



# Health & Freedom

*your path to independence*

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

## The Time Is Now

USANA is the right opportunity for you, right now



**USANA Australia & New Zealand 1998 - 2009**



Regional Office, Sydney

Take some time to look through this publication and see the health and freedom opportunities that are open to you right now. This is your opportunity to make a choice.

**Choose a business that has proven its name by industry standards.** USANA has been voted the number one network marketing business by Network Marketing Today and MLM Insider magazine 11 years in a row.

**Choose an industry that continues to grow in an uncertain economic climate.** USANA continues to grow with a new 16 million-dollar

regional office in Sydney and new international market in Philippines.

**Choose only the best ingredients.** USANA has just the right ingredients creating the highest quality, science-based health products to help you achieve optimal health.

**Choose the best business plan.** With a premium product line and award-winning compensation plan, USANA offers multiple ways of earning income.

**USANA attracts people from all walks of life.** Doctors, taxi drivers, lawyers, stay-at-home mums, accountants, university students,

among others have found physical and financial wellbeing with USANA. Whether you want to earn a part- or full-time income, USANA gives everyone an opportunity to succeed.

**With USANA, you build relationships while earning an income.** USANA Associates succeed by helping others succeed in their business-building efforts.

**USANA has been operating in the Australian and New Zealand market for 11 years.** During these 11 years, USANA has helped Associates build businesses that generate great earning potential.

For more information contact:

[www.usana.com](http://www.usana.com)



# Protect Your Cells with Antioxidants

*"I dream of a world free from pain and suffering. I dream of a world free from disease. The USANA family will be the healthiest family on earth. Share my vision. Love life, and live it to its fullest in happiness and health." - Dr. Myron Wentz*



Public health scientists have found new evidence of the threats that our toxic environment poses to our cellular health. The air we breathe, the water we drink, even the foods we eat, contain substances that may be damaging to our cells. Any tissue that is exposed to the environment, including the skin and the linings of the respiratory and gastrointestinal passages, is especially vulnerable.

Dr. Myron Wentz, (Ph.D in immunology and microbiology), founder and chairman of USANA Health Sciences, hypothesises that foods with high peroxide values, especially processed, fatty foods, generate "free radicals" that in turn damage healthy cells. Researchers believe that supplementary antioxidants are necessary for combating these free radicals in addition to the body's normal defence systems.

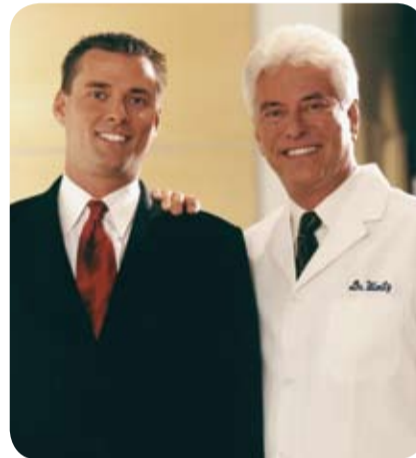
"The human body is made of cells, and those cells work together to sustain your life," Dr. Wentz says. "Taking antioxidants with food may help reduce the formation of oxidised lipids." Other medical professionals concur on the importance of taking supplementation.

With a family of tens of thousands currently supplementing their diets with USANA products, science has been—and always will be—the primary focus of USANA Health Sciences. USANA, having modelled its quality program after similar quality programs used in the pharmaceutical industry, is able to confidently assure every customer that its products are of the highest quality.

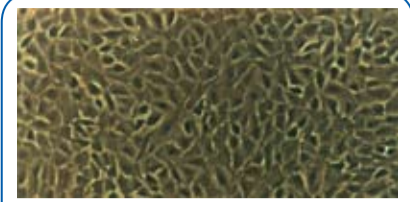
Led today by Dr. Wentz' son and protégé, Dave Wentz, as well as a highly skilled management team, USANA continues to expand throughout the world, improving

the lives of countless numbers of individuals in the process.

"My father started USANA Health Sciences with a focused vision of freeing the world from pain and suffering," Dave declares. "He envisioned a world where people experienced physical health, emotional well-being, and financial stability. He wanted to give his family and families of thousands of others the means to enjoy life to its fullest in happiness and health. To accomplish this, he enlisted the help of many Associates who shared USANA's vision and wanted to help make the world a healthier place."

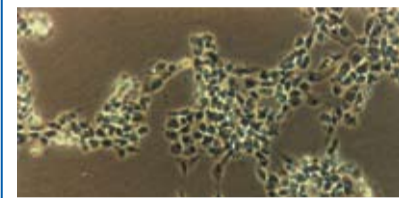


Dave Wentz, Chief Executive Officer & Dr. Myron Wentz, Founder & Chairman of the Board



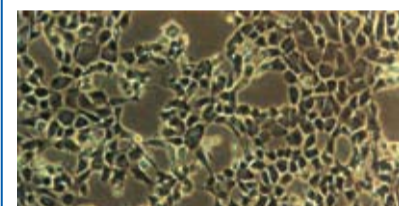
## Healthy human cells in culture

Laboratory experience and analysis indicate that certain types of healthy cells in culture may survive indefinitely when "nutriented" properly and protected from harmful toxins.



## Cells after adding digested products from a fatty meal

Cellular damage is caused by oxidised lipids from fatty food. Consider that such damage could occur throughout the body.



## Similar cells when antioxidants are included

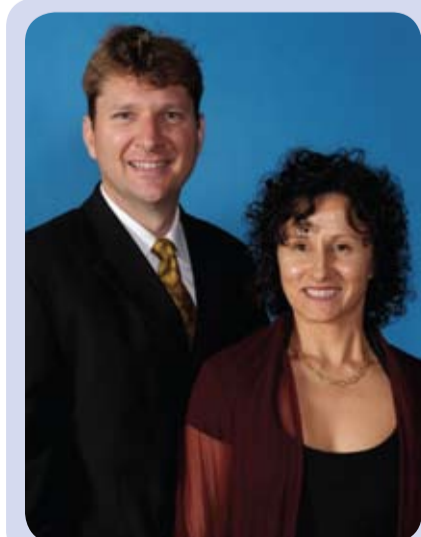
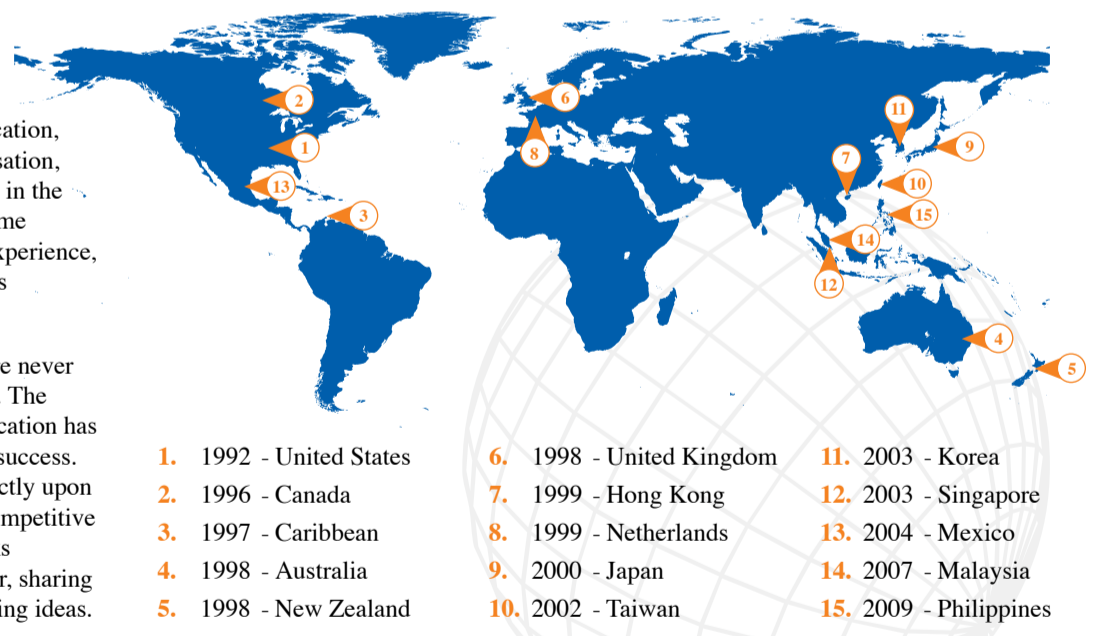
Antioxidants provide a marked improvement in inhibiting cellular damage from oxidisable foods. Healthier eating habits are your first line of defence.

## USANA Family Grows Worldwide



As you can see from this publication, USANA is a worldwide organisation, most recently opening its doors in the Philippines. You, too, can become successful regardless of your experience, race, sex, education, or business background.

When you join USANA, you are never alone in building your business. The person who gave you this publication has a very tangible interest in your success. His or her success depends directly upon your success. So instead of a competitive arena, the USANA family works together, supporting one another, sharing training tips and business-building ideas.



## Building an International Home-Based Business

Mark & Flora Trinca, QLD Australia

"Eight months after commencing our USANA business we began our global journey. Neither of us had ever been in network marketing before (Mark was a biologist and Flora was in sales and marketing) and working internationally was a whole new concept for us.

The best way to begin building your USANA business

internationally is to define your goals, understand your target audience and their culture, and be adaptable.

Build your business with honesty, integrity and transparency. The basic needs of health and freedom are the same for every culture.

Understand that you are building a long term residual business and

are therefore looking for long term business partners.

Our USANA business has expanded globally into the USA, Canada, Mexico, Caribbean, New Zealand, Hong Kong, Netherlands, UK, Korea, Taiwan, Malaysia and currently launching in the Philippines."

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## Five Reasons You Can Trust Your Health to USANA

# Nutritionals You Can Trust

### 5-Star Rating

**USANA Products Receive Gold Medal and Editor's Choice Award**

The latest edition of Lyle MacWilliam's Comparative Guide to Nutritional Supplements (2009, ANZ Consumer edition) evaluates over 200 broad-spectrum multi-vitamin/mineral supplement products in Australia and New Zealand.

USANA is given a 5-star rating and awarded the Gold Medal, recognising product excellence through verification of GMP compliance and independent laboratory testing. USANA also receives Editor's Choice Award for Nutritional Manufacturers. These awards and 5-star rating give consumers the confidence that they have indeed chosen the "Best of the Best."



Lyle MacWilliam,  
BSc, MSc, FP



### Strict GMP Compliance

**USANA Follows Good Manufacturing Practices**

USANA follows pharmaceutical-grade Good Manufacturing Practices (GMP) for all its nutritional supplements. USANA is one of the few companies that owns and operates its own manufacturing facility.

Located in Salt Lake City, USA, it is a Therapeutic Goods Administration (TGA)-approved facility with strict compliance to TGA's manufacturing standards which are amongst the strictest in the world.

### NSF Certification

**USANA Now Certified for Sport™**

USANA's Salt Lake City manufacturing facility in USA, has been certified to be in compliance with GMP requirements set forth for dietary supplements by NSF International. NSF is an independent, not-for-profit organisation that helps protect public health by writing standards for food, water, air, and consumer goods.



USANA Health Sciences Head Office  
Salt Lake City, USA

## 1 Groundbreaking nutritional research

USANA invests significant time and money in extensive scientific operations, information systems, research services, worldwide scientific alliances, and technical support. USANA experts are at the forefront of nutritional science.

## 2 First-class ingredients

USANA's unique ingredient formulas are based on sound, scientifically validated research and tested ingredients.

## 3 Guaranteed potency

USANA guarantees the claimed potency of its products. Most of USANA's formulations are manufactured in-house, following stringent analytical and quality control procedures. USANA verifies each production batch so that what you read on a product label is what you will receive in the product.

## 4 High-quality manufacturing

USANA's quality program for nutritional products is modelled after the pharmaceutical industry. A variety of government agencies conduct periodic inspections, requiring strict control of procedures and documentation.

## 5 Confidence of top athletes

USANA's pharmaceutical-grade Good Manufacturing Practices ensure the safety and quality of each product. USANA products have been proven effective and free of contaminants. Elite athletes including Australian Olympic gold medallist Steve Hooker, Olympian Clint Robinson and a myriad of other professional athletes worldwide, trust their health to USANA.

## Full Confidence in USANA

**USANA Sponsored Athlete, Olympic Gold Medallist Steve Hooker - Pole Vault**



"Continued support from USANA has been a real benefit. During the Olympic period, it was important to supplement my daily

diet with USANA supplements, which helped me perform at my best. My physical stamina is more resilient and that enables me to train harder and for a longer period of time. I also make sure I stay on top of all my USANA supplements during my recovery period so that I can maintain a healthy lifestyle, even when I am not training.

