

真正的健康 truehealth

Revolutionary News on Finding True Health and the Financial Freedom to Enjoy It



What Eight Deadly Diseases are sending people to an early grave?

How one man's passion leads him to re-write the standard of **excellence** in an industry

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USANA
HEALTH SCIENCES

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The Health Challenge

新纪元的健康挑战

The world's most destructive diseases today are not those caused by viruses and germs. They are degenerative diseases – which result from accumulated damage and degeneration of our cells.

There is yet no effective cure...

In its annual report, the World Health Organisation warns that cancer, heart disease and other chronic conditions, which already killed more than 24 million people a year, will impose increasing burden of suffering and disability in hundreds of millions of others.

...but degenerative diseases can be prevented

Many people still think of chronic diseases as unfortunate, but inevitable results of old age. We now know that "old" does not equal "sick". Balanced nutrition, physical activity and a healthy lifestyle give us an excellent chance of avoiding degenerative diseases.

目前，真正肆虐全球的并非由细菌和病毒引起的疾病，而是慢性退化性疾病。慢性退化性疾病的成因，是由于人体细胞长期受到破坏，以及细胞退化所引起。

可是，我们依然没有找到有效的治疗方法...

世界卫生组织在其年报中指出，癌症、心脏病及其它慢性疾病每年夺去超过二千四百万人的性命，并将为千百万人带来痛苦和残障性疾病。

...但慢性退化性疾病是可以预防的

很多人都以为，由于年龄增长，人体老化，才会不幸患上慢性退化性疾病，他们不知道的是，「年老」并不等同「疾病」。均衡的饮食、定期运动和健康的生活习惯，可助我们保持健康，免于罹患慢性退化性疾病。

8 Deadly Diseases

The World Health Organisation warns that cancer, heart disease and other chronic conditions, which already kill more than 24 million people a year, will impose increasing burdens of suffering and disability on hundreds of millions of others. These are the public health enemies throughout the modern world.

- | | |
|------------------|-----------------|
| 1: Heart Disease | 5: Osteoporosis |
| 2: Cancer | 6: Arthritis |
| 3: Stroke | 7: Alzheimer |
| 4: Diabetes | 8: Obesity |

Are You a Likely Victim?

八大夺命病症

据世界卫生组织，癌症、心脏病及其他慢性疾病，过去每年平均导致超过二千四百万人死亡，情况更有愈趋严重之势。这些都是现代社会大众健康的敌人。

- | | |
|--------|----------|
| 1: 心脏病 | 5: 骨质疏松症 |
| 2: 癌症 | 6: 关节炎 |
| 3: 中风 | 7: 老人痴呆症 |
| 4: 糖尿病 | 8: 痴肥 |

或许你也可能深受其害？





The Science Behind a Lifetime of Health

健康背后的科学根据

How our cells are damaged

Free Radicals are highly destructive molecules. Because they are missing an electron, they destroy healthy molecules by stealing their electrons and making them into free radicals too. This causes a chain reaction of damage to various parts of our cells.

Free radicals can result from our environment. They are also produced by our body in the process of burning food for energy. We cannot avoid them, but we can neutralise their action.

人体细胞的破坏

游离基是一种破坏力甚强的分子，原因是它缺少一个电子。游离基会抢夺其它正常分子的电子，令正常分子亦转变成游离基。这种连锁破坏反应对人体各部份的细胞造成破坏。

环境污染亦是产生游离基的原因。游离基亦会在人体燃烧食物转化为能量的过程时产生。我们不能避免游离基的产生，但我们可以中和它们对身体的破坏。



Healthy Atom 健康分子
(paired electrons)



Free Radical 游离基
(missing one electron)

Why a healthy diet helps

Food - particularly fruits and vegetables - supplies many types of antioxidants, which "donate" their extra electrons to neutralise free radicals. Eating a variety of healthy food also gives our body the nutrients it needs to repair and regenerate damaged cells. With proper nutrition, our cells can last a lifetime.

