NATURAL MANGO FLAVOR, STEVIA, CROSCARMELLOSE SODIUM, SODIUM CITRATE.

*PROTECTED UNDER U.S. PATENTS 6,358,542 OR 6,361,803.

**MERIVA® IS A TRADEMARK OF INDENA S.p.A.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

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

THERE IS 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

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Chewable daily vitamin, mineral, and antioxidant supplement for children

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.

*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.

ITEM #105

DIRECTIONS: CHEW 1 TABLET (FOR CHILDREN 24–47 MONTHS), 2 TABLETS (FOR CHILDREN 4 YEARS OR OLDER).

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET FOR CHILDREN 2 YEARS TO UNDER 4 YEARS
2 TABLETS FOR CHILDREN 4 YEARS OR OLDER

AMOUNT PER TABLET	% DV 2 YEARS TO UNDER 4 YEARS (1 TABLET)		% DV 4 YEARS OR OLDER (2 TABLETS)	
VITAMIN A (AS BETA CAROTENE)	2,500 IU	100%	100%	
VITAMIN C (AS ASCORBIC ACID AND SODIUM ASCORBATE)	125 mg	310%	420%	
VITAMIN D3 (AS CHOLECALCIFEROL)	500 IU	125%	250%	
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	50 IU	500%	330%	
VITAMIN K (AS PHYLLOQUINONE)	20 µg	↑	50%	
VITAMIN B1 (AS THIAMIN MONONITRATE)	1.25 mg	180%	170%	
VITAMIN B2 (AS RIBOFLAVIN)	1.25 mg	160%	150%	
NIACIN (AS NIACINAMIDE)	10 mg	110%	100%	
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	1.25 mg	180%	130%	
FOLATE (AS FOLIC ACID)	200 µg	100%	100%	
VITAMIN B12 (AS CYANOCOBALAMIN)	20 µg	670%	670%	
BIOTIN	75 µg	50%	50%	
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	5 mg	100%	100%	
CALCIUM (AS MILK CALCIUM)	75 mg	10%	15%	
IODINE (AS POTASSIUM IODIDE)	50 µg	70%	70%	
MAGNESIUM (AS MAGNESIUM CARBONATE)	25 mg	15%	15%	
ZINC (AS ZINC AMINO ACID CHELATE)	5 mg	60%	70%	
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	25 µg	↑	70%	
COPPER (AS COPPER CITRATE)	375 µg	40%	40%	
MANGANESE (AS MANGANESE GLUCONATE)	500 µg	↑	50%	
CHROMIUM (AS CHROMIUM NICOTINATE)	25 µg	↑	40%	
MOLYBDENUM (AS MOLYBDENUM TRIOXIDE)	12.5 µg	↑	35%	
IRON (AS FERROUS FUMARATE USP)	2 mg	20%	20%	
ANTIOXIDANT PHYTONUTRIENT COMPLEX (BLACKBERRY, CRANBERRY, RASPBERRY, AND WILD BLUEBERRY POWDERS)	40 mg	↑	↑	
POLYENYLPHOSPHATIDYL CHOLINE (FROM SOY)	25 mg	↑	↑	
INOSITOL	15 mg	↑	↑	

† DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: CRYSTALLINE FRUCTOSE, EVAPORATED CANE SYRUP, NATURAL WILD BERRY FLAVOR, MODIFIED CELLULOSE, XYLITOL, ASCORBYL PALMITATE, CITRIC ACID, DEXTRANS, CALCIUM SILICATE, MALIC ACID, SALT, DEXTROSE, SOY LECITHIN, STEVIA, SODIUM CMC, HYDROLYZED RICE PROTEIN, SODIUM CITRATE.

CONTAINS SOY, MILK.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

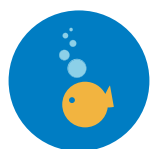
WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

WARNING: CHOKING HAZARD—NOT FOR INFANTS/TODDLERS LESS THAN 2 YEARS OLD. THERE IS 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

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Mother/Child

BiOmega™ Jr.

A delicious burst of omega-3s to support healthy growth and development



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 found 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 are 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.

ITEM #144

RECOMMENDED USE: AGES 4–12 YEARS—TAKE ONE (2.5 G) PACKET EVERY OTHER DAY, WITH OR WITHOUT FOOD. SERVE CHILLED FOR AN EVEN BETTER TASTE.

SUPPLEMENT FACTS

SERVING SIZE: 1 PACKET
SERVINGS PER CONTAINER: 14

AMOUNT PER SERVING	%DV*
CALORIES 20	
CALORIES FROM FAT 20	
TOTAL FAT	2 g 3%
SATURATED FAT	0.5 g 3%
TRANS FAT	0 g
CHOLESTEROL	20 mg 7%
TOTAL CARBOHYDRATE	0 g 0%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU 250%
FISH OIL	2000 mg †
LONG CHAIN OMEGA-3 FATTY ACIDS	650 mg †
EPA 350 mg	†
DHA 230 mg	†

*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.
† DV NOT ESTABLISHED.

OTHER INGREDIENTS: WATER, PASTEURIZED EGG YOLK, ASCORBIC ACID (PRESERVATIVE), NATURAL ORANGE FLAVOR, NATURAL PINEAPPLE FLAVOR, STEVIA LEAF EXTRACT, VEGETABLE OIL, SODIUM ASCORBATE, D-ALPHA-TOCOPHEROL (PRESERVATIVE), CITRIC ACID, POTASSIUM SORBATE, SODIUM BENZOATE, BETA CAROTENE (COLOR), XANTHAN GUM, MENTHOL.
CONTAINS: EGG.

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

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*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.



Optimizers

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.



Cardiovascular

Proflavanol® C¹⁰⁰

Powerful bioflavonoid supplement



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 neutralizing free radicals—the antioxidant activity that can help protect cells against damaging oxidative stress. And vitamin C has long been considered the “master antioxidant,” as it not only actively neutralizes free radicals but helps to regenerate other antioxidants as well. Working together in Proflavanol C¹⁰⁰, vitamin C and grape seed bioflavonoids provide powerful antioxidant protection to help you maintain good health.*

These two ingredients are also important for supporting and maintaining sound cardiovascular function. Consumption of red wine, which contains proanthocyanidins, is believed to be one of the factors that contribute to the “French Paradox”—the fact that the French maintain good heart health despite a diet high in saturated fat. And, vitamin C can also help maintain long-term cardiovascular health. Together, these nutrients help protect against low-density lipoprotein (LDL) oxidation as well as support healthy blood vessels, normal capillary strength, and endothelial function to promote good circulation. Combining grape seed extract with vitamin C, as it is in our Proflavanol C¹⁰⁰ formula, can help retain healthy micro-vascular function. 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.



Available for MyHealthPak®

HYBRID

ITEM #110

DIRECTIONS: ADULTS, TAKE TWO (2) TO FOUR (4) TABLETS DAILY, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
POLY C® VITAMIN BLEND (AS CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES)	600 mg	1000%
GRAPE SEED (<i>VITIS VINIFERA</i> L., SEEDS) EXTRACT	200 mg	†
† DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, DEXTROSE, NATURAL GRAPE FLAVOR, SOY LECITHIN, STEVIA, SODIUM CITRATE.

CONTAINS SOY.

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

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY, POTENCY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

KEEP TABLETS IN ORIGINAL CONTAINER WITH THE LID TIGHTLY CLOSED BETWEEN USES. STORE IN A COOL, DRY PLACE.

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

STORE BELOW 25°C MADE IN USA

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THE USANA DIFFERENCE

A unique supplement made with USANA's innovative Nutritional Hybrid Technology, Proflavanol C¹⁰⁰ 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.*

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Cardiovascular

CoQuinone® 30



An optimal combination of coenzyme Q10 and alpha-lipoic acid

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 monooleate 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.