As an elite athlete, there are many problems with guaranteeing the quality of supplement intake. I don't need to worry when I am taking USANA products. I take USANA with full confidence my

drug test will always come back negative. It's reassuring to have USANA on my side."



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# The USANA Essentials™:

The Most Complete Multivitamin System on the Market

The USANA **Essentials™**—multivitamin and mineral supplement, which include **Mega Antioxidant** and **MultiMineral**, form the basis for the entire USANA nutritional system.

## The Right Ingredients (Comprehensive Formula)

USANA has redefined the meaning of essential nutrients to include not only those that are required to prevent acute nutrient deficiency, but also nutrients that have been linked in recent research, to the maintenance of various aspects of optimal health.

## The Heart of the Olive

Many dietary antioxidants such as vitamin C, vitamin E, bioflavonoids, carotenoids, and proanthocyanidins are present and numerous in many dietary sources. The phenolic compounds, a group of structurally distinctive antioxidants, are less common in the modern western diet, but are rich in olives that have been the staple food in Mediterranean culture.

The benefits of olive fruit and olive oil consumption are extensive. USANA's exclusive patented olive fruit extract (**Olivol™**) is a rich source of phenolic antioxidants.

## Advanced Doses

The USANA **Essentials** contains advanced levels of almost all the essential vitamins and minerals listed

in the NHMRC (National Health & Medical Research Council) RDI (Recommended Dietary Intake), providing levels associated with optimal health.

## Balanced Formula (A Synergy of Nutrients)

The formulations of the USANA **Essentials** were painstakingly designed to allow components to work in union to achieve a synergy of optimal health benefits.

## The Correct Form (Highly Bioavailable)

At USANA, every effort is made to obtain the highest quality ingredients, with dependable levels of potency. In addition, every step of the manufacturing process is subject to exacting quality control. All this ensures that the full benefits of these essential nutrients are available to the user.

The **Essentials** are the only products on the market that contain USANA's patented olive-fruit extract\*.

## Mega Antioxidant<sup>^</sup>

**Active Ingredients:** Betacarotene, Vitamin C (as **Poly C™** from calcium ascorbate, potassium ascorbate, magnesium ascorbate monohydrate, Zinc Ascorbate), Vitamin D3 (Cholecalciferol), Vitamin E (d-Alpha tocopheryl acid succinate), Natural mixed tocopherols, Vitamin K (Phytomenadione), Vitamin B1 (Thiamine hydrochloride), Vitamin B2 (Riboflavine), Nicotinamide, Vitamin B3 (Nicotinic Acid), Vitamin B6



(Pyridoxine hydrochloride), Folic Acid, Vitamin B12 (Cyanocobalamin), Biotin, Calcium pantothenate, Rutin, Quercetin, Citrus bioflavonoids extract, Herbal extracts [from Olive fresh fruit\*, Green tea (Camelia sinensis), Bilberry (Vaccinium myrtillus), Pomegranate (Punica granatum), Cinnamon (Cinnamomum cassia)], Curcumin, Lutein, Lycopene, Broccoli (Brassica oleracea), Inositol, Choline bitartrate, Cysteine hydrochloride, Bromelains, Alpha lipoic acid, Ubidecarenone (Coenzyme Q10)

## MultiMineral<sup>^</sup>

**Active Ingredients:** Calcium (from calcium citrate hydrate and calcium carbonate), Magnesium (from magnesium citrate and magnesium amino acid chelate), Potassium iodide, Zinc citrate dehydrate, Selenomethionine, Copper gluconate, Manganese gluconate, Chromium (from chromium chloride and chromium picolinate), Molybdenum trioxide

# HealthPak 100™



USANA's **HealthPak 100™** is a nutritional supplement pack that offers a comprehensive daily supplement regimen with a full daily dose of the **Essentials™**, bone-supporting nutrients from **Active Calcium Plus™**, and antioxidants in the exclusive **AO Booster** tablet. Each box contains 56 individually wrapped packets containing two **Mega Antioxidant**, two **MultiMineral**, one **Active Calcium Plus**, and one **AO Booster™**, providing you with optimal and balanced antioxidant activity—day and night.

## HealthPak 100 (Essentials/Optimizers)<sup>^</sup>

**Active Ingredients:** Each packet contains active ingredients as in: **Mega Antioxidant, MultiMineral, Active Calcium Plus, AO Booster** [Exclusive to HealthPak 100 containing: Curcumin, alpha Lipoic acid, plant extracts from Green tea (Camelia sinensis), Glycine max, Grape seed (Vitis vinifera), Japanese knotweed (Polygonum cuspidatum) containing resveratrol, Rosemary (Rosmarinus officinalis)]

\* USANA Olivol™ Protected Under US Patents 6,358,542 Or 6,361,803

<sup>^</sup> Do not take while on Warfarin therapy without medical advice. Contains sorbic acid and sodium benzoate.

~ This product contains Selenium, which is toxic in high doses. A daily dose of 150µg for adults of Selenium from dietary supplements should not be exceeded.



## Unrivalled Nutrition, Unmatched Value

The **Essentials™**—multivitamin and mineral supplement, provide a broad spectrum of vital vitamins, minerals, and antioxidants—more than can easily be obtained from the average modern diet. Take a look at the food—about 22,000 calories worth—you'd have to eat to get the same nutrients found in a daily dose of the **Essentials**. Plus, it would cost you more than \$50 to fill your grocery cart with the items needed to obtain these nutrients. The **Essentials**, meanwhile, cost just \$0.33AU / \$0.38NZ per tablet—or \$2.67AU / \$3.04NZ per day. That's a difference of more than \$47 per day or \$1316 a month!

While USANA supplements are not a replacement for eating a balanced diet, they do provide a convenient way to ensure you are receiving all the nutrients you need to maintain optimal health.

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# Children's Health

## Develop Healthy Patterns for Life

The number of overweight children and adults is increasing. Almost one third of Australian and New Zealand children are either overweight or obese.

Research shows that overweight children are more likely to become overweight adults and at risk of heart disease, high blood pressure, stroke, diabetes, and some cancers. Childhood is an important time to develop healthy patterns for life and prevent health-related problems later in life.

Involve the whole family in healthy eating and physical activity.

### Healthy Eating

Good nutrition starts early in life. Children (and adults) need to eat a wide variety of foods to obtain all the nutrients they need:

- Keep offering healthy foods even if they refuse them at first.
- Never miss breakfast. Breakfast provides the energy you need to listen and learn in school and at work.
- Choose a wide variety of foods, including grains, vegetables and fruits, low-fat dairy products, fish and lean meats or beans.
- Choose water when thirsty and limit sugary drinks including juices, cordial and fizzy drinks.
- Consider giving your children a high-quality multivitamin supplement.

### Healthy Teeth & Bones

Make sure your child gets enough calcium-rich foods to help build strong bones and teeth. This may include milk, yoghurt, cheese, broccoli, kale, beans and brussel sprouts.

Calcium Recommended Dietary Intake (RDI) for children and teenagers:

- 4-8 years: 700 mg/day\*
- 9-13 years: 1,000-1,300 mg/day\*
- 14-18 years: 1,300 mg/day

### Healthy Bodies

Children (like adults) should be physically active for at least one hour every day.

- Involve the whole family in physical activities like hiking, trips to the zoo, or kicking a ball at the local park.
- Give presents that encourage activity – kite, skipping rope, roller skates, or gift vouchers to miniature golf.
- Make household activities fun, like dog-walking, car-washing, or lawn-mowing.
- Spend time in the garden and grow a vegetable patch.
- Limit TV and computer time and avoid eating in front of the TV.

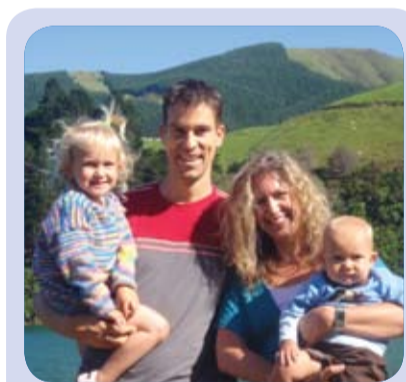
\* Sources:  
<http://www.moh.govt.nz/moh.nsf/pagesmh/4141?Open>  
<http://www.nrv.gov.au/Nutrients.aspx?code=5540006>



### The Importance of Nutrients at a Young Age

Research clearly shows that many children do not get the nutrition they need because of unhealthy diet choices, and their poor nutrition can lead to health problems such as diabetes and osteoporosis later in life.

Poor nutrition during the developmental years can retard growth and delay maturation, while proper nutrition at this age helps to give adolescents the foundation for good health for the rest of their lives. To provide their bodies with adequate amounts of all the essential nutrients, children and their parents should follow a well-balanced, proactive nutritional plan that includes a high-quality vitamin and mineral supplementation in addition to eating a healthy diet.



Craig & Becky Lawson,  
Nelson New Zealand

## Living our Dream

"USANA gives us the opportunity to work from home and share in every joy, tear and triumph of raising our precious children together. As a family we enjoy time freedom to travel, help others, raise funds for charity, play and still take care of our financial needs.

We live an amazing lifestyle with an abundance of wealth and health. This past year we took time out after the birth of our second child and we often travel to Canada to be with our extended families. We are truly living our dream."

# USANA for all Generations

### Usanimals™

Great-tasting **Usanimals™** help make nutrition fun. **Usanimals** provide a full array of nutrients such as vitamins, minerals, and antioxidants in amounts designed especially for children. **Usanimals** include advanced levels of vitamins C and E, two of the most powerful antioxidants and a phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders. Your children will love the natural blend wild berry flavour and animal shapes. USANA uses only natural flavours and sweeteners.\*

**Active Ingredients:** Betacarotene, Vitamin C (from ascorbic acid and sodium ascorbate), Cholecalciferol (Vitamin D3), d-alpha-tocopheryl acid succinate, Vitamin K (Phytomenadione), Thiamine mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Nicotinamide, Calcium pantothenate, Pyridoxine hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Folic acid, Biotin, Inositol, Antioxidant Phytonutrient Complex [containing fruit powders from *Rubus fruticosus* (blackberry), *Rubus idaeus* (Raspberry), *Vaccinium macrocarpon* (Cranberry), *Vaccinium myrtillus* (blueberry)], Calcium (as calcium carbonate), Magnesium (from magnesium citrate, magnesium amino acid chelate, and magnesium oxide), Potassium iodide, Zinc amino acid chelate, Selenomethionine, Cupric citrate, Manganese gluconate, Chromium (as chromic chloride)

\* Contains sugars. Not suitable for infants under the age of 12 months.

### Body Rox™

**Body Rox™** is specifically formulated to meet the nutritional demands of growing adolescent bodies and provides a combination of antioxidants that help young bodies maintain ideal health, including rutin, grape-seed extract, green-tea extract, turmeric extract, lutein, and lycopene.\*

**Active Ingredients:** Betacarotene, Vitamin C (as calcium ascorbate), Cholecalciferol (Vitamin D3), d-alpha-tocopheryl acid succinate, Vitamin K (Phytomenadione), Thiamine hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Nicotinic acid (Vitamin B3), Nicotinamide, Calcium pantothenate, Pyridoxine hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Folic acid, Biotin, Choline bitartrate, Inositol, Cysteine hydrochloride, Antioxidant Phytonutrient Complex [containing: Rutin, Citrus bioflavonoids, Grape seed extract (*Vitis vinifera*), Green tea extract (*Camellia sinensis*), Turmeric extract (*Curcuma longa*)], Lutein, Tomato fruit extract (*Solanum lycopersicum*), Broccoli flower powder (*Brassica oleracea*), Calcium (from calcium citrate, calcium ascorbate, and calcium carbonate), Magnesium (from magnesium citrate, magnesium amino acid chelate, and magnesium oxide), Potassium iodide, Zinc citrate, Selenomethionine, Copper gluconate, Manganese gluconate, Chromium (from chromic chloride and chromium picolinate)

\* This product contains Selenium, which is toxic in high doses. A daily dose of 150µg of selenium for adults from dietary supplements should not be exceeded.



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# USANA® Optimizers

An extensive selection of products to customise your nutritional program.

## Proflavanol® & Proflavanol® 90 Extra Strength

**Proflavanol®** contains a unique blend of **Poly C™** and grape seed extracts – antioxidants that appear to be some of the most powerful free-radical scavengers yet discovered. And now it is three times stronger with **Proflavanol® 90 Extra Strength**. Both **Proflavanol** and **Proflavanol 90 Extra Strength** offer the enhanced antioxidant activity with the combination of procyanidins from grape seed and vitamin C, providing you with a powerful weapon in your fight for optimal health.