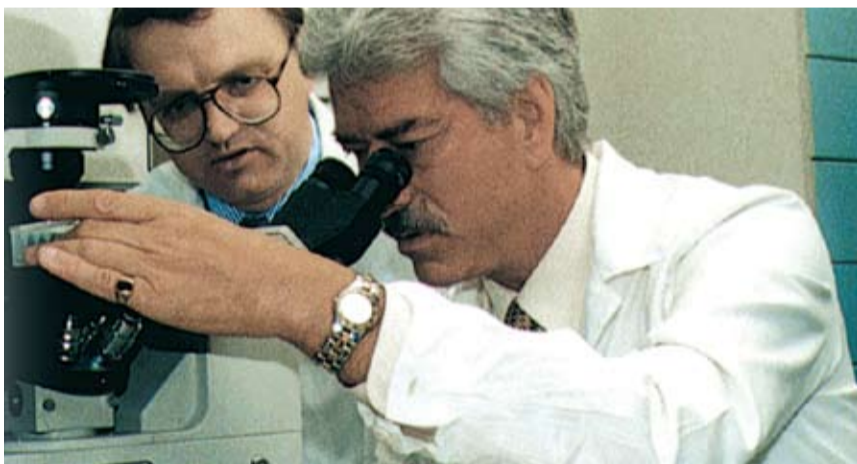
为什么健康饮食习惯会有帮助?

日常食物-特别是水果和蔬菜-能提供多种抗氧化剂。这些抗氧化剂可把额外的电子「捐献」出来，中和游离基。进食多种类的健康食物，亦能为身体提供所需营养，去修复及更新受损的细胞。若然能供应适当的营养，我们的细胞可以一生健康。



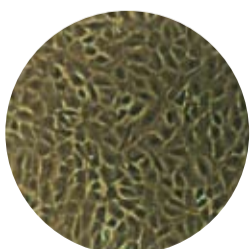
Antioxidant 抗氧化剂
(extra electrons)

Seeing is Believing 有力见证

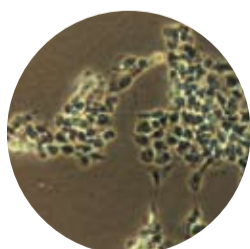


Dr. Myron Wentz, an expert on human cell culture, demonstrated the harmful effects of our environment and certain unhealthy foods on human cells.

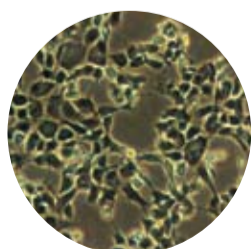
华斯博士是培养人体细胞的专家。他证实环境及某些食物会对人体细胞造成不良影响。



Healthy human cells in culture
图中所见为培养中的健康人体细胞



Cells after adding digested products from a fatty meal
图为加入已消化油腻食物后的细胞



Similar cells when antioxidants are included
图为加入抗氧化剂后的同一细胞

By Chance or by Choice?

运气或明智选择?

Nothing is more valuable than your health – not your boss, not your friends, not even your family – because when you lose your health, everyone you respect or love suffers with you. Are you maintaining your health by chance or by choice?

健康是无价之宝。因为，当您失去健康时，所有您爱护或尊敬的人都会与您一起受苦。那么，你愿意选择让运气还是由自己来掌握健康呢?



One...

... of these two people can represent your future. Are you content to leave it to a roll of the dice?

以上两人中，有一人可能代表了我们的未来。您希望自己是哪一个呢?

But I Eat Fruits and Vegetables! 但我经常进食水果蔬菜!

Easier Said Than Done

We know how difficult it is to provide three fresh, balanced meals each day for our family. Yet, many people continue to believe that “we can get everything we need from food.”

In practice, even very careful eaters find it difficult to ensure that they receive the range of essential vitamins, minerals and phytonutrients in their daily diet. Here are some reasons:

1. Food Choice and Habit

We don't eat sufficiently wide in variety, often sticking to the few types of food that we like. Spinach may be full of nutrients, but Popeye isn't necessarily healthy if that's all he eats.