MY  Available for MyHealthPak™

ITEM #123

DIRECTIONS: TAKE ONE (1) OR TWO (2) CAPSULES SPREAD EVENLY THROUGHOUT THE DAY.

SUPPLEMENT FACTS

SERVING SIZE: 1 CAPSULE

AMOUNT PER CAPSULE	%DV
COENZYME Q10	30 mg †
ALPHA-LIPOIC ACID	12.5 mg †
† DAILY VALUE NOT ESTABLISHED.	

OTHER INGREDIENTS: MEDIUM CHAIN TRIGLYCERIDES, GELATIN, GLYCERIN MONOOLEATE, SOY LECITHIN, GLYCERIN, PURIFIED WATER, ANNATTO SEED EXTRACT (COLOR), TITANIUM DIOXIDE.

CONTAINS SOY.

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

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS 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

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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.



MYHIP Available for MyHealthPak™

ITEM #122

DIRECTIONS: TAKE TWO (2) CAPSULES DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS		
SERVING SIZE: 2 CAPSULES		
AMOUNT PER SERVING		%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	200 IU	50%
FISH OIL CONCENTRATE	2000 mg	†
TOTAL OMEGA-3 FATTY ACIDS	1200 mg	†
EPA (EICOSAPENTAENOIC ACID)	580 mg	†
DHA (DOCOSAHEXAENOIC ACID)	470 mg	†
†DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: GELATIN, GLYCERIN, LEMON OIL, PURIFIED WATER, MIXED NATURAL TOCOPHEROLS, SOYBEAN OIL. CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

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

THERE IS 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

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Cellular Function

Booster C 600™

Immune-support supplement



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.*

ITEM #143

SUPPLEMENT FACTS

SERVING SIZE: 1 STICK PACK (3.9 g)

AMOUNT PER PACKET		%DV*
CALORIES	10	
TOTAL CARBOHYDRATES	2 g	1%
SUGARS	2 g	
VITAMIN C (AS POLY C® – CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES – SODIUM ASCORBATE AND ASCORBIC ACID)	600 mg	1000%
ZINC (AS AMINO ACID CHELATE)	10 mg	66%
BLACK ELDERBERRY EXTRACT (<i>SAMBUCUS NIGRA</i> L.)	30 mg	†
ECHINACEA EXTRACT (<i>ECHINACEA PURPUREA</i>)	100 mg	†

*PERCENT DAILY VALUE BASED ON A 2,000 CALORIE DIET.
† %DV NOT ESTABLISHED.

OTHER INGREDIENTS: EVAPORATED CANE SYRUP, CRYSTALLINE FRUCTOSE, XYLITOL, NATURAL LEMON FLAVOR, STEVIA.
LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY, POTENCY, AND DISINTEGRATION, WHERE APPLICABLE.
BOOSTER C 600 PROVIDES A POTENT DOSE OF IMMUNE-BOOSTING INGREDIENTS. DO NOT EXCEED RECOMMENDED DOSE, AND DO NOT USE LONGER THAN TWO WEEKS.
KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

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Cellular Function

Vitamin D



A fat-soluble vitamin that supports cellular function and bone health

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.*

MYHEALTH Available for MyHealthPak™

ITEM #109

DIRECTIONS: TAKE ONE (1) TABLET DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS		
SERVING SIZE: 1 TABLET		
AMOUNT PER SERVING		%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	2000 IU	500%
VITAMIN K (AS MENAQUINONE MK4 & MK7)	30 µg	40%

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. IF YOU EXCEED THE ESTABLISHED UPPER LIMIT (UL) OF 4000 IU/D FOR VITAMIN D INTAKE, REGULAR BLOOD TESTS FOR VITAMIN D AND CALCIUM STATUS ARE SUGGESTED.

THERE IS 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
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*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.



Nervous

Ginkgo-PS™

Supports acute memory function and cognition



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.



Kosher



Available for MyHealthPak™

ITEM #126

DIRECTIONS: ADULTS, TAKE FOUR (4) TABLETS DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING	%DV
GINKGO (<i>GINKGO BILOBA</i> LEAVES)	25 mg †
SOY LECITHIN (WITH PHOSPHATIDYL SERINE)	125 mg †
† DAILY VALUE NOT ESTABLISHED.	

OTHER INGREDIENTS: DEXTROSE, CROSCARMELOSE SODIUM, SILICON DIOXIDE, ASCORBYL PALMITATE, DEXTRIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY AND DISINTEGRATION, WHERE APPLICABLE.

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

THIS BOTTLE HAS 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

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*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 **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 anthocyanosides 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.

K Kosher MY Available for MyHealthPak™

ITEM #134

DIRECTIONS: ADULTS TAKE TWO (2) TABLETS DAILY, PREFERABLY WITH A MEAL.

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	500 mg	840%
ZINC (AS ZINC CITRATE)	10 mg	70%
LUTEIN (TAGETES ERECTA L., FLOWER)	10 mg	†
ZEAXANTHIN	2,000 µg	†
BILBERRY EXTRACT (VACCINIUM MYRTILLUS L.) FRUIT	50 mg	†
†DAILY VALUE NOT ESTABLISHED		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

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

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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Skeletal

Active Calcium™

Complete bone health formula



Kosher



Available for MyHealthPak™

ITEM #120

Active Calcium™

DIRECTIONS: TAKE FOUR (4) TABLETS DAILY, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS

SERVING SIZE: 4 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	400 IU	100%
VITAMIN K (AS PHYLOQUINONE)	60 µg	75%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	800 mg	80%
MAGNESIUM (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM OXIDE)	400 mg	100%
BORON (AS BORON CITRATE)	1.32 mg	†

† DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MODIFIED CELLULOSE, MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, CALCIUM SILICATE, RICE PROTEIN HYDROLYSATE, DEXTRIN, CROSCARMELOSE SODIUM, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

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

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS 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

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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.

*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.



Skeletal

Active Calcium™ Chewable

Complete bone health formula in a chewable tablet



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 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.*

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.*

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ITEM #121

Active Calcium™ Chewable

DRUG FACTS

ACTIVE INGREDIENTS	PURPOSE
CALCIUM CARBONATE 356 mg	ANTACID
MAGNESIUM OXIDE 158 mg	ANTACID

USES

RELIEVES • ACID INDIGESTION • HEARTBURN • SOUR STOMACH

WARNINGS

ASK A DOCTOR OR PHARMACIST BEFORE USE IF YOU ARE TAKING A PRESCRIPTION DRUG. ANTACIDS MAY INTERACT WITH CERTAIN PRESCRIPTION DRUGS.

WHEN USING THIS PRODUCT

- DO NOT TAKE MORE THAN 6 TABLETS IN A 24-HOUR PERIOD
- DO NOT USE THE MAXIMUM DOSAGE FOR MORE THAN 2 WEEKS

KEEP OUT OF REACH OF CHILDREN. IN CASE OF OVERDOSE, GET MEDICAL HELP. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, HAVE KIDNEY DISEASE, OR HAVE A MEDICAL CONDITION.

DIRECTIONS • CHEW 2–4 TABLETS AS SYMPTOMS OCCUR, OR AS DIRECTED BY A DOCTOR.

OTHER INFORMATION • CONTAINS 200 mg OF CALCIUM PER TABLET • STORE IN A COOL, DRY PLACE.