**Active Ingredients:** Vitis Vinefera (grape) seed extract, Vitamin C (as **Poly C™** from calcium ascorbate, potassium ascorbate, magnesium ascorbate monohydrate, and zinc ascorbate).



## CoQuinone™\*

The USANA commitment to quality, using only the best ingredients in the right amounts and proper formulations for optimal bioavailability can be seen at its best in **CoQuinone™**. **CoQuinone** is clinically proven to be more bioavailable than some other CoQ10 products. It contains 30 mg of CoQ10 and 12.5 mg of alpha lipoic acid per soft gel capsule. USANA's unique formulation helps to support normal healthy heart function, optimum physical performance and stamina.

**Active Ingredients:** Coenzyme Q-10, Alpha lipoic acid.

\*Do not take with Warfarin therapy without medical advice.



## Garlic EC™

**Garlic EC™** provides you with the full benefits of garlic in a high quality and highly-bioavailable form. The active compound of each garlic tablet is protected with an enteric coating, which helps to minimise garlic odour. **Garlic EC** may provide temporary relief of mild upper respiratory infections, such as colds and bronchitis\*, and helps maintain general well-being.

**Active Ingredients:** Garlic powder.

\* If symptoms persist see your health care practitioner. Not to be used in children under two years of age without medical advice.



## OptOmega™

**OptOmega™** is a certified organic, all-vegetarian product designed to re-establish an optimal ratio of essential omega-3 and omega-6 fatty acids in your diet. With a unique blend of cold-pressed flax, sunflower, pumpkin seed, and extra virgin olive oils, **OptOmega** is an excellent way to supplement these important essential fatty acids that are often scarce in the modern western diet.

## BiOmega III™

**BiOmega III™** is a high potency natural fish oil supplement encapsulated in convenient gel capsules. With a higher level of total omega-3 essential fatty acids per capsule, **USANA BiOmega III** offers almost double strength potency compared to the standard fish oil products currently available, providing 320 mg of eicosapentaenoic acid (EPA) and 230 mg docosahexaenoic acid (DHA). These nutrients help to support healthy cardiovascular function, maintain good joint health, and are important for brain and eye health. **BiOmega III** is also fortified with vitamin D and flavoured with natural lemon oil.

**Active Ingredients:** Concentrated omega-3 triglycerides natural fish oil containing EPA and DHA, Cholecalciferol (vitamin D3).



## E-Prime™

The **USANA E-Prime™** supplement is a premier vitamin E product for those who wish to increase their vitamin E intake and enhance their antioxidant protection. The **USANA E-Prime** uses state-of-the-art liquid hard-shell encapsulation technology, further enhancing the bioavailability of **E-Prime**. The result is a potent and complete vitamin E formulation.

**Active Ingredients:** Natural vitamin E (as d-alpha-tocopherol)



## HepaPlus™

**HepaPlus™** is a potent liver tonic with a powerful blend of antioxidants including high quality botanic extract from milk-thistle, green tea, turmeric, and broccoli concentrate. **HepaPlus** also contains cysteine hydrochloride and alpha lipoic acid to provide comprehensive support for healthy liver function and normal detoxification process.

**Active Ingredients:** Herbal extracts from Silybum marianum (milk thistle), Camellia sinensis (green tea), Curcuma longa (turmeric) and Brassica oleracea (Broccoli), Cysteine Hydrochloride, Alpha Lipoic Acid.



## Poly C™

Formulated with a unique blend of highly bioavailable mineral ascorbates providing potent vitamin C activity, **Poly C™** maintains higher blood levels of vitamin C than ascorbic acid alone. **Poly C** also contains a bioflavonoid complex from hesperidin, rutin and quercetin for maximum antioxidant activity and bioavailability, and to assist in the improvement of general well-being.

**Active Ingredients:** Vitamin C (as **Poly C™** from calcium ascorbate, potassium ascorbate, magnesium ascorbate, zinc ascorbate), Citrus bioflavonoids, rutin, quercetin.



Part of a lifelong program of good nutrition is recognising that we all have different nutritional needs and that our individual needs change as we move from one stage of life to the next.

For each of us, a unique combination of age, gender, lifestyle, and other considerations demands a nutritional program that is both flexible and customised. For this reason we have created the Optimizers, an extensive collection of state-of-the-art nutritional products that enable you to customise your nutritional program to meet your individual needs.



## Active Calcium Plus™

**Active Calcium Plus™** provides comprehensive nutritional support for optimal bone development and maintenance throughout all stages of life. **Active Calcium Plus** is carefully formulated with an optimal dosage of calcium, magnesium, and vitamin D to offer a superb nutritional supplement for the maintenance of strong, healthy bones. Supplementation of calcium is one of the keys to help reduce the risk of developing osteoporosis and increase quality of life.

**Active Ingredients:** Calcium (from calcium citrate hydrate, calcium carbonate), Magnesium (from magnesium citrate, magnesium amino acid chelate, magnesium oxide), Cholecalciferol (vitamin D3).



It is formulated with the same amount of calcium, magnesium, and vitamin D as in the **Active Calcium Plus™** tablet. **Active Calcium Chewable** has been shown to improve bone mineralisation in preadolescent girls<sup>†</sup>, and is an effective way to increase dietary calcium.

**Active Ingredients:** Calcium (from calcium citrate hydrate, calcium carbonate), Magnesium (from magnesium citrate, magnesium oxide), Cholecalciferol (vitamin D3).

\*Contains sugars. Not suitable for infants under the age of 12 months.

†Wood T, McKinnon T.; USANA Clinical Research Bulletin; Feb 2001, No 8; <http://www.usana.com/>

## Active Calcium™ Chewable\*

**Active Calcium™ Chewable** is a great-tasting chewable calcium supplement for kids, teens, or anyone who prefers a chewable tablet.



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### Procosamine® II

Feel the difference with the advanced USANA **Procosamine® II** supplement that offers a daily dose of 2,000 mg of glucosamine sulfate\* for the support and maintenance of healthy cartilage and joints. **Procosamine II** also contains turmeric extract, vitamin C, and manganese, which work together with glucosamine sulfate to provide temporary relief of the pain of osteoarthritis and to help reduce joint swelling associated with arthritis<sup>†</sup>.

**Active Ingredients:** Glucosamine sulfate, Calcium ascorbate, Manganese Gluconate, Curcuma longa (turmeric) extract.

\*Derived from seafood.

†If symptoms persist see your health care practitioner.



### Visionex™

This comprehensive formula is designed to maintain long-term eye health with two of the most powerful free-radical scavenging antioxidants – lutein and zeaxanthin. Our eyes are constantly exposed to harsh environmental factors such as air pollution, dryness, and oxidative damage from sunlight. The extra nutritional support you'll receive from **Visionex™** will go a long way toward maintaining your healthy vision.

**Visionex** contains guaranteed levels of lutein and zeaxanthin, as well as vitamin C, zinc, and bilberry extract to support healthy eyes and acute vision.

**Active Ingredients:** Vitamin C (as **Poly C™** from calcium ascorbate, potassium ascorbate, magnesium ascorbate, zinc ascorbate), Zinc citrate, Vaccinium myrtillus (bilberry) extract, Lutein, Zeaxanthin.



### Ginkgo-PS™

**Ginkgo-PS™** contains a combination of ginkgo biloba extract, phosphatidylserine (PS)-enriched lecithin to assist in the maintenance of peripheral circulation and the improvement of general well-being.

**Active Ingredients:** Ginkgo biloba extract, Lecithin.

\*Contains sugar.



### PhytElle™

**PhytElle™** is a combination of soy isoflavones combined with herbal extracts from black cohosh, dong quai, licorice root, and chasteberry fruit powder. It helps in the relief of symptoms associated with women's health such as PMS and menopause.<sup>‡</sup>

**Active Ingredients:** Glycine max (soybean), Herbal extracts from Cimicifuga racemosa (black cohosh), Glycyrrhiza glabra (licorice), Vitex agnus-castus (chasteberry), and Angelica polymorpha (dong quai).

\*Warning: In very rare cases, black cohosh has been associated with liver failure. If you are experiencing yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain, and/or loss of appetite, you should stop using this product and see your doctor.

‡If symptoms persist see your healthcare practitioner.



### Palmetto Plus™

**Palmetto Plus™** is a comprehensive formulation that provides powerful support for the male physiology and function. It contains all-natural botanical components guaranteed for potency, and furnishes a comprehensive, unique formulation with extracts from saw palmetto, tomato, and soy isoflavones.

**Active Ingredients:** Extracts from Serenoa serrulata (Saw Palmetto), Solanum lycopersicum (tomato), Glycine max (soybean).

**Vitamin supplements should not replace a balanced diet.**



## Rev3 Energy Surge™ Pack\*

### The healthy alternative energy drink

**Rev3™** provides consistent and long-lasting energy boost, without the exhaustion and crash that follow high sugar energy drinks. Packed in a delicious beverage, it is an advanced formula of antioxidants and other important nutrients necessary for maintaining healthy and efficient energy levels.

Contains no artificial flavours, colours, sweeteners or preservatives. Made from all-natural sources of caffeine, including white, green and black teas to support mental alertness and stamina. Korean ginseng and rhodiola rosea are added to help the body's response to stress and fatigue.

- Low in calories at only 10 Cal (41.8KJ) per serving
- Low in sugars at only 2g per serving

**Rev3 Energy Surge is currently sold and distributed in New Zealand only.**



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

# USANA® Foods

Great tasting healthy alternatives as a daily snack or meal replacement drink



## **Nutrimeal™ (GI=25, low)**

**Nutrimeal™** is a low GI, formulated meal replacement shake that provides complete nutrition including proteins from both soy and whey, carbohydrates, dietary fibre, and many other vital nutrients. With only 239-240 Calories (1000-1004KJ), a delicious glass of **Nutrimeal** will satisfy your hunger while helping you maintain a healthy weight. **Nutrimeal** is available in French Vanilla (now formulated without gluten), Dutch Chocolate, and Wild Strawberry flavours.

## **NEW! Chocolate Whey Nutrimeal™ (GI=28, low)**

Chocolate Whey **Nutrimeal** is USANA's low GI formulated meal replacement shake without soy protein. Formulated without gluten, Chocolate Whey **Nutrimeal** expands the USANA Foods range as another exceptional healthy alternative for sustained energy throughout the day.

## **Fibergy™ (Low GI)**

Fibre is one of the key ingredients to a healthy diet, and **Fibergy™** drink mix

provides 12-13 grams in each serving. It also contains inulin, a dietary fibre that is sometimes regarded as prebiotic. With a smooth texture and a great taste, **Fibergy** helps you feel satisfied and full. **Fibergy** is available in Peach Mango (gluten-free) and Almond Crème.

## **SoyaMax™**

Each serving of **SoyaMax™** contains 24 grams of soy protein and is an outstanding source of low-fat, cholesterol-free, non-animal protein. **SoyaMax** is formulated with soy protein isolate providing essential amino acids.

## **Nutrition Bar (Low GI)**

A delicious, low GI healthy snack, **Nutrition Bars** provide a balanced ratio of healthy carbohydrates, proteins, and fats. **Nutrition Bars** are available in three delicious varieties: Oatmeal Raisin, Peanut Butter Crunch, and Chocolate Fusion (NEW!).

- Oatmeal Raisin blends whole-grain oats, oat bran, and plump raisins into a great-tasting, wholesome snack.
- Peanut Butter Crunch, with a chocolate coating and peanut centre, provides all of the benefits of soy protein, which contains the essential amino acids for building a healthy body.
- Chocolate Fusion is a healthy treat packed with protein, providing you sustained energy in a delicious snack bar.

## RESET™ Weight Management Program

Resetting your body has never been easier! Get started today with the **12-Week RESET™** Weight Management Program. USANA's science-based, nutritionally balanced program will lead you on the path to long-term weight management and healthier way of living. Maximise your success with the online supporting Healthy for Life ANZ Program. For more information, visit [www.usana.com/resetanz](http://www.usana.com/resetanz), or <http://www.healthyforlifeanz.com>

### Success stories

"**RESET** was most effective in assisting me to break bad eating habits. The most consistent and satisfying weight management program I have ever undertaken."  
– John, VIC Australia

"**RESET** has given me an ideal weight and the energy level that I have not experienced for many years."  
– Tim, Wellington New Zealand

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight management. Results will vary.