2. Over Cooking

Heat destroys many valuable food nutrients. But for the sake of taste, we continue to boil, fry, roast and grill the goodness out of our food.

3. Variation in Nutrient Content

The same food – cultivated in different locations, planted in different seasons, or processed to different degrees – can end up containing very different nutrient profiles.

说来容易做起来难

要每天为家人提供新鲜且均衡的三餐，是十分困难的。可是有人依然相信他们可从食物中摄取足够的营养。

事实是：无论多注重健康的人，都不可能在日常饮食中摄取重要维生素、矿物质及植物营养素，原因如下：

1. 食物的选择和饮食习惯

我们普遍都有偏食习惯，往往只挑几款自己喜爱的食物。就如菠菜虽然含有丰富的营养，但是，如果我们每天都只吃菠菜，也难以有一个健康的体魄。

2. 过度烹调

热力可破坏食物中的丰富营养。但为了烹调出味道可口的食物，我们不停地以煮、煎、烤、焗等方法去破坏营养。

3. 营养含量大不相同

同一种类的蔬果，在不同地区或气候下种植，及经过不同程序的加工处理，都会影响食物的营养价值。



The Orange Question

Good, you've eaten a fresh orange. But one orange can have 5 times more nutritional value than another.

Which one did you just eat?

由一个橘子引发的疑问

新鲜橘子的营养价值，必然很高！可是，每个橘子的营养价值都不一样，例如，其中一个的营养价值会较其它高出五倍，您刚吃了哪一个呢？

Should We Take a Nutritional Supplement?

我们应该服用营养补充品吗？

A nutritional supplement does not replace a healthy diet. But proper supplementation can bridge the gap between what our body needs in optimal nutrition, and what most of us actually get from food.

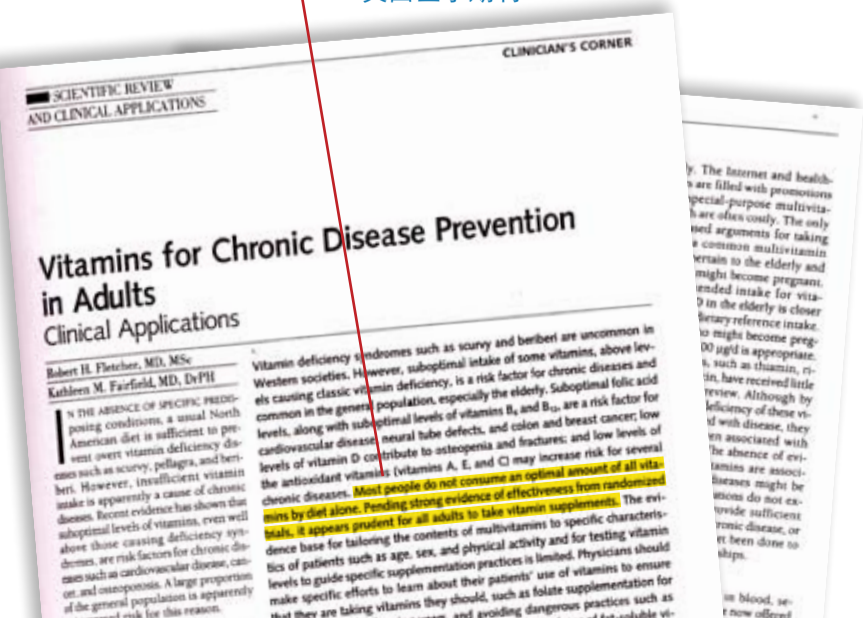
营养补充品并不能代替健康饮食。但适当地服用营养补充品，可补充日常饮食中所缺少的营养，保证我们得到最均衡的营养。

Who says so? 理据何在？

“Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements.”

“大多数人均未能于饮食中摄取最佳份量的维生素。虽然，服用维生素的有效性，依然有待试验结果证实，不过，成年人为确保健康，是应该服食维生素补充剂。”

Journal of American Medical Association
美国医学期刊



Docs Nod 医生肯定



“The concern for my patients' health has led me to recommend a complete nutritional system to my patients.”