INACTIVE INGREDIENTS • HONEY POWDER, CALCIUM CITRATE, FRUCTOSE, SOY LECITHIN, MAGNESIUM CITRATE, XYLITOL, VEGETABLE FATTY ACID, CITRIC ACID, GUAR GUM, MALIC ACID, RICE PROTEIN HYDOLYSATE, NATURAL CITRUS FLAVOR, CALCIUM SILICATE, NATURAL VANILLA FLAVOR, CHOLECALCIFEROL (100 IU).

QUESTIONS OR COMMENTS? CALL TOLL FREE 1-800-950-9595.

DIRECTIONS: AS A CALCIUM SUPPLEMENT, CHEW 4 TABLETS, PREFERABLY WITH MEALS SPREAD EVENLY THROUGHOUT THE DAY.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING			
	%DV FOR PREGNANT WOMEN		
	%DV	%DV	%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	200 IU	50%	50%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	400 mg	40%	30%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM OXIDE)	200 mg	50%	45%

OTHER INGREDIENTS: HONEY POWDER, FRUCTOSE, SOY LECITHIN, XYLITOL, VEGETABLE FATTY ACID, CITRIC ACID, GUAR GUM, MALIC ACID, RICE PROTEIN HYDOLYSATE, NATURAL CITRUS FLAVOR, CALCIUM SILICATE, NATURAL VANILLA FLAVOR.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS 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

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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.*



Available for MyHealthPak™

ITEM #131

DIRECTIONS: TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS		
SERVING SIZE: 3 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN C (AS CALCIUM ASCORBATE)	225 mg	375%
MANGANESE (AS MANGANESE GLUCONATE)	5 mg	250%
MAGNESIUM (AS MAGNESIUM SULFATE)	43 mg	11%
POTASSIUM (AS POTASSIUM SULFATE)	94 mg	3%
GLUCOSAMINE HCL (VEGETARIAN)	1500 mg	†
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX	247 mg	†
† DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, SOY LECITHIN, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, CALCIUM SILICATE, DEXTROSE, SODIUM CITRATE. CONTAINS SOY.

MERIVA® IS A TRADEMARK OF INDENA S.p.A.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

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

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

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

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†Meriva® is a trademark of Indena S.p.A.

*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.



Endocrine

PhytoEstrin™

Supports women's health*



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.*

MY  Available for MyHealthPak™

ITEM #129

DIRECTIONS: ADULT WOMEN TAKE THREE (3) TABLETS DAILY, SPACED EVENLY THROUGHOUT THE DAY.

SUPPLEMENT FACTS		
SERVING SIZE: 1 TABLET		
AMOUNT PER TABLET		%DV
SOY ISOFLAVONES (GLYCINE MAX SEED)	14 mg	†
BLACK COHOSH EXTRACT (CIMICIFUGA RACEMOSA, ROOT)	50 mg	†
CHASTEERRY POWDER (VITEX AGNUS-CASTUS, FRUIT)	50 mg	†
LICORICE EXTRACT (GLYCYRRHIZA GLABRA, ROOT)	30 mg	†
DONG QUAI EXTRACT (ANGELICA SINENSIS, ROOT)	15 mg	†
† DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: DEXTROSE, ASCORBYL PALMITATE, CROSCARMELOSE SODIUM, SILICON DIOXIDE, SOY LECITHIN, SODIUM CITRATE. CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

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

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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Endocrine

Palmetto Plus™

Supports long-term prostate health



MY  Available for MyHealthPak™

ITEM #128

DIRECTIONS: ADULT MEN TAKE ONE (1) CAPSULE DAILY, PREFERABLY WITH A MEAL.

SUPPLEMENT FACTS	
SERVING SIZE: 1 CAPSULE	
AMOUNT PER CAPSULE	%DV
SAW PALMETTO EXTRACT	320 mg †
(SERENOA REPENS, FRUIT)	
LYCOPENE (SOLANUM LYCOPERSICUM, FRUIT)	5 mg †
SOY ISOFLAVONES (GLYCINE MAX, SEED)	25 mg †
†DAILY VALUE NOT ESTABLISHED	

OTHER INGREDIENTS: GELATIN, GLYCERIN, SOYBEAN OIL, BEESWAX, PURIFIED WATER, SOY LECITHIN, NATURAL CARAMEL COLOR, TITANIUM DIOXIDE.

CONTAINS SOY.

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

SAW PALMETTO EXTRACT IS STANDARDIZED TO EUROPEAN STANDARDS OF A MINIMUM 85% FATTY ACID CONTENT.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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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.*

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Endocrine

Pure Rest™

Melatonin supplement



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.

ITEM #141

DIRECTIONS FOR USE: ADULTS TAKE ½ TO 2 DISSOLVABLE TABLETS AS NEEDED ONE HOUR BEFORE BEDTIME FOR RELIEF OF OCCASIONAL SLEEPLESSNESS*.

SUPPLEMENT FACTS	
SERVING SIZE: 1 TABLET	
AMOUNT PER SERVING	%DV
MELATONIN	2 mg †
†DAILY VALUE NOT ESTABLISHED	

OTHER INGREDIENTS: FRUCTOSE, ASCORBYL PALMITATE, SILICON DIOXIDE, NATURAL ORANGE FLAVOR.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

INSOMNIA MAY BE A SYMPTOM OF SERIOUS UNDERLYING MEDICAL ILLNESS. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. DO NOT DRIVE OR OPERATE MACHINERY WHEN TAKING MELATONIN.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC.
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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.



Digestive

Digestive Enzyme

Enzyme-containing digestive support supplement



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.*

ITEM #111

DIRECTIONS: TAKE ONE (1) TO THREE (3) TABLETS WITH A MEAL OR AS NEEDED.

SUPPLEMENT FACTS		
SERVING SIZE: 1 TABLET		
AMOUNT PER SERVING		%DV
NATURAL ENZYME BLEND	120 mg	†
(ALPHA-AMYLASE, BROMELAIN, PROTEASE, LIPASE, LACTASE, PAPAIN, CELLULASE)		
ARTICHOKE (<i>CYNARA SCOLYMUS</i> L.) EXTRACT	25 mg	†
†VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELLOSE, SODIUM, PREGELATINIZED STARCH, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, NATURAL FLAVOR, DEXTROSE, SOY LECITHIN, SODIUM CMC, SODIUM CITRATE.
CONTAINS SOY. NO ANIMAL DERIVED INGREDIENTS.
KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.
LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATION FOR UNIFORMITY, POTENCY, AND DISINTEGRATION, WHERE APPLICABLE.
THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.
KEEP TABLETS IN ORIGINAL CONTAINER WITH THE LID TIGHTLY CLOSED BETWEEN USES. STORE IN A COOL, DRY PLACE.
USANA HEALTH SCIENCES, INC.
3838 W. PARKWAY BLVD. SALT LAKE CITY, UTAH 84120 USA
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Digestive

USANA® Probiotic

Probiotic food supplement for digestive and immune health*



ITEM #108

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.*

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, Fat Cal. 0, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 1g (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.

*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.

STORE AT ROOM TEMPERATURE (25° C).

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*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.

†Trademarks are the property of their respective owners.



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.*

ITEM #226

DIRECTIONS: Mix a full serving, 1 rounded tablespoon (14g), into 10–12 oz. of juice. Or, mix a half serving, 2 rounded teaspoons (7g), with USANA Nutrimeal. For best results, mix in a BlenderBottle® for 45 seconds. Enjoy immediately.

CAUTION: This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing. If you are taking any medications (prescription and/or over-the-counter) take this product at least 2 hours before or 2 hours after your medication.

NUTRITION FACTS

Serving Size: 1 rounded tablespoon (14g)

Servings Per Container: 28

Amount Per Serving	
Calories	30
Calories from Fat	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 12g	48%
Soluble Fiber 8g	
Insoluble Fiber 4g	
Sugars 0g	
Protein 0g	0%

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%

* 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
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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

Ingredients: Psyllium, Inulin, Cane Fiber (Cellulose), Gum Arabic, Citrus Pectin, Flaxseed Meal, Citric Acid, Natural Flavor.