### RESET™ Program at a Glance

**RESET** combines the benefits of low GI diet, complete nutrition and active lifestyle in three easy-to-follow phases. The **5 Day Jump Start** is an intense phase to kick off the program. Progress to **Phase 1 Transform** for continued improvement, and then **Phase 2 Maintain** to consolidate your new, healthier lifestyle.

**RESET** is not another diet, but a scientific alternative to fad diets. It promotes healthy eating, sound nutrition, and regular exercise to enhance health and wellbeing, and sustainable long-term weight management with proven results.



## **USANA Nutrimeal™ Joins the GI Symbol Program**

The Glycemic Index (GI) Symbol was launched in July 2002 by the University of Sydney, Diabetes Australia and the Juvenile Diabetes Research. GI ranks carbohydrates according to their effect on blood glucose levels. The GI Symbol indicates that the GI of a food has been tested at an accredited laboratory using standardized methods and that it was an overall healthy choice within its food group. Foods with the GI Symbol also meet other nutritional guidelines – low in saturated fat, moderate in kilojoules, and a source of dietary fibre and/or calcium.

All USANA **Nutrimeal™** shakes including the new Chocolate Whey **Nutrimeal** are the first meal replacement products to carry the coveted GI Symbol. They have been independently tested as low GI using

approved methodology (Australian Standard; Glycemic Index of Foods AS4694-2007), and are all-round healthy choices within their category.

Further information about the GI and the GI program, including a database of foods and their GI value, is available at [www.glycemicindex.com](http://www.glycemicindex.com) and [www.gisymbol.com](http://www.gisymbol.com).



*Dr Alan Barclay is the Vice President and Chief Scientific Officer for Glycemic Index Foundation, and co-author of Diabetes and Pre-Diabetes Handbook.*

GI Symbol: © & ™ The University of Sydney, used under licence.



## Forget the Low-Carb Diet, Go Low-Glycemic

**Ray Strand, M.D.,** author of several books, including *What Your Doctor Doesn't Know About Nutritional Medicine & Healthy for Life*

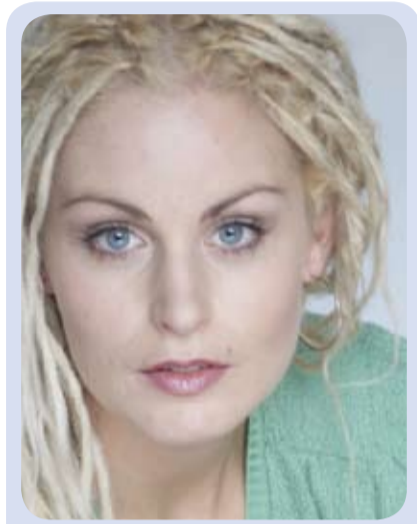
"As long as you continue to abuse your insulin by eating high-glycemic foods, you are trapped and not free to make healthy choices. Learning to choose what you do and do not want to eat is truly the desired goal. Otherwise, you are held captive by the body's overwhelming demand for highly processed carbohydrates and sugar."



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

# Capture the Glow of Health In Your Skin

**sensé**  
beautiful science™



**Bianca Punt,**  
Christchurch New Zealand

## Beautiful Glowing Skin Comes Naturally

"Sensé™ has transformed my skin. In combination with the full range of Sensé skin-care products, I take the **Essentials™**, **BiOmega III™**, **Proflavaniol® 90** and the **USANA® Foods**.

The bumpy skin around my jaw line has smoothed out and evened in colour. The puffiness and deep lines under my eyes firmed and smoothed and my skin actually glows.

I get a lot of great comments about my skin and people are surprised when I tell them what my skin used to be like.

My skin is the first thing people see when they look at me and it's great not to feel insecure about it anymore. I love Sensé because it works!"



### theBASICS

The daily 3-step program for healthy-looking skin

#### Step 1: Cleanse with Gentle Daily Cleanser – AM and PM

**Gentle Daily Cleanser** is a mild soap-free formula. Wash away surface dirt and impurities without drying or irritating your skin, defending against harsh environmental elements.

#### Step 2: Tone with Hydrating Toner – AM and PM

**Hydrating Toner** restores your skin's pH balance while removing any lingering surface impurities. It refines and brightens skin's appearance.

#### Step 3: Replenish with Daytime Protective Emulsion – AM

**Daytime Protective Emulsion** hydrates and delivers intensive all day moisture while the SPF protects against sun damage. It also supports the skin's natural cell renewal process.

#### Restore with Night Renewal PM

**Night Renewal** moisturiser hydrates overnight and improves moisture levels in your skin. It helps combat the signs of ageing while visibly refining the skin. Wake up to vibrant looking skin.

### theENHANCERS

Targeted solutions for your skin's individual needs

#### Serum Intensive

If you are worried about fine lines, wrinkles and loss of elasticity, try **Serum Intensive**. It reduces the look of fine lines and wrinkles while boosting skin firmness and unclogs pores. It is ideal for oily skin.

#### Perfecting Essence

If you are concerned about loss of radiance and blotchiness, try **Perfecting Essence**. It brightens, smoothes and refines your skin while reducing uneven skin tone. Gentle enough for sensitive skin.

#### Eye Nourisher

If you have concerns with crows feet and dark circles, try **Eye Nourisher**. Minimise the appearance of fine lines and wrinkles while reducing the look of dark circles around your sensitive eye area.

#### Rice Bran Polisher

If you have dull, uneven texture, try **Rice Bran Polisher**. Use 3 times a week to gently exfoliate and remove dead skin cells and enjoy the benefits of a fresh radiant complexion.

#### Nutritious Crème Masque

If you are experiencing clogged pores or dry skin, try **Nutritious Crème Masque**. For best results, use 3 times a week as a facial treatment to deeply cleanse and moisturise, removing impurities and oils from your skin and leaving your skin feeling firm.

**sensé**  
beautiful science™

Personal-care products for the entire family

#### Firming Body Nourisher

Sweep away dry skin and help maintain skin elasticity with this firming moisturiser.

#### Energizing Shower Gel

This soap-free shower gel gently cleanses the skin without drying. Infused with botanical extracts, Jojoba seeds, avocado oils, Irish moss, and mallow to moisturise and soften the skin.

#### Intensive Hand Therapy

Fight the damaging effects of the environment and keep hands and cuticles soft with this concentrated hand crème. All natural ingredients provide protection while locking in moisture.

#### Revitalizing Shampoo\*

Restore the natural softness, body and shine of your hair with wheat protein, panthenol and Vitamin E. **Revitalizing Shampoo** helps maintain a healthy scalp and provides penetrating moisture.

#### Nourishing Conditioner\*

Enriched with vitamins C and E, this nourishing conditioner moisturises, protects and strengthens hair. It also provides great manageability and shine while mending split ends.

\* Safe for all hair types, including chemically processed and colour-treated hair.

## Exclusive Patented Self-Preserving Technology\*

**Sensé beautiful science™** is a complete line of skin-care products without added chemical preservatives or parabens for healthy-looking skin and a healthier you. Using patented Self-Preserving Technology that combines purifying botanicals in protective liquid crystals, each product stays fresh naturally. With pure-plant bioactives and exclusive nutrient complexes, the products are designed to help

revitalise each cell, where healthy skin begins, so skin looks younger and healthier.

**Your skin deserves the best. Take care of yourself with the best nutrition and skin-care products available.**

\* The exclusive 'self-preserving' technology that is currently used in all Sensé - beautiful science™ skin care products is protected under U.S Patent No. 7,214,391.



## USANA Natural Toothpaste

USANA's **Natural Toothpaste** naturally cleans and whitens teeth without any harsh ingredients. The natural, fluoride-free formula provides antioxidants **Poly C™** and green-tea extract as well as baking soda from natural sodium carbonate to help neutralise plaque acids.

# Journey to True Health



**Roger Anderson & Hazel Balderston,**  
Auckland New Zealand

## I've been given my life back

In my mid-30's, I was constantly feeling tired. There were times when I would go out into the garden and then sit there for hours, unable to find the energy to get back inside.

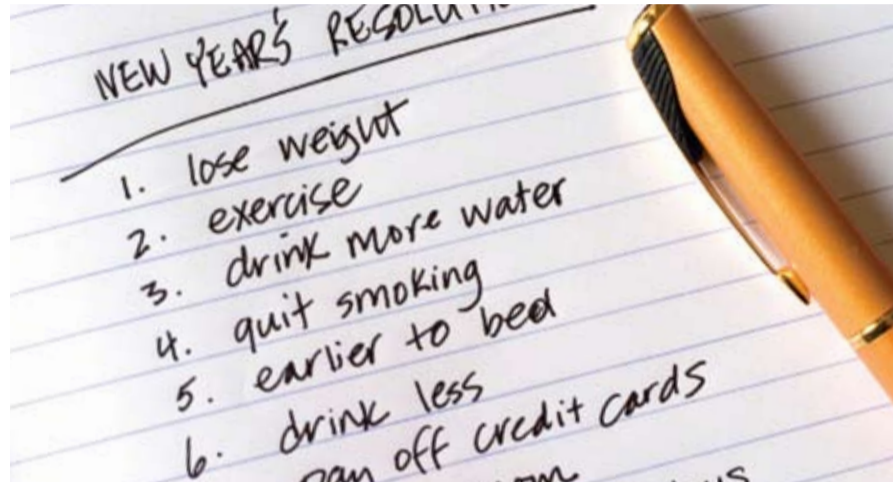
I was struggling with two young children, my husband Roger was working shifts, and it seemed like neither of us had any energy for ourselves, each other or the children – until the brother of a friend of mine offered me the USANA nutritionals to try.

After six weeks of taking the **Essentials™** and **Proflavanol®**, I was doing a couple of things a day and felt like I had more energy. After three or four months, I was so excited to have energy I didn't know what to do with it.

We took a summer holiday and I decided to go snorkelling. It was the first time in years. When I got out of my wetsuit I cried with happiness!

My husband and children have been amazed to see my increase in energy. USANA gave me my life back and for that I will always be grateful.

True health is more than a state of being. It is a lifestyle that is achieved through good food, good nutrition and good habits. The way to better health is a journey, not a destination.



USANA Health Sciences provides an approach to healthy daily living through optimal nutrition. For lifelong health, your body needs highly advanced micro and macro nutritionals – essential vitamins, minerals, and antioxidants to protect against free radical damage.

Many people trust their health to USANA. Thank you to the following individuals who share their journey to true health and freedom.

## Life's a walk on the beach

**Jo & Warren Naseby,**  
WA Australia

USANA gives us the time and freedom to live the life we want.

We don't wake to an alarm clock but take our time to enjoy the morning with meditation, stretching and exercise. I blend my favourite shake recipe for breakfast, combining **Nutrimeal™**,

**Fibergy™**, **Soyamax™** and fruit.

Relaxing by the pool or walking on the beach, we spend the mornings as we want, with no business calls, emails or presentations until noon.

We love life and love to travel. By taking care of our health now, we are looking forward to exploring the world with family and friends for many years to come.



## I have a new lease on life

**Karen Ovens,**  
Auckland New Zealand

Using the **12-Week RESET™** Program changed my life. I lost a remarkable 9kg and gained a deeper understanding of how my eating affects my physical and mental wellbeing. My whole outlook has changed and I feel sensational. I have always been young at heart but now I feel 20 years younger!

My favourite shake is French Vanilla **Nutrimeal™**, which I blend with semi-frozen blueberries and ice.

It's easy to share something that has impacted your life so positively and passionately. **RESET** is not just about weight management – it's about setting goals, having a vision, taking action and watching your life change before your eyes.



## USANA History at a glance

**92** USANA Health Sciences opens for business

**95** Enters first international market with USANA Canada

**96** Opens the doors of custom-designed 98,000-square-foot world headquarters in Salt Lake City, USA

**97** Opens an additional customer service centre in Tooele, Utah  
Moves into Caribbean market  
Introduces the Preferred Customer Program

**98** Expands into Australia, New Zealand, and the United Kingdom markets

**99** Opens its doors in Hong Kong and Netherlands markets

**00** Moves into Japan market

**01** Constructs a 100,000-square-foot warehouse and shipping area adjacent to world headquarters  
Partners with Children's Hunger Fund as its charitable organisation of choice

**02** Expands into Taiwan market  
Introduces **Sensé—beautiful science™**  
Dave Wentz appointed President of USANA Health Sciences, Inc.  
Receives two U.S. patents for **Olivol™**

**03** Wins Utah Best of State award for dietary supplements  
Opens in Korea and Singapore markets  
Dr. Wentz named Utah 2003 Ernst & Young Entrepreneur of the Year  
Establishes Athletic Advisory Council  
Sponsors the USANA Amphitheatre in Salt Lake City, USA

**04** Opens in Mexico market  
Offers US \$1 million guarantee to athletes in Canada  
Surpasses half-a-billion US dollars paid in commissions to Associates since inception  
Acquires FMG Productions

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

# Journey to Freedom

Freedom is more than the achievement of financial wealth. It is an abundance of precious time you need to live life and enjoy it.