“我非常关注病人的健康，所以，我会建议他们服用完整系列的营养产品。”

Ray Strand, M.D. doctor and author of *What Your Doctor Doesn't Know About Nutritional Medicine Could Be Killing You*
史特兰医生为执业医师，著有【*What Your Doctor Doesn't Know About Nutritional Medicine Could Be Killing You*】一书。



“One important way to effectively maintain health is to supplement our diets with a full range of vitamins, minerals and antioxidant.”

“想要有效维持健康，就必须服食营养产品。完整系列的维生素、矿物质及抗氧化剂，可补充日常饮食之不足。”

Ladd McNamara, M.D. practitioner and medical consultant to Fortune 500 companies
麦纳玛医生为执业医师，为财富500企业的医学顾问。



“In my opinion, children over one year of age should be on nutritional supplementation... vitamins and minerals should be used in addition to a healthy diet.”

“我认为一岁以上的儿童应该吃营养补充品，维生素，矿物质等应当加进孩子健康的饮食。”

Christine Wood M.D., practicing pediatrician and author of *How to Get Kids to Eat Great and Love It!*
伍蒂丝医生为儿科执业医师著有【*How to Get Kids to Eat Great and Love It!*】一书。

Not all Supplements are Created Equal

5 level-headed questions you should ask when selecting a nutritional supplement

市面上的营养补充品，质量参差不齐

在选购营养产品时，您应提出五个问题

1. Complete? 全面性?

"A little of every nutrient is better than lots of one or two"

A good supplement provides a broad spectrum of essential nutrients – vitamins, minerals and a variety of antioxidants such as bioflavonoids, alpha lipoic acid and coenzyme Q10. Many "multi"-formulas miss out the more costly nutrients.

摄取少量的不同营养，比大量地摄取一两种营养好。

优质的营养补充剂蕴含完整系列的重要营养素 – 维生素、矿物质以及多种抗氧化剂，如生物类黄酮、硫辛酸及辅酶Q10。很多所谓的「多元配方」营养剂，都缺少较昂贵的营养要素。

2. Balanced? 均衡?

"Nutrients work best together, in synergy – not alone"

A good supplement delivers nutrients in balance, so our body can enjoy their synergistic benefits. Out of balance formulation may be harmful, as excessive amounts of one nutrient can sometimes hamper the body's absorption of another.

营养素需互相配合，才能发挥效应。单一营养并不能产生应有效力。

优质营养补充品应提供均衡营养，以发挥协同效应，令人体充分吸收。有欠均衡的配方，对身体可能有害无益，因为如果某一营养成份过量的话，可能会影响另一营养素的吸收。

3. Potent? 效能?

"Too much of any is harmful. But too little is ineffective"

The amount of each micronutrient we need is very small (often in thousandths of a gram a day). However, a good supplement provides sufficient amounts for optimal health. These amounts are often higher than the RDAs (Recommended Dietary Allowances), which are minimum levels to prevent deficiency diseases.

任何营养素，过量便会有害，份量太少，效能就不够。

人体只需要极少量的微量元素便足够（通常每天只需千份之一克）。优质营养补充剂蕴含足够份量的微量元素，以维持最佳健康。通常这份量均高于每日营养素建议摄取量（Recommended Dietary Allowances, RDA）。每日营养素建议摄取量所列明的份量，是防止人体因营养摄取量不足，而出现缺乏症状的最低标准。

4. Bio-Available? 容易被人体吸收?

"What doesn't get absorbed and used, is wasted"

Vitamins and minerals can come in various forms, some more easily absorbed and used by the body than others. A good supplement always uses the most bio-available form. For example, chelated minerals, i.e., those bonded to amino acids, are more readily absorbed than mineral salts.