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

†For our customers sensitive to dairy, soy, and gluten: No dairy, soy, or gluten-containing ingredients are used in this product. However, USANA Fibergy Plus is produced in a facility that manufactures other foods that do contain dairy, soy, and gluten.

All trademarks are the property of their respective owners.

References

- Wolk A, et al. JAMA 1999;281(21):1998-2004.

*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.



Digestive

Hepasil DTX™

Comprehensive liver support formula



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 build up 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.*

MY  Available for MyHealthPak™

HYBRID

ITEM #135

DIRECTIONS: ADULTS TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH MEALS.

NUTRITION FACTS

SERVING SIZE: 3 TABLETS

AMOUNT PER SERVING	%DV
BIOTIN	225 µg 75%
CHOLINE BITARTRATE	375 mg †
MILK THISTLE EXTRACT (SILYBUM MARIANUM L., FRUIT, STANDARDIZED TO CONTAIN 80% SILYMARIN BY UV)	240 mg †
N-ACETYL L-CYSTEINE	225 mg †
ALPHA-LIPOIC ACID	200 mg †
BROCCOLI CONCENTRATE (BRASSICA OLERACEA V. BOTRYTIS L., FLOWER)	75 mg †
GREEN TEA EXTRACT-DECAFFEINATED (CAMELLIA SINENSIS HUNT, LEAVES)	45 mg †
OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L., FRUIT)*	45 mg †
TURMERIC EXTRACT (CURCUMA LONGA L., ROOT)	45 mg †

† DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, CROSCARMELOSE SODIUM, MODIFIED CELLULOSE, DEXTRIN, DEXTROSE, SOY LECITHIN, NATURAL FLAVOR, SODIUM CITRATE.

*PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

CONTAINS SOY.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

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

KEEP TABLETS IN ORIGINAL CONTAINER WITH THE LID TIGHTLY CLOSED BETWEEN USES. STORE IN A COOL, DRY PLACE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

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

MADE IN USA STORE BELOW 25° C

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Foods

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

Diets high 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 free†. 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™

ITEM #210

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

Amount Per Serving	
Calories	240
Calories from Fat	65

	% Daily Value*
Total Fat 7 g	11%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 410 mg	17%
Potassium 600 mg	17%
Total Carbohydrate 32 g	11%
Dietary Fiber 8 g	32%
Soluble Fiber 3 g	
Insoluble Fiber 5 g	
Sugars 18 g	
Protein 15 g	30%

Vitamin A	15%	Vitamin C	15%
Calcium	35%	Iron	40%
Vitamin D	25%	Vitamin E	15%
Thiamin	20%	Riboflavin	25%
Niacin	15%	Vitamin B6	20%
Folate	15%	Vitamin B12	10%
Phosphorus	30%	Iodine	25%
Magnesium	25%	Zinc	25%
Copper	15%	Molybdenum	10%

* 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
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

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, PRUNE POWDER (PRUNE, CALCIUM STEARATE), SODIUM CASEINATE (A MILK DERIVATIVE) CELLULOSE GUM, SALT, POTASSIUM PHOSPHATE, XANTHAN GUM, INULIN, 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), POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), D-ALPHA TOCOPHERYL ACETATE (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, DUTCH CHOCOLATE 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™

ITEM #212

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			
Amount Per Serving			
Calories		240	
Calories from Fat		65	
		% Daily Value*	
Total Fat 7 g		11%	
Saturated Fat 1 g		5%	
Trans Fat 0 g			
Cholesterol 0 mg		0%	
Sodium 420 mg		17%	
Potassium 490 mg		14%	
Total Carbohydrate 33 g		11%	
Dietary Fiber 8 g		32%	
Soluble Fiber 4 g			
Insoluble Fiber 4 g			
Sugars 18 g			
Protein 15 g		30%	
Vitamin A	15%	Vitamin C	25%
Calcium	35%	Iron	30%
Vitamin D	25%	Vitamin E	20%
Thiamin	20%	Riboflavin	25%
Niacin	15%	Vitamin B6	20%
Folate	20%	Vitamin B12	10%
Phosphorus	30%	Iodine	30%
Magnesium	20%	Zinc	25%
Copper	10%	Molybdenum	10%
* 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
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

BG.0001147

INGREDIENTS: PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PEA PROTEIN ISOLATE), FRUCTOSE, SUNFLOWER OIL, MALTODEXTRIN, SOY FIBER, GUM ARABIC, CANE FIBER, STRAWBERRY POWDER, PRUNE POWDER (PRUNE, CALCIUM STEARATE), NATURAL FLAVORS, INULIN, OLIGOFRUCTOSE, BEET JUICE (COLOR), SODIUM CASEINATE, SALT, CELLULOSE GUM, POTASSIUM PHOSPHATE, XANTHAN GUM, SOY LECITHIN, CALCIUM CARBONATE, CITRIC ACID, MAGNESIUM OXIDE, MALIC ACID, ASCORBIC ACID (VITAMIN C), FERROUS FUMARATE (IRON), ZINC GLUCONATE, NIACINAMIDE (NIACIN), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), D-ALPHA TOCOPHERYL ACETATE (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, WILD STRAWBERRY NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

French Vanilla Nutrimeal™

ITEM #211

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			
Amount Per Serving			
Calories		240	
Calories from Fat		70	
		% Daily Value*	
Total Fat 7 g		11%	
Saturated Fat 1 g		5%	
Trans Fat 0 g			
Cholesterol 0 mg		0%	
Sodium 310 mg		13%	
Potassium 460 mg		13%	
Total Carbohydrate 33 g		11%	
Dietary Fiber 8 g		32%	
Soluble Fiber 3 g			
Insoluble Fiber 5 g			
Sugars 18 g			
Protein 15 g		30%	
Vitamin A	15%	Vitamin C	15%
Calcium	30%	Iron	30%
Vitamin D	25%	Vitamin E	15%
Thiamin	20%	Riboflavin	25%
Niacin	15%	Vitamin B6	20%
Folate	30%	Vitamin B12	10%
Phosphorus	30%	Iodine	25%
Magnesium	25%	Zinc	25%
Copper	10%	Manganese	10%
Molybdenum	20%		
* 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
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

BG.0001146

INGREDIENTS: SOY PROTEIN ISOLATE, CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, SOY FIBER, CANE FIBER, NATURAL FLAVORS, OLIGOFRUCTOSE, GUM ARABIC, PRUNE POWDER (PRUNE, CALCIUM STEARATE), SODIUM CASEINATE (A MILK DERIVATIVE), POTASSIUM PHOSPHATE, XANTHAN GUM, INULIN, CELLULOSE GUM, SOY LECITHIN, CALCIUM CARBONATE, SALT, MAGNESIUM OXIDE, ASCORBIC ACID (VITAMIN C), FERROUS FUMARATE, ZINC GLUCONATE, NIACINAMIDE (NIACIN), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), D-ALPHA TOCOPHERYL ACETATE (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.