USANA Health Sciences provides an award-winning business opportunity, business building tools and compensation plan that is available to everyone. USANA gives you an opportunity to invest in yourself and experience the life changing benefits of true health and freedom.

Many people have taken control of their future by building a business with USANA. Thank you to the following individuals who lead by example and share their journey to freedom.



## We have received so much in return

**Bill & Jenny Huang,**  
Auckland New Zealand

USANA is a unique business opportunity that offers a leveraged income for life. What we love most, is that by helping other people we in turn, help ourselves. We have happily given our time and effort to build our business and have received so much more in return.

As a family we enjoy the outstanding benefits of true health and true wealth.

Our children take USANA nutritional supplements every day. They have been a fantastic support us for us. Our family has experienced numerous health benefits, which motivates us to continue sharing USANA with others.

USANA will be the healthiest family in the world.

When you are in business with USANA you are in business with people just like you, who are leaders in their field, passionate about sharing a great business opportunity and world-class product line.



## Improving lives is as important as saving them

**Frank Feng & Bin Yang,**  
NSW Australia

I was a surgeon with over 30 years' medical experience. However, with USANA, I can give greater health benefits to others, with products and knowledge, than I ever could as a surgeon.

When I found USANA in June 2001, I realised that using my scalpel to save lives was limited, but sharing USANA's vision to help people was unlimited. I have found a business with more value than being a surgeon for the remainder of my life. As a family, we have experienced better health, financial security and freedom. Even our son now joins us in the business.



## The best investment I made

**Feng Yang & Ting Ting,**  
NSW Australia

My parents introduced me to USANA just after I graduated from college. I was newly married, working a repetitive nine-to-five computer job and unsure what the future offered.

I was able to operate my business with two to three hours spare time,

without any capital investment and risk. I gained valuable experience in my community, which could not be taught in any university or bought with any amount of money. USANA was the right opportunity. This business has improved our quality of life, and allowed us sufficient funds and energy to undertake further studies and spend more time with our family.

## USANA History at a glance

- Launches the reformulated patent-pending, self-reserving **Sensé™** line  
President Dave Wentz elected to the executive board of the Direct Selling Association (DSA)  
Wins a 2nd Utah Best of State award for dietary supplements
- 05** Exceeds \$300 million in sales  
Named People's Choice by NetWork Marketing Today & The MLM Insider Magazine for the eighth year  
Receives acclaim from national publications, including Forbes and Business Week  
Becomes official health supplement supplier of the Sony Ericsson WTA Tour
- 06** Wins Utah Best of State award for dietary supplements for the 3rd year  
Holds first Asia Pacific Convention in Singapore  
Utah Business magazine votes USANA as one of the best companies to work for in Utah, USA
- 07** Expands into Malaysia  
Dr. Myron Wentz receives Albert Einstein Award for Outstanding Achievement in the Life Sciences
- Wins Utah Best of State awards for Dietary Supplements (4th year) and Personal-Care Products
- 08** Completes a 190,000-square foot global expansion, including the construction of a new office tower and warehouse at world headquarters, a distribution centre in Hong Kong, and a new regional office in Australia  
USANA rated #1 Distributor Choice for 10 years by NetWork Marketing Today & The MLM Insider Magazine  
Wins Utah Best of State award for Dietary Supplements (5th year), Personal-Care Products (2nd year), and Overall in Merchandising & Consumer Services  
Dave Wentz elected chairman of the Direct Selling Association (DSA) Board of Directors (US)  
Presented with the 2008 Work/Life Award from the State of Utah in recognition of an outstanding corporate workplace
- 09** Expands into Philippines  
Receives 5-star rating and Gold Medals of Achievement from NutriSearch Comparative Guide to Nutritional Supplements\*

\*USANA **Essentials™** and **HealthPak 100™** are top ranking 5-star rated supplements in the Comparative Guide to Nutritional Supplements (MacWilliam, L. 2009, Consumer Ed.)

# Why Network Marketing?



**Feeling the crunch of the financial crisis?**



**Worried about your retirement?**



**Looking for a second income?**

The current financial crisis affects all of us in some way. It means higher taxes, rising costs of living, plummeting home values, home loss, job loss, evaporating retirement funds, healthcare shortfalls, or diminished quality of life. It's time to take a look at a different kind of business – network marketing.

Network marketing is not new. It is a worldwide, billion dollar industry. Some of the world's greatest business experts and entrepreneurs have all had a share, including Richard Branson, Donald Trump and Robert Kiyosaki.

Sales by network marketing members have reached \$US1.2 billion annually in Australia and \$US 180 million dollars in New Zealand. More than 620,000 Australians and 115,000 New Zealanders have some involvement in the industry. With a long and proven record, direct selling is an obvious alternative to conventional retailing.<sup>1</sup>

Unlike a traditional business, network marketing allows you to enjoy significant financial advantages, without substantial start-up costs, operational costs and overheads. Network marketing offers you an opportunity to start your very own business from home and live the life you desire.

Providing flexible working times and hours, you can build your own network marketing business around your current job commitment. The success of your business is in proportion to your input and effort. Motivated individuals can even replace the average Australian and New Zealand weekly income.

Whether you choose to work part- or full-time, you're the boss of your

own business. You choose the hours you want to work. It means no more rushing out the door in the morning and daily commute in peak-hour traffic. Minimise your child care expenses, dry-cleaning bills and office-lunch costs.

By generating an additional income, you can pay off your mortgage sooner, top up your super, or just pay for the weekly groceries. Network marketing enables mothers on maternity leave to stay at home longer, or leave full-time work to spend time with their children. It allows students to build a significant income through social networking and never have to apply for a traditional job.

There could be financial benefits to starting your own business. The potential tax advantage alone could

## Committed to Ethical Practices

USANA is recognised industry-wide for its dedication to ethics. USANA CEO Dave Wentz is Chairman of the US Direct Selling Association (DSA).

*"I am so pleased to be associated with the DSA because of its strong commitment to ethical business practices. By serving on the Executive Board, I can help USANA remain on the forefront of the industry as our company moves into its second decade of business,"* says Dave Wentz.

Continuing the same dedication and commitment to ethics, Bill Duncan, USANA Executive Vice President of Australasia, is Chairperson of the Direct Selling Association of Australia (DSAA). Bill's appointment to this position will see the industry develop new initiatives and move forward on a number of areas, raising the profile of USANA in Australia and New Zealand.



make a home-based business the single best financial move you could ever make.\* Other advantages are that marketing and warehousing is all done for you. Products are shipped directly to your customers' door at a minimal cost and you can offer your customers a 30-day money back guarantee. You also have the opportunity to further your skills and gain excellent training in sales and communication.

As you build your network marketing business, you build a team of people, making friends and having fun along the way. Top business builders are rewarded with recognition, travel and all-expenses paid trips.

\* Independent, detailed and professional advice should be sought from your accountant or tax advisor on the deductions available on an individual basis.

<sup>1</sup> Source: [http://www.wfdsa.org/statistics/index.cfm?fa=display\\_stats&number=1](http://www.wfdsa.org/statistics/index.cfm?fa=display_stats&number=1)



## What is Network Marketing?

Network marketing is a unique business model in which an Associate network is needed to build the business. It is a business opportunity that offers you both a part-time or full time flexible business. It allows you to earn an income multiple ways. Network marketing businesses feature a low start up cost and the opportunity to sell a product line directly to friends, family and other personal contacts.

# Why USANA?



## 1 The People's Choice

USANA's compensation plan has been the people's choice for more than 10 years and has been voted the #1 distributor choice company by Network Marketing Today and MLM Insider Magazine from 1997-2008.

## 2 Consumable Product Range

- Rated 5-Star Supplement in Australia and New Zealand<sup>1</sup>
- Exclusive, self-preserving technology in every skin-care product
- Backed by an accredited team of scientific experts
- Exceptional in-house manufacturing
- Adheres to pharmaceutical-grade GMPs (Good Manufacturing Practices)
- Offers 100% potency guarantee in all products

## 3 Market Trends and Timing

USANA operates in 15 countries and continues to grow worldwide (USANA Philippines opened in January 2009).

## 4 More Ways to Earn Income

USANA gives you **six ways to earn income**. Matching Bonus and the Platinum PaceSetter program makes earning potential even easier.

## 5 Systems, Training and Support

Receive training and support from USANA corporate, including – access to the USANA Associate website ([www.usanatoday.com](http://www.usanatoday.com)); professional publications; effective business-building tools; Business Development System or e-BDS; professional training and training events throughout the year; regional and international conventions.

<sup>1</sup>USANA Essentials™ and HealthPak 100™ are top ranking 5-star rated supplements in the Comparative Guide to Nutritional Supplements (MacWilliam, L. 2009, Consumer Ed.)

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

# USANA is for Everyone

The USANA opportunity offers a way to health and freedom for everyone

People around the world appreciate what USANA offers: premium products and a business opportunity that is second to none.

USANA is a growing worldwide family, made up of a diverse group of people who share the desire for optimal health and financial freedom. Whether you want an extra income, more time to spend with your children, a flexible career, freedom to travel or greater options for your retirement, USANA offers a unique business opportunity suited to your individual needs. Create the lifestyle you want with freedom to choose your income, hours, and workload.

No matter what your age, background, or current situation, USANA gives you the choice to make a difference now and for your future.

## Incredible Success: All in the Family

**Xian Lin & Amy Shen and Mary Ma & Bob Lin, NSW Australia**

This growing family, Amy and Xian Lin, their son Bob Lin, and his wife, Mary Ma have worked hard to build their business in Australia and overseas. Amy believes the qualities for success are hard work and perseverance, "Many have quit this opportunity early, without realising the amazing potential."

As a family, they all have time-freedom to pursue their interests, from

photography to travelling the world.

Bob loves spending time with his wife Mary and their daughter, Sophie. "Life is very enjoyable – USANA doesn't feel like working."

Amy is proud of her family and the close connection they share. "With USANA, the whole family has been brought closer together."



**Rachel Clemow,  
New Zealand, based in Italy**

## Creating Life Experiences

Spending every moment with our beautiful son is a precious freedom. We travel the world and experience life how we wish. The past two years we've spent in Venice, Italy. We've achieved this by making our business completely mobile and operating online from our computers.

We can finally say we have the freedom we've always wanted. It just came down to making a good choice and then working with it.

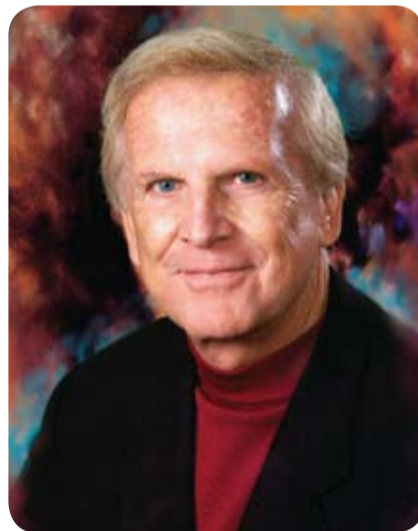
## Why the USANA Opportunity is the Right Choice

**Denis Waitley, Ph.D.**

The kind of professional career and business each of us needs to be looking for is an organisation that offers the following:

- A clear and elevating mission to help improve quality of life
- The finest quality products or services in the industry it serves
- An environment that fosters empowerment
- The opportunity to succeed on one's own merits and efforts
- A growth opportunity that is soundly capitalised, with staying power, resources, and integrity weighed before profit as the ultimate bottom line

USANA offers all of that, plus the only consumer approved network marketing model. If you want to jump into the 'entrepreneur reality,' I encourage you to consider the USANA opportunity.



*Denis Waitley Ph.D. is an internationally known keynote speaker, author, consultant, and former chairman of psychology for the U.S. Olympic Committee's Sports Medicine Council.*

## A dream that's too big is just the right size

**Zachary Ross & Collette Larsen, California USA**

Collette Larsen, a mother of five, embarked on a journey that would lead to remarkable success and create priceless memories. Collette began her USANA home-based business and ultimately teamed with her son Zachary Ross to promote Dr. Wentz' vision of true health and freedom throughout the world. It's a powerful partnership built on trust and mutual respect.