凡是不能被人体吸收的营养素，均是一种浪费。

维生素及矿物质等营养素可以多个不同的形态存在，其中一些较容易被人体吸收，另一些则不然。优质营养补充品应使用最容易被人体吸收的形态。例如，螯合矿物质（连结氨基酸的矿物质）较其它矿物盐容易被人体吸收。

5. Safe? 安全?

"Above all, do no harm"

A good supplement avoids nutrients like iron, and preformed Vitamin A - which can be harmful on long term use. It is also manufactured to more exacting standards to ensure purity and uniformity in every tablet. Products that are made to pharmaceutical standards are best.

最重要的，是不会危害健康。

优质营养补充剂不应含有铁质及已形成的维生素A，长期服用这些产品，可能危害健康。严谨的生产过程除可保证产品纯净外，更可确保每一药锭的成份均一。优质营养补充品应能符合药物优质生产标准。



Of Folklores & Miracle Pills 传说中的万灵丹

Herb from the mountain peak; algae from the deep sea; roots from virgin forests... the search goes on for the nutritional "magic bullet".

Such supplements, like herbal medicines, can benefit some people in addressing specific health issues. But no natural food can provide us the variety of vitamins, minerals and antioxidants in optimal amounts and balance. Therefore, they do not replace a good, broad spectrum nutritional supplement that we should take each day.

Can any one natural food provide all the nutrients our body needs?

有没有一种天然食品可以提供人体所需的一切养分?

山中草药；深海藻类；原始森林的树根... 我们不辞劳苦地到处寻找营养「万灵丹」。可能对某些人来说，草本药物可以解决他们的某种健康问题。

可是没有一种天然食品可以提供均衡及最佳剂量的多种维生素、矿物质及抗氧化剂。所以它们并不能替代您每天所应服用的优质、均衡配方营养素。

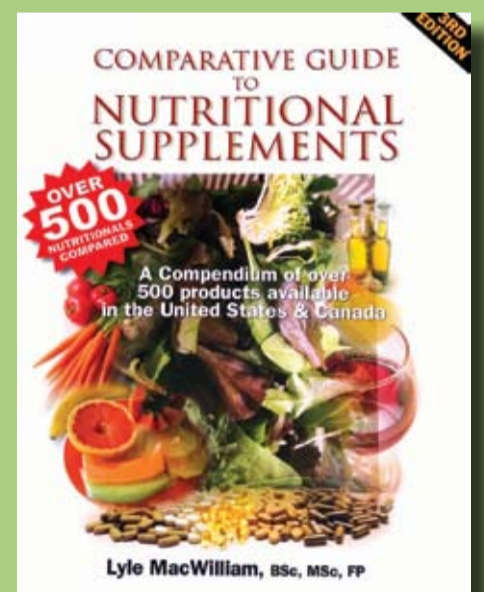
A Useful Guide to Selecting Your Supplement 选购营养补充品的有效指南

Canadian biochemist, educator and author Lyle MacWilliam's *Comparative Guide to Nutritional Supplements* rates over 500 nutritional supplements in North America on 14 criteria. It is arguably the most comprehensive and authoritative survey of its kind.

An ex-Member of Parliament, MacWilliam served as an expert advisor at the behest of Canada's Federal Ministry of Health. "Most consumers are not trained in nutrition. In publishing this book, I hope to help them separate the wheat from the chaff," says MacWilliam.

The supplement that MacWilliam ranked #1 in North America is the Essentials™, a balanced multi-vitamin, multi-mineral and multi-antioxidant formula made by USANA Health Sciences. "It is the unsurpassed leader in advanced nutrition," he says.

#1 in North America
北美排名第一



3rd Edition 第三版

麦威廉 (Lyle MacWilliam) 是一位加拿大生物化学家、教育家和作者。他根据十四项准则，对北美洲500多种营养补充剂进行比较，并把研究成果收录于其著作《营养补充品的比较指南》(Comparative Guide to Nutritional Supplements)一书中，是目前最全面及权威的研究。

麦威廉为前任加拿大国会议员，获加拿大联邦卫生部委任为专家顾问。麦威廉说道：「大多数消费者都不知道怎样选择营养品。我出版这书的目的，是要协助他们作出明智的选择。」

麦威廉认为，USANA Health Sciences 的基本营养素为所有营养补充品的冠军之选。USANA 的基本营养素配方均衡，蕴含多种维生素、矿物质及抗氧化剂。他表示：「基本营养素是先进营养产品中当之无愧的领导者。」

The USANA Story

One Man's Vision & Passion

基于一个科学家的 理想和热诚

Founded in 1992, USANA Health Sciences has grown to be a highly respected manufacturer and marketer of nutritional supplements. Its success is largely the result of its founder and chairman Dr Myron Wentz.