ITEM #202

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 (61g)
Servings per Container 9

Amount Per Serving	
Calories	230
Calories from Fat	60

	% Daily Value*
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Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	

Cholesterol 10mg	3%
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Sodium 260mg	11%
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Potassium 780mg	22%
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Total Carbohydrate 33g	11%
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Dietary Fiber 8g	32%
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Soluble Fiber 3g	
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Insoluble Fiber 5g	
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Sugars 19g	
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Protein 15g	30%
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Vitamin A	15%	•	Vitamin C	25%
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Vitamin D	40%	•	Vitamin E	25%
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Thiamin	30%	•	Riboflavin	35%
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Niacin	25%	•	Vitamin B6	35%
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Folate	20%	•	Vitamin B12	10%
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Calcium	50%	•	Iron	15%
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Phosphorus	50%	•	Iodine	30%
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Magnesium	25%	•	Zinc	20%
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Copper	25%	•	Manganese	15%
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Molybdenum	25%			
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* 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
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Total fat	Less than	65g	80g
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Sat. fat	Less than	20g	25g
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Cholesterol	Less than	300mg	300mg
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Sodium	Less than	2,400mg	2,400mg
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Potassium		3,500mg	3,500mg
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Total Carbohydrate		300g	375g
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Dietary Fiber		25g	30g
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Protein		50g	65g
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Nonfat Milk, Calcium Caseinate (a milk derivative), Milk Protein Isolate, Sodium Caseinate (a milk derivative)), Crystalline Fructose, Fiber Blend (Cane Fiber, Pea Fiber, Gum Arabic, Cellulose Gum, Oligofructose, Inulin, Xanthan Gum), High Oleic Sunflower Oil, Maltodextrin, Cocoa Powder, Natural Flavors, Potassium Phosphate, Calcium Phosphate, Magnesium Citrate, Salt, Prune Powder, Soy Lecithin, Silicon Dioxide, Natural Tocopherols, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate, Niacinamide (Niacin), Potassium Iodide, Vitamin A Palmitate, Molybdenum Citrate, Ferrous Fumarate, Cholecalciferol (Vitamin D3), Copper Gluconate, Manganese Citrate, Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12).

Contains: Milk, Soy.

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 Chocolate Whey Nutrimeal. However, Chocolate Whey 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.



ITEM #209

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 (53 g)

Servings Per Container: 9

Amount Per Serving	
Calories	220
Calories from Fat	60
% Daily Value*	
Total Fat 7 g	11%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 340 mg	14%
Potassium 390 mg	11%
Total Carbohydrate 26 g	9%
Dietary Fiber 8 g	32%
Soluble Fiber 4 g	
Insoluble Fiber 4 g	
Sugars 12 g	
Protein 15 g	30%
Vitamin A	15%
Calcium	30%
Vitamin D	25%
Thiamin	20%
Niacin	15%
Folate	15%
Phosphorus	30%
Magnesium	20%
Vitamin C	15%
Iron	20%
Vitamin E	15%
Riboflavin	25%
Vitamin B6	20%
Vitamin B12	10%
Iodine	25%
Zinc	20%
* 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
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: NON-GMO PLANT PROTEIN BLEND (PEA PROTEIN ISOLATE, POTATO PROTEIN ISOLATE), BALANCED FIBER BLEND (CANE FIBER, ACACIA GUM, DEXTRIN (SOLUBLE DIETARY FIBER), PEA FIBER, CELLULOSE GUM, XANTHAN GUM), ORGANIC CANE 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, NIACINAMIDE (NIACIN), FOLIC ACID (FOLATE), RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE, CYANOCOBALAMIN (VITAMIN B12), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), RETINYL PALMITATE (VITAMIN A), CHOLECALCIFEROL (VITAMIN D)), COCONUT OIL, FOOD STARCH, DIGLYCERIDES, 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 chocolaty 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 chocolaty 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, Peanuttty Bliss, and Fudge Delite are produced in a facility that manufactures other foods that do contain gluten.

Choco Chip™ Protein Snack

ITEM #235

NUTRITION FACTS

Serving Size: (1) square (38 g)
Servings per container: 14

Amount per serving

Calories 160 Calories from fat 45

% Daily Value*

Total Fat 5 g **8%**

Saturated Fat 3 g **15%**

Trans Fat 0 g **0%**

Cholesterol 15 mg **5%**

Sodium 180 mg **8%**

Total Carbohydrate 17 g **6%**

Dietary Fiber 1 g **4%**

Sugars 7 g

Protein 11 g **22%**

Vitamin A 3% Vitamin C 1%

Calcium 3% Iron 10%

*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
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

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, UNSWEETENED CHOCOLATE, COCOA BUTTER, NONFAT DRY MILK, COCOA, NATURAL VANILLA FLAVOR, SOY LECITHIN, WHEY, CITRIC ACID, 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)

ITEM 235 010100

*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

NUTRITION FACTS			
Serving Size: (1) square (38 g)			
Servings per container: 14			
Amount per serving			
Calories 160		Calories from fat 54	
		% Daily Value*	
Total Fat 6 g		9%	
Saturated Fat 3 g		15%	
Trans Fat 0 g		0%	
Cholesterol 15 mg		5%	
Sodium 180 mg		8%	
Total Carbohydrate 18 g		6%	
Dietary Fiber 1 g		4%	
Sugars 9 g			
Protein 11 g		22%	
Vitamin A 3%		Vitamin C 1%	
Calcium 3%		Iron 5%	

* 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
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

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)

ITEM.236.010100

Fudge Delite™ Protein Snack

ITEM #237

NUTRITION FACTS			
Serving Size: (1) square (43 g)			
Servings per container: 14			
Amount per serving			
Calories 180		Calories from fat 54	
% Daily Value*			
Total Fat 6 g		9%	
Saturated Fat 3 g		15%	
Trans Fat 0 g		0%	
Cholesterol 20 mg		7%	
Sodium 200 mg		8%	
Total Carbohydrate 20 g		7%	
Dietary Fiber 1 g		4%	
Sugars 9 g			
Protein 12 g		24%	
Vitamin A	3%	•	Vitamin C 1%
Calcium	4%	•	Iron 17%
*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
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

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, MONO GLYCERIDES, 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)

ITEM.237.010100

Foods

Berry Nutty™ Nutrition Bar

Whole foods nutrition bar

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.



ITEM #234

NUTRITIONAL FACTS

SERVING SIZE: 1 BAR (40 g)
SERVINGS PER CONTAINER 14

AMOUNT PER SERVING		
CALORIES		160
CALORIES FROM FAT		80
		% DAILY VALUE*
TOTAL FAT	8 g	12%
SATURATED FAT	1.5 g	8%
TRANS FAT	0 g	
CHOLESTEROL	0 mg	0%
SODIUM	140 mg	6%
POTASSIUM	120 mg	3%
TOTAL CARBOHYDRATE	22 g	7%
DIETARY FIBER	8 g	32%
SOLUBLE FIBER	3 g	
INSOLUBLE FIBER	4 g	
SUGARS	9 g	
PROTEIN	4 g	8%
VITAMIN A	0%	VITAMIN C 4%
CALCIUM 4%		IRON 6%
* 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
Total Fat	Less than 65 g	80 g
Sat. Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

INGREDIENTS: ALMONDS (RAW), DRIED CHERRIES, CASHEWS (RAW), ISOMALTO-OLIGOSACCHARIDES (TAPIOCA), DRIED CRANBERRIES (APPLE JUICE CONCENTRATE, SUNFLOWER OIL), NON-GMO SOLUBLE CORN FIBER, CRACKED FLAXSEED, ORGANIC TAPIOCA SYRUP, GLUTEN FREE ROLLED OATS, ORGANIC COCONUT OIL, ORGANIC AGAVE INULIN, SEA SALT.

CONTAINS: ALMONDS AND CASHEWS.

†THIS PRODUCT IS MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING PEANUTS, SOY, TREE NUTS, EGGS, WHEAT, SESAME, MILK, SHELLFISH, AND GLUTEN.