"It's such a blessing to be able to work with my mum," Zak says. "I think we both bring different skills and attributes to the table that complement each other really well."

Collette and Zak's organisation,

Larsen Global Alliance, continues to thrive. As the pair celebrates yet another amazingly successful year, the mother-and-son team remains a shining example of what a strong partnership can accomplish.



## Shaping a Bright Future for Gen Y

**Mike Harris,  
Christchurch New Zealand**



Look out for Generation Y – a growing population in Australia and New Zealand. They're ambitious, educated, and optimistic about the future.

Like most Gen Ys, Mike Harris was always looking for something better, until he found USANA. Mike says, "I never felt that being locked into a 'job' was for me. The idea of a capped income, fixed hours of work and limited holiday times didn't fit with me. I wanted freedom to travel and live life how I wanted."

USANA has given me that and so much more. The greatest reward has been the ability to 'give back' to my family.

Mike Harris is an inspirational leader of his generation. "It's been great working with such a young, vibrant team of people who have big aspirations! We're grateful we've managed to find this incredible business vehicle so young.

USANA gives us the ability to shape the way we want our lifestyles sooner, rather than later. We've been able to go on amazing trips together and see different parts of the world while having a blast."



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

**USANA**  
currently pays  
an average of  
**53%**  
of sales volume  
in commissions  
and incentives\*



**Greg Yelas,**  
NSW Australia

## USANAtoday: My Business Advantage

"Technology is a competitive advantage in business. I feel confident having USANAtoday, with all the online tools I need to manage my business. It's great to be able to track and manage orders and see new team members and customers joining your business.

There are so many free promotional tools to download. And it's great to receive regular updates that keep me informed of the latest news in corporate and product development. Along with Income Maximizer which is essential in managing my USANA business, I would feel blind if I did not have visibility of USANAtoday!"

## Six Ways to Earn Income with USANA

### 1 Retail Sales

Earn profits on the difference between wholesale and retail.

### 2 Incentives

Be rewarded with luxury travel, prizes, and even extra cash through USANA's generous incentive programs.

### 3 Weekly Commissions

Earn a starting commission up to 20% from your customers and sales volume of your team.

### 4 Leadership Bonus

Participate in USANA's 3% worldwide weekly bonus pool.

### 5 Matching Bonus

Receive up to 100% matching bonus for 8 months (32 weeks) on the commissionable volume of Associates you personally sponsor who become Platinum PaceSetters.

### 6 Elite Bonus

Enrich your income with USANA's 1% quarterly bonus shared among the top 25 income earners.

## Get Connected with USANAtoday and Income Maximizer



USANAtoday is your personal online business tool that can be the key to the success of your business. It is your virtual office allowing you to manage shipments, orders and enrolments. You have the ability to operate your business from almost any location and provide a quality service with attention to detail – saving on costs and time. USANAtoday offers you the opportunity to grow your business wherever you are.



Income Maximizer™ is your online business service. This service is a cost- and time-effective package of essential online business tools that gives you the power to develop your USANA business. New Associates receive this service FREE\* for their first three months. As you grow your business this subscription-only service provides four key tools you need to build a successful business and become an inspiring leader: DLM (Downline Management), Web Hosting / Web Conferencing, e-Cards, and Business Advantage.

\*The Income Maximizer is FREE for the first 3 months providing 100 point autoship is met.



Shop@  
USANA



Online  
Enrolment



Autoship



DLM



WebMail



Tell Us What  
U Think



## My Global Business Built Online

**Nick Roditis, Australia, based in Greece**

"When I joined USANA, my dream was to operate my business internationally, move to Greece with my family, and have a regular income. We have been living that dream now for over four years.

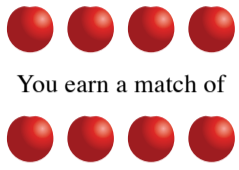
USANA's online tools have been integral to growing my business long-distance. I couldn't do it without all the great prospecting tools found on USANAtoday."

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

# It's Like Comparing Apples to...Apples

## 100% Matching Bonus, if you are a Platinum PaceSetter

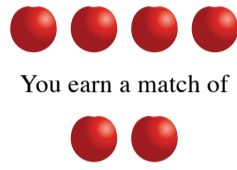
If your new Platinum PaceSetter earns



You earn a match of

## 50% Matching Bonus, if you are a PaceSetter

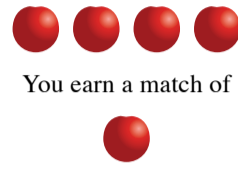
If your new Platinum PaceSetter earns



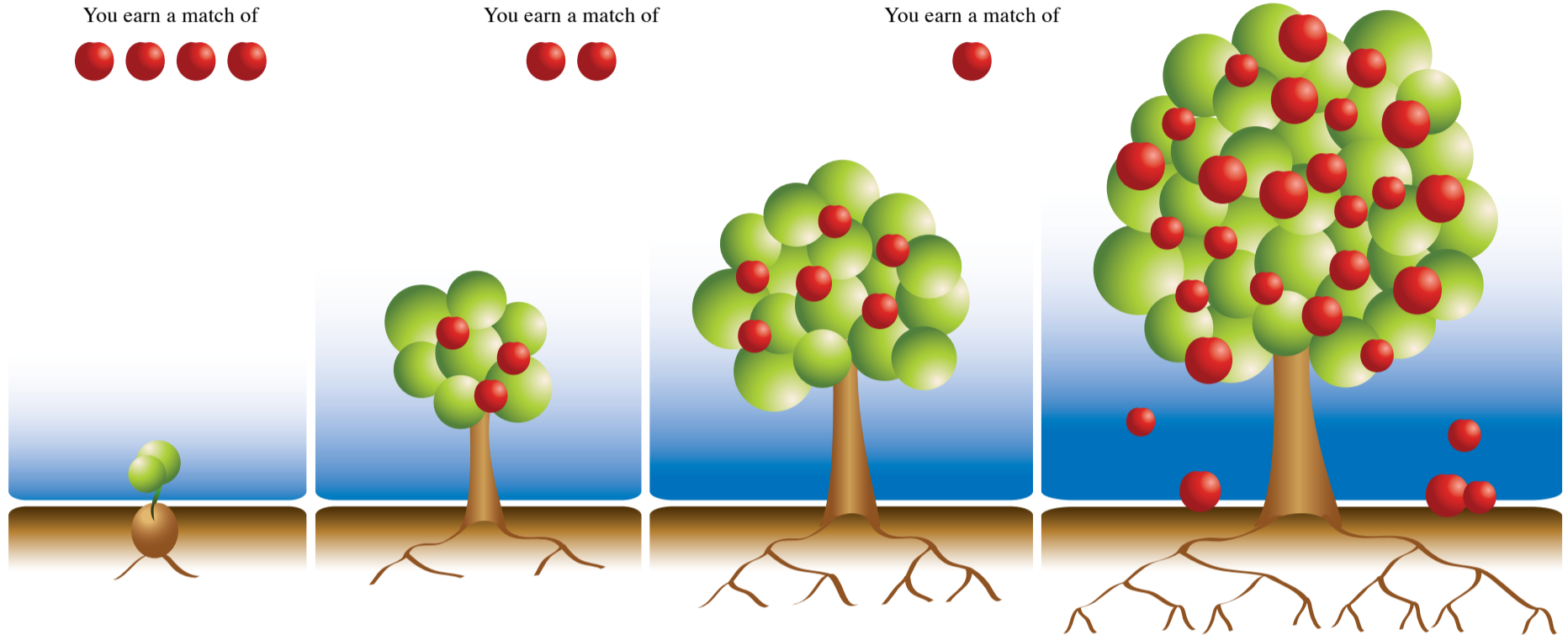
You earn a match of

## 25% Matching Bonus, if you are an Associate

If your new Platinum PaceSetter earns



You earn a match of



## Even Easier Earning Potential

Matching Bonus and the Platinum PaceSetter Program makes earning potential even easier. Alongside USANA's award-winning compensation plan, these enhancements remain unrivalled in the industry.

Receive up to a 100% matching bonus for eight months (32 weeks) on the commissionable volume of Associates you enrol who become Platinum PaceSetters (i.e. you help

them to personally sponsor four new Associates within the first six weeks of them joining USANA).

There are no limits on the number of Platinum PaceSetters you can sponsor and no limits to the amount of income you can earn. Associates who get started as soon as they enrol are the ones with the best chance of success. Set the pace for success in your first six weeks of joining USANA.

## The Gift of Matching Bonus

Phillip Zhang,  
VIC Australia

"Matching bonus is a revolutionary change to the USANA compensation plan. In the first few months, I earned more from my matching bonus than the average Australian weekly income. Matching bonus is a great gift to USANA Associates. Thanks USANA!"



Carolyn & Paul Edwards,  
Northland New Zealand

## Get Started!

"The first six weeks in a new Associate's journey are the most crucial. Statistics tell us you have a good chance of becoming a Gold Director if you achieve Platinum PaceSetter status. I want to give everyone who joins our team the best opportunity to achieve this. The Get Started Today Workbook simplifies everything, and already our new Associates are sponsoring people in their first six weeks."

## The Platinum PaceSetter Program

Increase your earning potential by becoming a Platinum PaceSetter and creating Platinum PaceSetters. Our research proves beyond doubt that Associates who qualify as Pacesetter or Platinum PaceSetter have a much greater chance of success.

Pacesetters and Platinum PaceSetters are treated with a lifetime of exclusive member benefits.

### To qualify as a PaceSetter:

Within six weeks of application date, a new Associate must personally sponsor two new Associates who activate 1 or 3 Business Centres and remain active (100PSV or 200PSV points every four week rolling period) for eight consecutive weeks.

### To qualify as a Platinum PaceSetter:

Within six weeks of application date a new Associate must personally sponsor at least four new Associates, who activate 1 or 3 Business Centres and remain active for eight consecutive weeks.





## The USANA Binary Compensation Plan

The USANA Binary Compensation Plan is a binary system in which you build balanced left-side and right-side downline organisations for the purpose of selling USANA's nutritional and personal-care products. The weekly commissions you earn are based on the balanced Group Sales Volume (GSV) points accumulated in your left-side and right-side downline organisations.

USANA Business Centres are designed to pay you weekly commissions on Sales Volume with no limit to the number of levels from which you can earn your commissions. In addition, a USANA Business Centre allows you to be paid on the Sales Volume created by your downline Associates and Preferred Customers.

Another powerful advantage of USANA's program is that there are no monthly group volume requirements. The income you receive from USANA will be in direct proportion to your ability to retail USANA's products to your customers as well as your ability to build an organisation of Associates who, like you, retail to their customers and build an organisation of Associates.

### Starting a Business Centre

Your sponsor places you in an open position in his or her sales organisation (Figure 1). This open position is called a Business Centre (BC). Each Business Centre has left and right sides in which Sales Volume accumulates. You activate and earn commissions on 1 or 3 Business Centres by following a few simple steps:

- Complete an Associate Application form and purchase a Business Development System/eBDS. If you fill out and sign an application manually you can have a 21-day temporary status by calling USANA Customer Service or enrolling online while you wait for USANA to receive the written copy.
- Order USANA products that total 150 points, or 450 points with 3 Business Centres, in Personal Sales Volume (PSV). These products may be for personal use and for retail sale, and may be ordered in a single order or accumulated over time.
- Order USANA products worth 100 PSV (or 200 PSV for 3 Business Centres) for personal use and resale every four weeks.

### How Business Centres Work to Provide Income for You

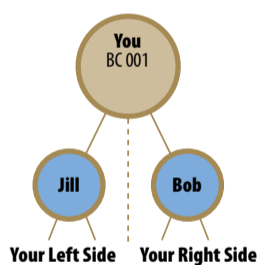
As you begin to build your downline, you have the option to start with 1 Business Centre or 3 Business Centres. One Business Centre gives you direct income from group volume, whereas 3

Business Centres gives you leveraged income from group volume.

With 1 Business Centre, as you sponsor Associates you place them in open positions in your downline (Jill and Bob, Figure 1), always remembering to keep the left and right sides balanced. A unique aspect of the binary compensation plan is that you and everyone in your upline are able to build your downline organisation because new Associates are always added downline. This structure creates a synergy wherein everyone benefits when new Associates are added. This translates into faster growth for you and for those in your downline organisation.

If you choose to personally sponsor more people in USANA, you would place them in an open position under either Jill or Bob, which in turn will help their success. Plus, while you sponsor individuals in your sales organisation, someone in your upline may also sponsor an Associate and position him or her on the left or right side of your Business Centre. However, your success in USANA comes by sponsoring people on your left and right sides, sharing the products with others, and teaching them to do the same.