Becoming an Expert in Growing Cells

With a Ph.D. in microbiology and immunology, Dr Wentz is an internationally recognised pioneer in the use of human cell culture technology for the diagnosis of infectious disease. In the early 1970's, Dr Wentz founded Gull Laboratories and spent 20 years developing diagnostic products that would be used in hospitals and clinical laboratories around the world. In the process, he became an expert in growing healthy human cells.

From Diagnosing Disease to Maintaining Optimal Health

Despite Gull's success, an ensuing sense of discontent and growing personal health problems influenced the next phase of Dr Wentz' career. A good friend's advice on taking a nutritional supplement became the turning point. Recalling that both his parents died of

degenerative diseases, the North Dakota-born scientist decided to redirect his scientific expertise from diagnosing diseases to promoting health.

Rewriting the Standard of Excellence

Knowing the importance of good nutrition for optimal cell function, he began to test available nutritional supplements in his analytical laboratory, and found them inadequate – with nutrients in inappropriate amounts and balance. He also saw that ingredients were of poor quality and low bio-availability. He founded USANA in 1992 with a personal commitment to develop a line of supplements that will rewrite the standard of excellence in the nutritional industry.

Sharing a Vision of Health

Today, hundreds of thousands of people around the world share Dr Wentz' vision of maintaining good health through good nutrition, and trust their families' well-being to USANA products. Dr Wentz' passionate dream of "a world free from suffering" leads him to establish the state-of-the-art Sanoviv Medical Institute in Baja, Mexico, as well as the Wentz Medical Centre for children in Gaba, Uganda.

USANA 的故事

USANA Health Sciences 创立于 1992 年，目前，已发展为享誉营养产品业界的生产商及市场领袖。USANA 的成功，主要有赖主席兼创办人麦伦华斯博士的努力。

人体细胞培养专家

华斯博士拥有微生物学及免疫学博士学位，他利用人体细胞培养技术以检测传染性病毒，为该领域举世知名的先锋。华斯博士在七零年代初期创立高露实验室（Gull Laboratories），并以二十年时间去研制可以准确检测过滤性病毒的产品，以供世界各地的医院及化验室使用。华斯博士现为人体细胞培养专家。

由准确诊断疾病，到维持最佳健康

虽然，高露实验室的成功有目共睹，可是，华斯博士并没有因而自满。由于他的健康每况日下，在朋友劝勉下，他开始服用营养补充品，而这又促使他踏上事业的另一里程碑。这位生于美国北达科他州（North Dakota）的科学家回想到父母因慢性退化性疾病而辞世，于是便由诊断疾病的科学研究，转而研究预防疾病。

改写优质产品的定义

他深深体会到良好的营养对达至最佳细胞功能的重要性，因此，他开始在自己的实验室测试市面上出售的营养产品。他发现这些产品都不尽完善，其所含的养份不但质量低劣，而且生物利用率不高。他在1992年创办 USANA Health Sciences 的目的，就是要发展一套完整系列营养补充剂，从而全面提升营养产业的优质标准。

分享健康愿景

今天，全球数以千计的人都通过优质营养品，不断向人们宣扬华斯博士最佳健康的理想。他们把家人的健康都付托予 USANA 产品。华斯博士的梦想是要创造一个没有痛苦和疾病的世界，就是这梦想，引发他在墨西哥 Baja 创立 Sanoviv 疗养中心，以及在乌干达 Gaba 地区兴建设备先进的华斯博士儿童医院。他于2003年获颁犹他州 Ernst & Young 最杰出企业家大奖，并于2004年获犹他州商业杂志（Utah Business Magazine）选为犹他州一百位最有影响力人士之一。

“With the right combination of all the nutrients essential for life, I could maintain human cells in a healthy state almost indefinitely, without any signs of degeneration or disease.”