USANA HEALTH SCIENCES, INC.
3838 W. PARKWAY BLVD.
SALT LAKE CITY, UT 84120 USA
MADE IN USA

ORDER EXPRESS: 1-888-950-9595
STORE AT ROOM TEMPERATURE (25°C)

*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.*



ITEM #138

NUTRITION FACTS

SERVING SIZE: 8 FL OZ (240 mL)
SERVINGS PER CONTAINER: 1.5

AMOUNT PER SERVING		CALORIES FROM FAT 0
CALORIES 70		
		% DV*
TOTAL FAT 0g		0%
SODIUM 0g		0%
TOTAL CARBOHYDRATE		6%
SUGARS 17g		
PROTEIN 0g		
VITAMIN B1 100%	•	VITAMIN B2 100%
NIACIN 100%	•	VITAMIN B6 250%
BIOTIN 100%	•	PANTOTHENIC ACID 100%
CALCIUM 10%	•	MAGNESIUM 15%

NOT A SIGNIFICANT SOURCE OF SATURATED FAT, TRANS FAT, CHOLESTEROL, FIBER, VITAMIN A, VITAMIN C, AND IRON.

*PERCENT 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, OLIVOL®, ALOE VERA EXTRACT, POMEGRANATE, AND NATURAL VEGETABLE JUICE) NATURAL FLAVORS, POTASSIUM SORBATE, CHOLINE CHLORIDE, COENZYME Q10, ULTRA TRACE MINERALS.

OLIVOL 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 3838 W. PARKWAY BLVD.

SALT LAKE CITY, UTAH 84120 USA

STORE BELOW 25° C MADE IN USA

CAL00010

Foods

*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® Surge Pack

All the power of Rev3 Energy in a convenient stick pack

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.*

ITEM #139

Directions: Add one pack per day to 14–16 oz of water or to taste.

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

Supplement Facts: Serv. Size: 1 Packet (4.25 g), Amount Per Serving:
Calories 10, Total Carb. 2g (1% DV), Sugars 2g, Calcium 35 mg (4% DV), RHODIOLA EXTRACT (RHODIOLA ROSEA, ROOT) 200 mg, White, Black, and Green Tea EXTRACT Blend Containing 80 mg Caffeine (Camellia sinensis Hunt, leaves) 700 mg, Citric Acid 450 mg, Malic Acid 150 mg, Korean Ginseng EXTRACT (Panax ginseng, root) 100 mg.
Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Crystalline Fructose, evaporated cane syrup, Natural Flavors, Stevia.

WRT 38.010002

*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 **Nutrimereal™** 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.

MEALS	5-DAY RESET	TRANSFORM PHASE	MAINTAIN PHASE
Breakfast	Nutrimereal shake	Nutrimereal shake	Nutrimereal shake
Snack	Protein Snack	Protein Snack	Protein Snack
Lunch	Nutrimereal shake	Nutrimereal shake	Low-glycemic meal** with plenty of fresh vegetables and fruits
Snack	Protein Snack	Low-glycemic snack**	Low-glycemic snack**
Dinner	Nutrimereal shake	Low-glycemic meal** with plenty of fresh vegetables and fruits	Low-glycemic meal** with plenty of fresh vegetables and fruits
	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	



ITEM #251

HEALTH BASICS

- Can lose up to five pounds in five days†
- Can lose up to two pounds a week for 12 weeks†
- Low-glycemic ingredients providing a source of sustainable energy to help control carbohydrate cravings*
- In a clinical study, the average number of inches lost was 1.5 inches
- Works as a scientific alternative to fad diets
- Provides balanced nutrition, including everything you need for weight-loss success

The 5-Day RESET Kit is available in a flavor variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry Nutrimeal—that includes everything you need:

- 15 single-serving pouches of Nutrimeal
- 10 **HealthPak** packets
- 5 **Fudge Delite™** Protein Snacks
- 2 **Choco Chip™** Protein Snacks
- 3 **Peanutty Bliss™** Protein Snacks

CUSTOMIZE YOUR RESET KIT

Build your own **RESET** Kit with your choice of Nutrimeal flavors and snacks.

References

- Van Horn L. Circulation 1997;95(12):2701-4.

†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.



ITEM #300

Ingredients: Water (Aqua), PEG-7 Glyceryl Cocoate, Decyl Glucoside, PEG-120 Methyl Glucose Dioleate, Glycol Stearate, Sucrose Cocoate, Undecylenoyl Glycine, Capryloyl Glycine, Glyceryl Laurate, Pentylene Glycol, Glycerin, Sodium Hydroxide, PEG-90M, Disodium EDTA, Proline, Glycine, Diisopropyl Dimer Dilinoleate, Tetrahexyldecyl Ascorbate, Tocopheryl Acetate, Vitis Vinifera (Grape) Fruit Extract, Camellia Sinensis Leaf Extract, Echinacea Angustifolia Extract, Centella Asiatica Extract, Quillaja Saponaria Bark Extract, Salvia Sclarea (Clary) Extract, Yucca Schidigera Root Extract, Butylene Glycol, Aloe Barbadensis Leaf, Sea Salt, Calcium PCA, Glycine Soja (Soybean) Protein, Retinyl Palmitate, Magnesium Ascorbyl Phosphate, Manganese PCA, Magnesium PCA, Tocopherol, Oryzanol, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

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.



ITEM #301

Ingredients: Water (Aqua), SD Alcohol 40-B, Glycerin, Polysorbate 20, Sodium Polyacrylate, Magnesium Ascorbyl Phosphate, Allantoin, Disodium EDTA, Panthenol, Pentylene Glycol, Sclerotium Gum, Glyceryl Laurate, Sodium PCA, Undecylenoyl Glycine, Capryloyl Glycine, Glycine, Proline, Glycine Soja (Soybean) Protein, Tetrahexyldecyl Ascorbate, Camellia Sinensis Leaf Extract, Centella Asiatica Extract, Echinacea Angustifolia Extract, Quillaja Saponaria Bark Extract, Salvia Sclarea (Clary) Extract, Vitis Vinifera (Grape) Fruit Extract, Yucca Schidigera Root Extract, Diisopropyl Dimer Dilinoleate, Sea Salt, Tocopheryl Acetate, Calcium PCA, Butylene Glycol, Magnesium PCA, Manganese PCA, Retinyl Palmitate, Tocopherol, Oryzanol, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

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.



ITEM #302

Drug Facts

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

Inactive Ingredients

Water, Diisopropyl Adipate, C12-15 Alkyl Benzoate, C20-22 Alkyl Phosphate, C20-22 Alcohols, Hydroxyethyl Acrylate/ Sodium Acryloyldimethyl Taurate Copolymer, Squalane, PPG-12/SMDI Copolymer, Glyceryl Laurate, Diisopropyl Dimer Dilinoleate, Tocopherol, Tocopheryl Acetate, Polysorbate 60, Vitis Vinifera (Grape) Fruit Extract, Camellia Sinensis (Tea) Leaf Extract, Echinacea Angustifolia (Coneflower) Extract, Centella Asiatica (Gotu Kola) Extract, Sambucus Nigra (Elder) Flower Extract, Chondrus Crispus (Carrageenan) Extract, Malva Sylvestris (Mallow) Extract, Pentylene Glycol, Glycerin, Capryloyl Glycine, Undecylenoyl Glycine, Aloe Barbadensis (Aloe) Leaf Juice, Tetrahexyldecyl Ascorbate, Glycoproteins, Sodium Hydroxide, Glycine, Proline, Disodium EDTA, Perfume, Lecithin, Plankton Extract, Sea Salt, Salicylic Acid, Butylene Glycol, Glycine Soja (Soybean) Protein, Manganese PCA, Magnesium PCA, Calcium PCA, Magnesium Ascorbyl Phosphate.

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.