FIGURE 1: Each Business Centre can only have 2 legs



### Calculating Commissions

Commissions are awarded first in commission points, which are converted to the Associates' local currency. Commissions are paid on whole increments of balanced GSV accumulated in your left- and right- side organisations (Figure 2). Extra GSV, up to 5,000 points on each side, is carried forward—it's like money in the bank.

FIGURE 2: Commission Payout Schedule

Group Sales Volume Points (GSV)		Commission Points	Commission AUS	Commission NZS
Left	Right			
250	250	40	66	76
500	500	100	165	190
1,000	1,000	200	330	380
2,000	2,000	400	660	760
3,000	3,000	600	990	1,140
4,000	4,000	800	1,320	1,520
5,000	5,000	1,000	1,650	1,900

### Calculating Commissions with 1 business Centre

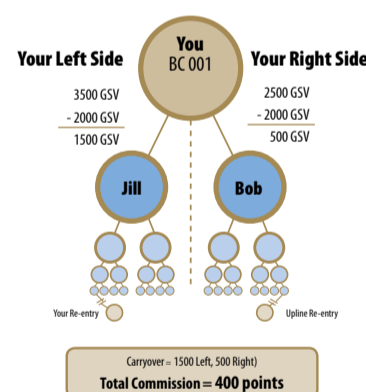
Assume that your 001 Business Centre is active and has 100 points in PSV within the current week. To determine the GSV, which is the combined PSV

of your downline from which your commission for the week is calculated, you total the points in PSV generated during the current week from every Business Centre in the left and right side of your 001 Business Centre. In Figure 3, you have 2,000 points in GSV on your left side and 2,000 points on your right; your own PSV counts toward the GSV of your upline. According to the Weekly Payout Schedule (Figure 2) your highest balanced GSV is 2,000 on each side, which would earn you a commission of 400 points for the week.

### Carryover

In Figure 3, you have a total of 3,500 points on your left side and 2,500 points on your right. According to the Weekly Payout Schedule, your highest balanced GSV is 2,000 on each side, equaling 400 points for the week. The extra GSV would carry forward, and you would start the next week with 1,500 points in GSV on your left side and 500 points on your right side.

FIGURE 3: Carryover and Re-entry



### Preferred Customer

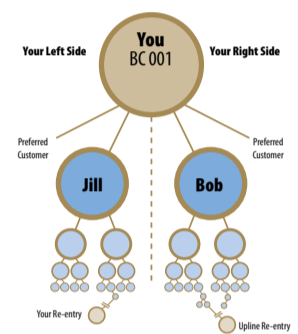
Another way to accumulate GSV is to add Preferred Customers to the left and right side of your Business Centres (Figure 4). Preferred Customers can order USANA products at Associate prices, but they do not accumulate PSV, nor are they paid commissions. Although you do not earn retail commissions from the orders of Preferred Customers, their orders earn points, which are added to your GSV total for the side in which they are placed (left or right).

### Additional Income Potential

As you become increasingly successful selling USANA's nutritional and personal care products, you can qualify for Re-Entry Certificates, which allow you to increase your number of Business Centres and your income potential. Whenever you maximise a Business Centre (accumulate 5,000 points in GSV, current and carryover, in both your left and right sides in a single week), you earn a Re-Entry Certificate (Figure 4). A Re-Entry Certificate allows you to re-enter

in your own downline with an additional Business Centre. To activate a Business Centre with a Re-Entry Certificate, you send a written request to USANA with placement information and generate 150 points in PSV at the time you place the new Re-Entry. The product order corresponding to the PSV generated must be attached to the placement information. You can earn up to two Re-Entry Certificates per Business Centre, and no matter how many Business Centres you activate, it only takes 200 points in PSV in your 001 Business Centre within each four week period to keep all of them active.

FIGURE 4: Preferred Customers and Re-entry

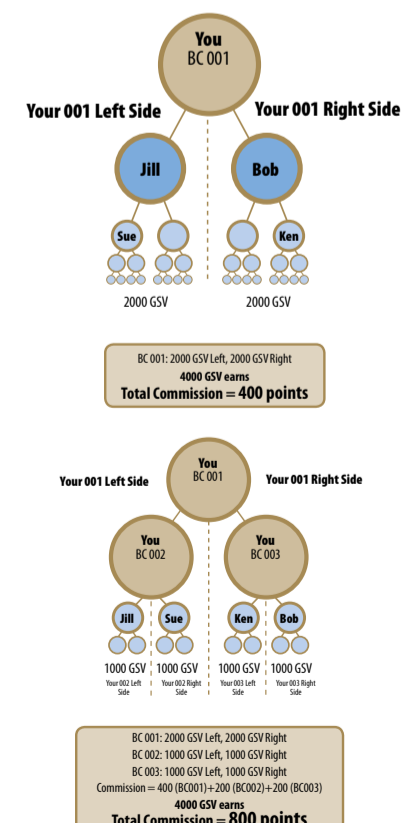


### Doubling Commissions with 3 Business Centres

As illustrated in Figure 5, you can see the difference between building a business with 1 Business Centre versus 3 Business Centres. As you build Business Centres 002 and 003, you are simultaneously building Business Centre 001 without additional effort. With 3 Business Centres, you build balanced legs on two Business Centres and earn commissions on three.

At the bottom of Figure 5, you will see that your 002 and 003 Business Centres each have 1,000 points in GSV on the left side and 1,000 points on the right. According to the Weekly Payout Schedule, the highest balanced GSV is 1,000, earning you 200 commission points for the week in the 002 and 003 Business Centres. Your 001 Business Centre would earn the same 400 points as compared to the one Business Centre on the top of Figure 5. That's an 800-point commission for you—twice the commission for the week.

FIGURE 5: How 3-BC doubles your commission for the same GSV





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

**FORTUNE<sup>25</sup> 2008**  
LIVING THE DREAM

**An Unwavering Drive to Succeed**

**Dave Wentz, USANA Chief Executive Officer**

“The Fortune 25 includes some of USANA’s most successful Associates. These enterprising individuals have worked diligently to become the top 25 income earners in the company. This diverse group has an incredible dedication to the USANA vision, an unwavering drive to succeed, and a desire to attain true health and true wealth.”



ASIA PACIFIC  
**GROWTH<sup>25</sup> 2008**  
ON THE MOVE



**Building a Thriving Business**

**Mark Wilson, USANA Executive Vice President of North America**

“USANA’s Growth 25 celebrates Associates worldwide who have made the largest increase in absolute commission points (CVP) for the year. USANA’s Growth 25 is a distinguished group of people who have risen to the challenge of building a thriving business and committed themselves to spreading the vision of true health and true wealth around the world.”



**GROWTH<sup>25</sup>**  
ON THE MOVE

The ‘AP Growth 25’ comprises the 25 Asia Pacific Associates who increase their commission volume points (CVP) by the biggest absolute amounts, year on year - the comparative periods being “current year” versus “previous year”. The AP Leadership Summit takes place in locations that are chosen for their natural wonders, breathtaking beauty and luxurious appointments. The lucky (hard-working) recipients will be rewarded with a five-star experience, boasting ample time to relax and a host of opportunities to share valuable business tips with their peers from around the region.



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

# Australia & New Zealand Top 5

## Platinum PaceSetter Creators

### Australia

### New Zealand



**1** Yi T. He, NSW



**1** Bill & Jenny Huang, Auckland



**2** Lina & Victor Lam, NSW



**2** Jing Yuan Wen, Auckland



**3** Wei & Selena Che, VIC



**3** Rebecca Metcalfe, Nelson



**4** My Nguyen, VIC



**4** Peter Yu, Henderson



**5** Yi Xu, NSW



**5** Jian Zeng, Auckland

## Matching Bonus Earners

### Australia

### New Zealand



**1** Zhao Jian Ho & Sandy Tam, VIC



**1** Bill & Jenny Huang, Auckland



**2** Yuen Chee To & Clara To, NSW



**2** Rebecca Metcalfe, Nelson



**3** Ping Gao & Hao Chuan Zhang, VIC



**3** Kwok Wing Vincent Ho & Lai Yan Lillian Chu, Wellington



**4** Haoyun Zhang, VIC



**4** Kaiping Lin & Hua Cao, Auckland



**5** Li Ping Ma, VIC



**5** Paula Gosney, Auckland

# Our Elite: The elite qualification

The Elite Bonus, USANA's sixth source of income, is paid quarterly to the Top 25 income earners among all USANA associates in the world. The Elite Bonus pool is 1% of USANA's global commissionable sales volume during that quarter. An Associate's placement in the pool is determined by

their position among the top 25 income earners, their actual earnings and their growth (CVP) over the last year's corresponding quarter.

Congratulations to the Australian & New Zealand Associates who qualified for Quarter 1 2009 – Go for it!



**Zhi Xian Jin & Steven Chen, Australia**



**Bob Lin & Mary Ma, Xian Lin & Amy Shen, Australia**



**Frank Feng & Bin Yang, Australia**

# A Million Dollar Day to Remember

## Fiona Jamieson-Folland & Chris Folland New Zealand

Imagine waking to find yourself in a luxury suite at the grandest hotel in town complete with sauna, steam room, lap pool and fully equipped exercise facility at your disposal.

After a morning workout and swim, enjoy a amazing breakfast with every kind of fruit, bakery and hot foods available.

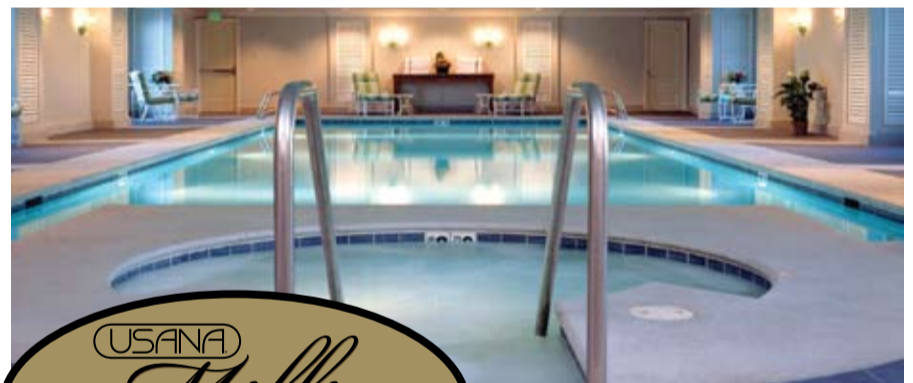
Spend the rest of the day floating 2500 ft in the air in a hot air balloon, above the salt lakes, watching deer run through the trees below, and then ski in the nearby mountain wilderness. These were a few of our best moments.

It took our breath away arriving at USANA HQ, Salt Lake City USA in a stretch limo with police escorts, complete with sirens blazing! We were led by marine guards up a huge red carpet under an enormous banner with our photo.



The deafening applause from all USANA employees packed into the foyer confirms to us we're definitely with the right company! Everyone works hard, although where else, other than USANA, do you find the entire company standing in the foyer applauding your efforts?

Now, imagine the gratitude you feel knowing that this can only happen because you work alongside the most extraordinary team of dedicated people committed to making a difference.



## Australia and New Zealand

The Million Dollar Club is an elite group of worldwide Associates who have, throughout the course of their USANA careers, earned at least US \$1 million in commissions.

New (eligible) inductees will be treated to a Million Dollar Day. The new members will be invited to Salt Lake City, USA, for a day dedicated to treating them like royalty—with world-class accommodations, fine dining, one-on-one meetings with USANA management team members, and a recreational activity handpicked by the Associates. They will also receive a Million Dollar Club blazer and lapel pin.

- Ron McDiarmid, QLD Australia
- Kevin & Gaewyn Goodwin, VIC Australia
- John Appleton, WA Australia
- Eric & Sue Davis, QLD Australia
- Roger & Irene Piasecki, QLD Australia
- Steven Lu, VIC Australia
- Virend & Yogandrie Singh, NSW Australia
- Frank Feng & Bin Yang, NSW Australia
- Xian Lin & Amy Shen and Bob Lin & Mary Ma, NSW Australia
- Steven Chen & Zhi Xian Jin, NSW Australia
- Fiona Jamieson-Folland & Chris Folland, Auckland New Zealand
- Robin Ellis, NSW Australia
- Jerry & Fiona Clayton, Napier New Zealand

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

# One Man's Commitment: Dr. Myron Wentz



## Dr. Wentz Receives Albert Einstein Award

In June 2007, Dr. Wentz was honoured at a special ceremony in Jerusalem with the Albert Einstein Award for Outstanding Achievement in the Life Sciences. This award salutes leaders whose vision and commitment have contributed to the critical advancement of vital life-saving and life-enhancing technology to benefit mankind. Dr. Wentz received the award in recognition of his many scientific and charitable endeavours.