Dr Myron Wentz,

Utah Business Magazine "100 Most Influential" 2004

Ernst & Young Entrepreneur of the Year 2003

truehealth





Zero Tolerance for Error

制作过程不容有错

USANA's 182,000-square foot facility in Salt Lake City is designed to meet **Pharmaceutical-grade** Good Manufacturing Practices (GMP).

State-of-the-Art Analytical Laboratory

USANA's Analytical Laboratory is one of the best equipped in the industry, with cutting-edge tests for potency, contamination, stability and dissolution. For example:

- High Pressure Liquid Chromatography (HPLC) ensures proper vitamin concentration
- Inductively Coupled Plasma (ICP) analysis is used to test mineral content
- Cyclical Dissolution Baths mimic the stomach to assess dissolution and bio-availability.

Microbiology Laboratory

Every batch of quarantined raw material is tested for Salmonella, E.Coli, Total Plate Count, Moulds, Yeast, Fungi and Staphylococcus Aureus. Only pure and potency-assured raw materials are allowed into the main manufacturing area. Finished tablets are tested again for any in-process contamination.

USANA 位于犹他州盐湖城面积达 182,000 平方尺的自设厂房是特别为符合药物优质生产标准而设计的。

设备最先进的分析实验室

USANA 的分析实验室设备优良，堪称业界典范。USANA 最先进的质量控制仪器，能为产品的质量效能、防止污染、产品稳定性及分解等作出保证。例如：

- 高压液相色谱分析法 (HPLC) 可保证维生素成份合乎比例。
- 导引配对光离子分析法 (ICP) 可确保矿物质成份正确。
- 循环溶解池分析法 (Cyclical Dissolution Baths) 模仿人体的胃部环境，以评估产品分解及吸收的情况。

微生物实验室

所有运到厂房的原材料均经隔离检查，直到样本经测试证明绝不含沙门氏菌、埃希氏大肠杆菌、霉菌、酵母菌及金黄葡萄球菌。只有通过上述测试的原材料，才会获批准运到 USANA 产品生产部。完成的产品会做最后检测，确保制作过程不受污染。

"Tablets are tested every 15 minutes..."

每十五分钟便会测试产品



In-Process Test Procedures

USANA tests tablet samples every 15 minutes during a manufacturing run. The tablets are measured for hardness, thickness and weight to ensure the quality and dosage meet specification.

The Human Factor

Instruments and machines apart, highly trained scientists enforce a standard of research and quality control second to none. Every step in manufacturing follows a written, detailed procedure with a zero tolerance for error. Nothing is left to chance.

内部检测程序

USANA 每十五分钟便会测试产品的硬度、厚度及重量，确保制成品符合 USANA 的质量标准及规格。

高素质的工作人员

除了最先进的仪器及机械外，我们顶尖的科学家，发展了完善的研究和质量检查系统，而每一生产步骤，均有详尽而精确的说明。工作人员严格根据指引去执行生产任务，使整个生产程序保持零错误。

Pharmaceutical-Grade Supplements

Not all manufacturing standards are the same

达到药物标准的营养补充品

不是所有的营养品都选择这个标准

Under US laws, supplement manufacturers are only required to adhere to the same standards as food makers. This allows for wide variations in the quality of nutritional supplements on the market. USANA voluntarily adheres to the stricter "pharmaceutical standards", which ensure that its products are free from contaminant; its raw materials are of assured potency; every tablet contains the amount of each ingredient as stated on the label, and each tablet dissolves completely for absorption.

根据美国法例，营养补充品制造商只需符合食品的生产标准，因而导致市面上的营养补充品，质量良莠不齐。优秀的营养产品制造商应以较严谨要求的药物优质生产标准作为制作准则，确保产品不受污染；原材料具有保证效能；产品的成份份量与标签所述相符；以及每片药锭均能完全分解，保证可被人体吸收。

Listed in Medical Professional References

值得您信赖的营养产品

The Physician's Desk Reference (PDR) and the Master Index of Medical Specialties (MIMS) are the most widely-used compilations of prescribing information for physicians in the United States and Asia respectively.