ITEM #303

Ingredients: Water (Aqua), Cyclopentasiloxane, Glycerin, Cetearyl Alcohol, Squalane, Limnanthes Alba (Meadowfoam) Seed Oil, Isononyl Isononanoate, Isohexadecane, Hydroxyethyl Acrylate/Sodium Acryloyl- dimethyl Taurate, Glyceryl Laurate, Dimethicone, Cetearyl Glucoside, Butyrospermum Parkii (Shea Butter) Extract, Polysorbate 60, Glycine Soja (Soybean) Protein, Butylene Glycol, Glucosamine HCl, Algae Extract, Yeast Extract, Urea, Tetrahexyldecyl Ascorbate, Glycoproteins, Hydrolyzed Lupine Protein, Proline, Glycine, Camellia Sinensis Leaf Extract, Centella Asiatica Extract, Echinacea Angustifolia Extract, Sambucus Nigra Flower Extract, Chondrus Crispus (Carrageenan) Extract, Malva Sylvestris (Mallow) Extract, Vitis Vinifera (Grape) Fruit Extract, Cetyl Alcohol, Micrococcus Lysate, Magnesium Ascorbyl Phosphate, Dimethicone/ Vinyl Dimethicone Crosspolymer, Diisopropyl Dimer Dilinoleate, Tocopherol, Tocopheryl Acetate, Oryzanol, Sea Salt, Sodium Hydroxide, Lecithin, Disodium EDTA, Calcium PCA, Magnesium PCA, Manganese PCA, Pentylene Glycol, Capryloyl Glycine, Undecylenoyl Glycine, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

ITEM #304



Ingredients: Water (Aqua), SD Alcohol 40-B, Glycolic Acid, Sodium Hydroxide, Lactic Acid, Oleth-20, Acrylates Copolymer, Hydrolyzed Lupine Protein, Algae Extract, Butylene Glycol, Glycerin, Pentylene Glycol, Glucosamine HCl, Urea, Capryloyl Glycine, Disodium EDTA, Glycine, Proline, Undecylenoyl Glycine, Yeast Extract, Glycine Soya (Soybean) Protein, Camellia Sinensis Leaf Extract, Centella Asiatica Leaf Extract, Echinacea Angustifolia Extract, Glycyrrhiza Glabra (Licorice) Root Extract, Olea Europaea (Olive) Leaf Extract, Vitis Vinifera (Grape) Fruit Extract, Trifolium Pratense (Clover) Flower Extract, Glyceryl Laurate, Sea Salt, Calcium PCA, Magnesium Ascorbyl Phosphate, Magnesium PCA, Malic Acid, Manganese PCA, Retinyl Palmitate, Salicylic Acid, Squalane, Tartaric Acid, Tetrahexyldecyl Ascorbate, Diisopropyl Dimer Dilinoleate, Tocopheryl Acetate, Tocopherol, Oryzanol, Citrus Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

ITEM #305



Ingredients: Water (Aqua), Butyrospermum Parkii (Shea Butter), Cyclopentasiloxane, Algae Extract, Ethylhexyl Palmitate, Squalane, Cetyl Alcohol, Glyceryl Stearate, Dimethicone, Glyceryl Laurate, Hydrolyzed Lupine Protein, Glucosamine HCl, Acrylates Copolymer, Yeast Extract, Urea, Tocopherol, Tocopheryl Acetate, Tetrahexyldecyl Ascorbate, Glycine, Proline, Magnesium Ascorbyl Phosphate, Glycine Soja (Soybean) Germ Extract, Cyclodextrin, Camellia Sinensis Leaf Extract, Centella Asiatica Leaf Extract, Echinacea Angustifolia Extract, Glycyrrhiza Glabra (Licorice) Root Extract, Olea Europaea (Olive) Leaf Extract, Vitis Vinifera (Grape) Fruit Extract, Trifolium Pratense (Clover) Flower Extract, Aleurites Moluccana Seed Oil, Oryzanol, PEG-75 Stearate, Ceteth-20, Steareth-20, Sea Salt, Sclerotium Gum, Glycerin, Sodium Hydroxide, Disodium EDTA, Sodium Citrate, Calcium PCA, Magnesium PCA, Manganese PCA, Diisopropyl Dimer Dilinoleate, Pentylene Glycol, Capryloyl Glycine, Undecylenoyl Glycine, Arctostaphylos Uva Ursi Leaf Extract, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

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.

Eye Nourisher

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.



ITEM #306

Ingredients: Water (Aqua), Cyclopentasiloxane, Glycerin, Cetearyl Alcohol, Isohexadecane, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Squalane, Cetearyl Glucoside, Cetearyl Methicone, Dimethicone, PPG-12/SMDI 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, Pentyleneglycol, Diisopropyl Dimer Dilinoleate, Butylene Glycol, Dimethicone/Vinyl Dimethicone Crosspolymer, Disodium EDTA, Glyceryl Laurate, Glycine, Magnesium Ascorbyl Phosphate, Proline, Tocopheryl 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.

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.



ITEM #307

Ingredients: Water (Aqua), SD Alcohol 40-B, Stearic Acid, Glyceryl Stearate, Oryza Sativa (Rice) Bran Wax, Oryza Sativa (Rice) Bran, Cetyl Esters, Glycine Soja (Soybean) Oil, Glyceryl Laurate, Magnesium Aluminum Silicate, Undecylenoyl Glycine, Aminomethyl Propanol, Capryloyl Glycine, Acrylates Copolymer, Glycerin, Disodium EDTA, Pentyleneglycol, Tetrahexyldecyl Ascorbate, Aleurites Moluccana Seed Oil, Sorbitol, Glycine, Proline, Diisopropyl Dimer Dilinoleate, Tocopheryl Acetate, Vitis Vinifera (Grape) Fruit Extract, Camellia Sinensis Leaf Extract, Echinacea Angustifolia Extract, Centella Asiatica Extract, Quillaja Saponaria Bark Extract, Salvia Sclarea (Clary) Extract, Yucca Schidigera Root Extract, Sea Salt, Squalane, Butylene Glycol, Calcium PCA, Salicylic Acid, Magnesium Ascorbyl Phosphate, Manganese PCA, 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.

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.



ITEM #308

Ingredients: Water (Aqua), Glyceryl Stearate, Dicaprylyl Maleate, Kaolin, Stearyl Alcohol, Glycerin, C12-15 Alkyl Benzoate, Cetearyl Alcohol, Titanium Dioxide, Magnesium Aluminum Silicate, Cetearyl Ethylhexanoate, Cetyl Lactate, Xanthan Gum, Pentyleneglycol, Magnesium Ascorbyl Phosphate, Tetrahexyldecyl Ascorbate, Capryloyl Glycol, Disodium EDTA, Diisopropyl Dimer Dilinoleate, Ethylhexylglycerin, 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 Sclarea (Clary Sage) Extract, Vitis Vinifera (Grape) Fruit Extract, Yucca Schidigera Root Extract, Butyrospermum Parkii (Shea Butter), Mangifera Indica (Mango) Seed Butter, Sea Salt, Sodium Hydroxide, Zinc PCA, Calcium PCA, Copper PCA, Tocopherol, Manganese PCA, Glycine Soja (Soybean) Protein, Vegetable Oil, Bisabolol, Capryloyl Glycine, Glyceryl Laurate, Retinyl Palmitate, Undecylenoyl Glycine, Oryzanol, Citrus Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

SENSE™ BODY CARE

Energizing Shower Gel

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.