## A Partnership for Change

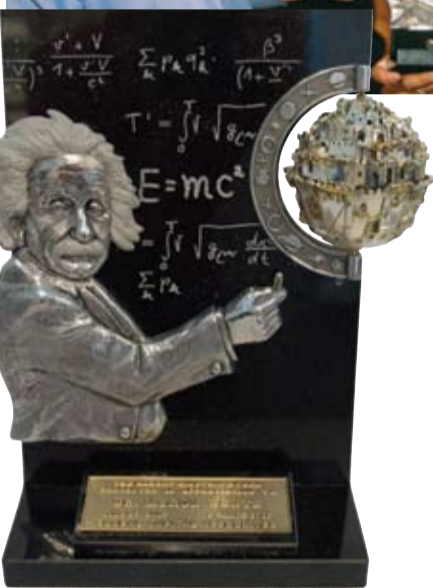
USANA's vision of true health extends to all people, especially children. That is why USANA has formed a partnership with Children's Hunger Fund (CHF), an organisation that has provided more than \$US800 million in aid. Forbes magazine named CHF as one of the nation's most cost-effective charities, with more than 99 cents of every dollar going directly to children in need.

This partnership was further strengthened in the summer of 2004 when USANA Founder Dr. Myron Wentz travelled to Africa, where he visited several impoverished refugee camps in northern Uganda. Driven to action by that heart-wrenching experience, Dr. Wentz and CHF began sending food to the camp's children and helping families begin building homes and growing crops. In little more than a year, malnutrition was reduced by 90 percent, and the refugee population was reduced by more than 60 percent.

Encouraged by this success, Dr. Wentz

resolved to establish a state-of-the-art medical centre for the diagnosis and prevention of disease in Africa. His dream was realised on August 1, 2005, when Dr. Wentz and CHF opened the doors of the Wentz Medical Center in Gaba, Uganda.

In the eight years that USANA and CHF have worked together, thousands of children have received daily nourishment, medical care, and a renewed sense of hope, particularly through the Wentz Medical Centers in Uganda and now Cambodia, by serving children affected by diseases such as malaria and HIV.



## A Greener Way with USANA

USANA Health Sciences recognises that human health and environmental health go hand-in-hand. USANA's mission to develop and manufacture the highest quality, science-based health products possible, carries with it the responsibility to do so in ways that protect, preserve, and promote the integrity of our environment. USANA's commitment to environmental stewardship reflects a passion for advancing the stewardship of human health.

Dr. Tim Wood, USANA Executive Vice President of Research & Development invites you to join USANA in making our world a healthier place to live. "We know at USANA that we must take the health of our environment into consideration if we hope to improve the health of our Associates, customers, and employees. Together, we can make a difference," says Tim Wood.

Gill Stapleton, General Manager of USANA Australia & New Zealand is passionate about working locally to make a difference globally. "It's the small steps we take together that can make the big difference," she says.

Bill Duncan, Executive Vice President of USANA Australasia is dedicated to paving a greener way, "We are committed to measuring our environmental impact to continually reduce emissions and further our mission of helping people achieve optimal health."

Recognising that the health of the environment is an important factor in human health, USANA strives to reduce its environmental impact through the USANA Green program. USANA has a range of initiatives in place designed to contribute to a sustainable operating environment.

- Promote energy efficiency in the design and operation of our facilities, manufacturing systems and shipping operations.
- Use innovative technologies to improve efficiency with which we use and recycle raw materials and natural resources.
- Develop and upgrade our products with the goal of minimising their environmental impacts throughout their product life cycles.
- Ecological Footprint Calculator helps keep our energy and water consumption to an absolute minimum.
- Moving to recyclable materials in product packaging and publications
- Extending recycling efforts to include recycling of USANA's solid waste.



## USANA Athletic and Scientific Advisory Council



USANA's Athletic Advisory Council includes top Olympic athletes, world-renowned coaches, and sports science professionals from a variety of disciplines.

They are dedicated to educating athletes and the public about the health-enhancing properties of nutritional supplements and issues related to banned substances. This advisory council is another benchmark illustration of the USANA Difference.

### Denis Waitley, Ph.D. (Chair)

Waitley is an internationally known keynote speaker, consultant, and former chairman of psychology for the U.S. Olympic Committee's Sports Medicine Council

### Jennifer Azzi

Azzi is an Olympic gold medalist, NCAA champion, and WNBA All-star who has applied her knowledge of health and wellness to create Azzi Training

### Derek Parra

Parra is an Olympic gold medalist and two-time speedskating world champion who now recruits elite inline skaters looking to switch from rollers to ice

### Jose Antonio Rivera

Rivera is a three-time World Boxing Association champion who has won 38 bouts during his career, including 24 by knockout, and is now a successful USANA Associate

### JoAnn Dahlkoetter, Ph.D.

Dahlkoetter, the best-selling author of *Your Performing Edge*, is an internationally recognised performance consultant and world-class athlete

### Don Beebe

Beebe, a nine-year veteran of the National Football League, appeared in a record six Super Bowls and is now president and co-founder of House of Speed, Inc.

### Greg Werner

Werner is director and head coach of Strength and Conditioning at James Madison University, as well as an instructor at the School of Kinesiology and Recreation Studies

### Arif Khatib

Khatib is founder and president of the African American-Ethnic Sports Hall of Fame, a worldwide organisation that recognises individuals who have made a difference in their communities

### Dr. Jeff Schutt

Schutt is a certified strength and conditioning specialist and president of Muscles in Motion Chiropractic and Physical Therapy Center

### Richelle Lund

Lund is a professional strength and conditioning coach and recognised nutritional expert who has trained Olympic gold medalists, NCAA champions, and NBA athletes

### Joanne McLeod

McLeod is a World and Olympic figure skating coach for Team Canada who in 2004 was awarded the Skate Canada National Coach of the Year Award



The Scientific Advisory Council members were selected for their exceptional expertise in nutritional medicine and preventive nutrition.

Representing Associates, who are physicians and health-care professionals throughout the world, provide USANA with valuable insights into product applications and efficacy.

### Dr. Peter W. Rugg (Chair)

Dr. Rugg is Assistant Professor, University of Massachusetts Medical School; Diplomate, American Board of Internal Medicine; and Fellow, American College of Emergency Physicians

### Dr. Monica Lewis

Dr. Lewis is co-author of a series of books with her cardiologist husband, Dr. Gerald Lewis, in the *Fad, Fable or Fact?* series, including *Dietary Supplements, Your Heart—An Owner's Manual*

### Dr. M. Ricardo Calderón

Dr. Calderón is Area Director and Health Officer, Los Angeles County Public Health Department and Associate Professor of Preventive Medicine, University of Southern California Keck School of Medicine

### Dr. Bart Moore

Dr. Moore is Diplomate of the American Board of Anti-Aging Medicine and is board certified as a physician nutrition specialist

### Dr. Ray Strand

Dr. Strand focuses his private practice on preventive and nutritional medicine. He is the author of several books, including *What Your Doctor Doesn't Know about Nutritional Medicine and Death by Prescription*

### Dr. Christine Wood

Dr. Wood is a practicing pediatrician with expertise in nutritional medicine for children. She is the author of *How to Get Kids to Eat Great and Love It*

# Acclaimed throughout the Scientific & Business Community

## USANA Products Rated Best of the Best

USANA is given a 5-star rating and Gold Medal for its supplements in Lyle MacWilliam's Comparative Guide to Nutritional Supplements (2009, ANZ Consumer edition)



## Associate's Choice Best Company

USANA was voted Distributor Choice "Best Company" for ten years running in the Network Marketing Today / The MLM Insider Magazine.



## Outstanding Achievement in Science

USANA Founder Dr. Myron Wentz receives Albert Einstein Award for Outstanding Achievement in the Life Sciences



## USANA Best of State Award Winners

Best Dietary Supplements (Utah Best of State, 2008, 2007, 2006, 2004, 2003)

Best Personal-Care Products (Utah Best of State, 2008, 2007)

Best of State Overall in Merchandising & Consumer Services (Utah Best of State, 2008)



## Independently Tried and Tested

USANA achieves dietary supplement certification, Good Manufacturing Practices (GMP) registration, and certification for sport through NSF International

USANA products independently tested and found to meet the stringent requirements of Informed-Choice and HFL



## Brand Laureate BESTBRANDS Award

USANA Health Sciences won the Brand Laureate BESTBRANDS Award for Wellness: Health Supplements in 2007. This award honours brand excellence and brand distinction. USANA was the only network marketing company to be selected



## Official Supplier to Sony Ericsson WTA Tour

Official health supplement supplier of the Sony Ericsson WTA Tour, US SpeedSkating Team, Speed Skating Canada, Biathlon Canada, Cross Country Canada, USA Luge, and USA Bobsled Team Radcliff

## Timing Couldn't be Better for USANA Associates

Listed in the top 20 on Forbes' 200 Best Small Companies list for three years (Oct. 30, 2006; Oct. 31, 2005; Nov. 1, 2004)

Business Week names USANA to its 100 Hot Growth Companies list (2004 and 2005)



## Ask the Scientist

Ask the Scientist is a free service provided on [www.usana.com](http://www.usana.com) to help you find information regarding the USANA products. USANA's in-house scientist provides the most updated and evidence-based scientific information to support, educate and inform USANA Associates and customers in the Australia and New Zealand market.

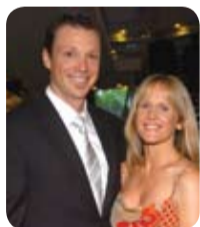
## Myth #1:

### All vitamin/mineral supplements are the same.

A study published in the Journal of Pharmaceutical Sciences investigated the disintegrating properties of various vitamin and mineral tablets and capsules commercially available on the Canadian market, including USANA's **Multimineral Plus**. Researchers found that more than half of the nutritional supplements tested did not disintegrate properly. Of the 39 tablets tested, only 18 products, including USANA's **Multimineral Plus**, disintegrated fully at the first stage.

Investigation of vitamin and mineral tablets and capsules on the Canadian Market. J Pharm Pharmaceut Sci ([www.cspcCanada.org](http://www.cspcCanada.org)) 9(1):40-49, 2006.

# Ordinary People Earning Extraordinary Income



**Dale & Lisa Folland**  
New Zealand

A **teacher** and **nutritionist** traded in their combined 120-hour week, to live a lifestyle they only dreamed about.



**Jim Doherty**  
New Zealand

A **travel operator** stopped planning people's holidays and planned his own – now he feels like he's on holiday everyday.



**Monica Lewis**  
New Zealand

A **medical doctor** retired from practicing to enjoy greater financial security, more opportunities and better health.



**Thomas Wang**  
Australia

A **taxi driver** exchanged a typical 16-hour-day, 7 days-a-week for freedom to enjoy life with family and friends.



**Casey Zhang**  
Australia

A **nurse** discovered that by working smarter she could create a passive income and spend more time with her family.



**Maria Simmons**  
Australia

A **retail assistant** and **waitress** found the financial benefits of commitment, perseverance and team work.



**Wei Ching Ko**  
New Zealand

A **mother** and **home-maker** realised her potential as a business owner to create an extra income by working from home.



**Chun-Ming Chang & Aileen Zhou**  
Australia

A **factory worker** and **semi-retiree** found a way to provide a better education for their child, enjoy life, and travel.



Thousands of outstanding individuals have transformed their lives by helping others do the same. Will you join them?



## Ask the Naturopath

Ask the Naturopath is a specialised service to support, educate and inform USANA Associates in the Australia and New Zealand market. USANA offers Associates the opportunity to book a free 30-minute consultation with our highly qualified Naturopath at the Sydney Regional Office on Thursdays from 1.00 – 5.00pm. Product and health related questions may be directed to the Naturopath by appointment.

## Myth #2:

### I get all the vitamins I need from my food.

Research has shown that many people simply may not follow the recommended guidelines for healthy eating. Fast-food and convenience-food, snacking, and soft-drink consumption have all increased and it has been shown that many people may not meet even the basic RDIs for certain key nutrients.

Kant AK. Consumption of energy-dense, nutrient-poor foods by adult Americans: nutritional and health implications. The Third National Health and Nutrition Examination Survey, 1988-1994. Am J Clin Nutr 2000 Oct; 72(4):929-36.