Having USANA's products listed in the PDR and MIMS adds credibility to USANA's already solid standard of quality, reliability and integrity.

目前，在美国及亚洲地区最常用的专科药剂学参考书籍为医生专用药物参考书 (PDR) 及专科药目索引 (MIMS)。

USANA 的营养产品被列入美国医生专用药物参考书 (PDR) 及太平洋区的专科药目索引 (MIMS)，令 USANA 产品的质量、可靠性及诚信得到进一步肯定。



Best of State 全州之冠

USANA is a multiple-year winner of the Utah Best of State Award for Best Dietary Supplement Company.

USANA 为历届犹他州营养产品“全州之冠”大奖得主。



Nutritionals You Can Trust

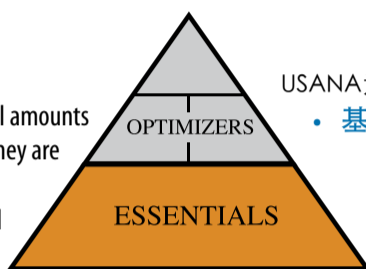
值得您信赖 的营养产品



Photos on this page are for illustrative purposes only. Not all products shown are available in Malaysia. 本页图片只供参考，有些产品不在马来西亚出售。

In USANA you will find the finest nutritional supplements designed for your health.

- **The ESSENTIALS™ (AO Pro™ and Chelated Mineral™)** provide the optimal amounts of a comprehensive range of micronutrients in their most bio-available forms. They are the foundation of USANA's nutritional system.
- A range of add-on **MICRO-OPTIMIZERS** enables you to customise a nutritional programme to meet your specific needs.



USANA为您的健康着想，设计了最优质的营养补充品：

- **基本营养素 (AO Pro™ 和 Chelated Mineral™)** 蕴含最佳剂量、也最易被人体吸收的完整系列微量营养素，是 USANA 营养系统之基本。
- USANA 提供一整系列的**微量营养素优化剂**，以切合不同人士的营养需要。



A Purity Guarantee 绝对安全的营养体系

USANA offers world class athletes a purity guarantee – allowing sportsmen and sportswomen who take nutritional supplements for optimal health and fitness to do so without fear of violating the World Anti-Doping Agency standards.

Sony Ericsson WTA Tour is the latest to take up the offer. Its CEO Larry Scott said the Tour has for many years sought a manufacturer that could meet its tough standards in this essential area.

USANA给予世界级运动员一个纯正保证 — 确保所有服用维他命与补充品的参赛运动员，能够在健康与体能都处于最佳状态下参加竞赛，并无需担心触犯世界反禁药机构规定的条例。

Sony Ericsson WTA Tour 是近期拿到这个保证。它的总裁 Larry Scott 说 WTA Tour 多年以来一直寻找一家能够在这个营养领域里达到标准的制造商。

A Safe Nutritional System 绝对安全的营养体系



USANA provides optimal amounts of vitamins and minerals – which can often be higher than the RDAs. But dosages are always set at safe levels, below or at the NOAELs (No Observed Adverse Effect Levels), even when you use many products in combination.

USANA的营养产品含有最佳份量的维生素和矿物质 – 较美国每日营养素建议摄入量 (RDA) 为高。USANA制定的份量均符合安全标准，而且绝不高于安全上限。

Self-preserving products for healthy skin 科研保质护肤产品

USANA also has an advanced line of pharmaceutical-grade products for healthy skin. SENSÉ™ products nourish and protect your skin, and are made without adding chemical preservatives such as parabens.

USANA还推出SENSE™先进护肤品系列，产品严格遵守药物生产标准制成，绝不含化学防腐剂苯甲酸酯，是您护肤之完美选择。



sen^{sé}
beautiful science®