ITEM #311

Ingredients: Water (Aqua), Sodium Myreth Sulfate, Disodium Laureth Sulfosuccinate, Cocamidopropyl Betaine, Sodium Lauroyl Sarcosinate, Sodium Cocoyl Isethionate, Cocamide MEA, Polysorbate 20, Glyceryl Laurate, Undecylenoyl Glycine, Capryloyl Glycine, Glycerin, Pentyleneglycol, Polyquaternium-10, Disodium EDTA, Arginine HCl, Hydrolyzed Milk Protein, Betaine, Sodium PCA, Diisopropyl Dimer Dilinoleate, Magnesium Ascorbyl Phosphate, Tocopheryl Acetate, 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, Proline, Sea Salt, Sorbitol, Tetrahexyldecyl Ascorbate, Calcium PCA, Magnesium PCA, Manganese PCA, Glycine, Serine, Alanine, Arginine, Lysine, Glutamic Acid, Persea Gratissima (Avocado) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Sodium Ascorbate, Threonine, Tocopherol, Oryzanol, Citrus Fragrance (Containing Natural Oils).

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.



ITEM #312

Ingredients: Water (Aqua), Sodium Myreth Sulfate, Disodium Laureth Sulfosuccinate, Cocamidopropyl Betaine, Sodium Cocoyl Isethionate, Sodium Lauroyl Sarcosinate, Cocamide MEA, Isoceteth-20, Glyceryl Laurate, Undecylenoyl Glycine, Capryloyl Glycine, Polyquaternium-10, Cocodimonium Hydroxypropyl Hydrolyzed Wheat Protein, Hydrolyzed Silk, Wheat Amino Acids, Glycerin, Pentyleneglycol, Disodium EDTA, Aloe Barbadensis Leaf Juice, Panthenol, Aloe Barbadensis Leaf Extract, Camellia Oleifera Leaf Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Acetamide MEA, Sea Salt, Symphytum Officinale Leaf Extract, Tetrahexyldecyl Ascorbate, Vitis Vinifera (Grape) Fruit Extract, Tocopheryl Acetate, Diisopropyl Dimer Dilinoleate, Calcium PCA, Allantoin, Magnesium Ascorbyl Phosphate, Magnesium PCA, Manganese PCA, Phenylbenzimidazole Sulfonic Acid, Sodium Ascorbate, Tocopherol, Oryzanol, Fragrance (Parfum).

Nourishing Conditioner

Moisturize, protect, and strengthen hair with this exclusive conditioning formula enriched with vitamins C and E, hydrolyzed silk, and panthenol for extra manageability and shine. 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.



ITEM #313

Ingredients: Water (Aqua), Cetearyl Alcohol, Cetrimonium Chloride, Cetearyl Ethylhexanoate, Myristyl Alcohol, Polyisobutene, Behentrimonium Chloride, Glyceryl Laurate, Betaine, Sorbitol, Glycine, Alanine, Proline, Serine, Threonine, Arginine, Lysine, Arginine HCl, Glutamic Acid, Allantoin, Panthenol, Phytantriol, Aloe Barbadensis Leaf Juice, Hydrolyzed Silk, Benzophenone-3, Cocodimonium Hydroxypropyl Hydrolyzed Wheat Protein, Aloe Barbadensis Leaf Extract, Camellia Oleifera Leaf Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Symphytum Officinale Leaf Extract, Vitis Vinifera (Grape) Fruit Extract, Magnesium Ascorbyl Phosphate, Sodium Ascorbate, Tocopherol, Tocopheryl Acetate, Oryzanol, Diisopropyl Dimer Dilinoleate, Tetrahexyldecyl Ascorbate, Sea Salt, Ascorbyl Palmitate, Glycerin, Disodium EDTA, Calcium PCA, Magnesium PCA, Manganese PCA, Sodium PCA, Pentyleneglycol, Sodium Hydroxide, Capryloyl Glycine, Undecylenoyl Glycine, Fragrance (Parfum).

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.



ITEM #314

Ingredients: Water (Aqua), C12-15 Alkyl Benzoate, Glyceryl Stearate, Stearic Acid, Cetyl Alcohol, Glycolic Acid, Glycerin, Butylene Glycol, Dimethicone, Caprylic/Capric Triglyceride, Glyceryl Laurate, Polyacrylate-13, Undecylenoyl Glycine, Magnesium Aluminum Silicate, Polyisobutene, Capryloyl Glycine, Xanthan Gum, Polysorbate 80, Sorbitan Stearate, Pentyleneglycol, Butyrospermum Parkii (Shea Butter), Disodium EDTA, Polysorbate 20, Glycine, Proline, Salicylic Acid, Sea Salt, Camellia Sinensis Leaf Extract, Centella Asiatica Leaf Extract, Chondrus Crispus (Carrageenan) Extract, Echinacea Angustifolia Extract, Sambucus Nigra Flower Extract, Vitis Vinifera (Grape) Fruit Extract, Malva Sylvestris (Mallow) Extract, Calcium PCA, Bisabolol, Ceramide 3, Magnesium Ascorbyl Phosphate, Magnesium PCA, Manganese PCA, PPG-12/SMDI Copolymer, Retinyl Palmitate, Squalane, Tetrahexyldecyl Ascorbate, Diisopropyl Dimer Dilinoleate, Tocopheryl Acetate, Glycine Soja (Soybean) Protein, Hyaluronic Acid, Tocopherol, Oryzanol, Citrus Fragrance (Containing Natural Oils).

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.



ITEM #315

Ingredients: Water (Aqua), Glycerin, Glyceryl Stearate, Cyclopentasiloxane, Theobroma Cacao (Cocoa) Seed Butter, Triisoleonanoil, Limnanthes Alba (Meadowfoam) Seed Oil, Betaine, Stearic Acid, Behenyl Alcohol, Stearyl Alcohol, Prunus Armeniaca (Apricot) Kernel Oil, Glyceryl Laurate, Dimethicone, Beeswax, Isopropyl Myristate, Hydrogenated Polyisobutene, Undecylenoyl Glycine, Butyrospermum Parkii (Shea Butter) Extract, Vitis Vinifera (Grape) Seed Oil, Cetearyl Alcohol, Ceteareth-20, Capryloyl Glycine, Sodium Hydroxide, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Butylene Glycol, Pentyleneglycol, Disodium EDTA, Tocopheryl Acetate, Proline, Glycine, Tetrahexyldecyl Ascorbate, Stearyl Glycyrhettinate, Magnesium Ascorbyl Phosphate, Diisopropyl Dimer Dilinoleate, Morus Nigra Root Extract, Sodium PCA, Vitis Vinifera (Grape) Fruit Extract, Sambucus Nigra Flower Extract, Echinacea Angustifolia Extract, Chondrus Crispus (Carrageenan) Extract, Centella Asiatica Leaf Extract, Camellia Sinensis Leaf Extract, Malva Sylvestris (Mallow) Extract, Sea Salt, Sorbitol, Glycine Soja (Soybean) Protein, Manganese PCA, Magnesium PCA, Calcium PCA, Serine, Tocopherol, Threonine, Arctostaphylos Uva Ursi Leaf Extract, Retinyl Palmitate, Lysine, Glutamic Acid, Aloe Barbadensis Leaf Juice, Alanine, Arginine, Oryzanol, Fragrance (Parfum).

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.

ITEM #399

Ingredients: Purified Water, Hydrated Silica, Glycerin, Xylitol, Calcium Carbonate, Sodium Lauroyl Sarcosinate, Sodium Bicarbonate, Titanium Dioxide, Natural Flavor, Vitamin C (as Poly C®: Calcium, Magnesium, Potassium, and Zinc Ascorbates), Chondrus Crispus (Carrageenan) Extract, Stevia Rebaudiana, Tetrapotassium Pyrophosphate, Vitamin E Acetate, Sodium Benzoate, Sodium Chloride, Camellia Sinensis Extract.

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