

# 真正的健康 truehealth

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



## The Health Challenge Why "old" does not equal "sick"

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

Health & Freedom  
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# The Health Challenge

## 新纪元的健康挑战

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

### There is no effective cure...

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

### ...but degenerative diseases can be prevented

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

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

### 可是，我们依然没有找到有效的治疗方法...

世界卫生组织在其年报中指出，慢性健康状况每年夺去超过二千四百万人的性命，并将为千百万人带来痛苦和残障性疾病。

### ...但慢性退化性疾病是可以预防的

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

## Healthy Aging

How many of the people we know and love will spend their golden years living their dreams in health and happiness?

How many more will live through years of suffering and pain because of poor lifestyle choices in their early years?

### 健康地步入老年

我们认识及关爱的人之中有多少能健康快乐地度过乐龄的黄金年华？

还有多少人会因为年轻时选择了不健康的生活方式而导致年老时病痛缠身？





# The Science Behind a Lifetime of Health

## 健康背后的科学根据

### How our cells are damaged

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

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

### 人体细胞的破坏

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

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



**Healthy Atom 健康分子**  
(paired electrons)



**Free Radical 游离基**  
(missing one electron)

### Why a healthy diet helps

Food, particularly fruits and vegetables, supplies many types of antioxidants, which “donate” their extra electrons to neutralise free radicals. Eating a variety of healthy food also gives our body the nutrients it needs to repair and regenerate damaged cells. But maintaining a healthy diet is difficult. Researchers believe that supplementary antioxidants are necessary for combating free radicals in addition to the body’s normal defense systems.



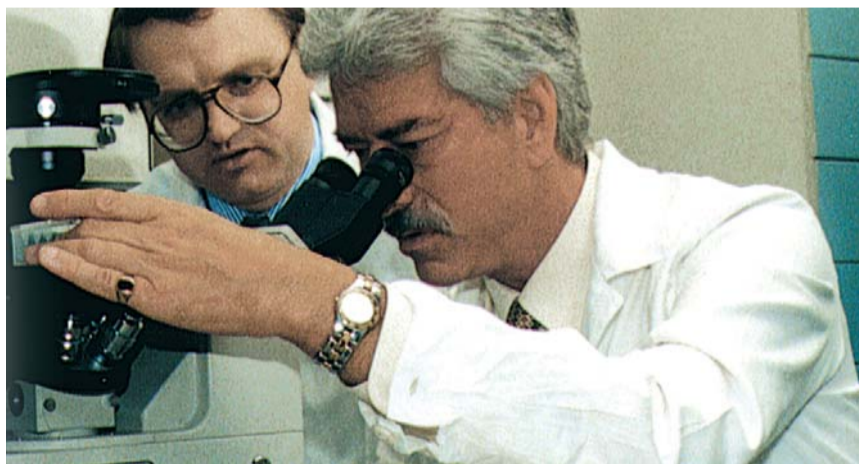
**Antioxidant 抗氧化剂**  
(extra electrons)

### 为什么健康饮食习惯会有帮助？

日常食物 – 特别是水果和蔬菜 – 能提供多种抗氧化剂。这些抗氧化剂可把额外的电子「捐献」出来，中和游离基。进食多种类的健康食物，亦能为身体提供所需营养，去修复及更新受损的细胞。

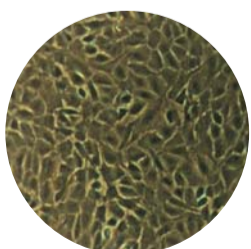
可是要维持健康饮食并不容易。研究者相信抗氧化剂能提供身体而外的补充以对游离基。

## Seeing is Believing 有力见证

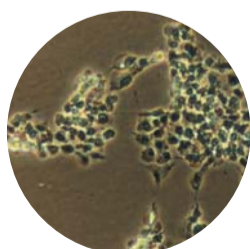


Dr. Myron Wentz, an expert on human cell culture, demonstrated the harmful effects of our environment and certain unhealthy foods on human cells.

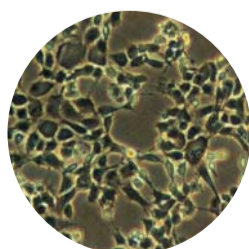
华斯博士是培养人体细胞的专家。他证实环境及某些食物会对人体细胞造成不良影响。



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



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



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

## By Chance or by Choice? 运气或明智选择？

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

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



One...

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

以上两人中，有一人可能代表了我们的未来。您希望自己是哪一个呢？

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

## Easier Said Than Done

With an increasingly hectic lifestyle and more and more families with both parents working full-time, we know how difficult it is to provide three fresh, balanced meals each day for our family. Many people continue to believe that “we can get everything we need from food,” but with convenience starting to play a bigger role in our food preparation, can that really be true?

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

Here are some reasons:

### 1. Food Choice and Habit

They say variety is the spice of life, but the fact is, most people's diets are pretty boring. We don't eat sufficiently wide in variety, often sticking to the few types of food that we like. Spinach may be full of nutrients, but Popeye isn't necessarily healthy if that's all he eats.

### 2. Over Cooking

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

### 3. Variation in Nutrient Content

The same food—cultivated in different locations, planted in different seasons, or processed to different degrees—can end up containing very different nutrient profiles. How can you be sure that you're really getting the amount of nutrients your body needs?

## 说来容易做起来难

在这逐渐忙碌的生活方式里，有越来越多父母需要到外做工以维持生活。我们知道要每天为家人提供新鲜且均衡的三餐，是十分困难的。可是有人依然相信他们可从食物中摄取足够的营养，但方便快速处理食物的方法逐渐在生活上扮演更大的角色，您觉得还有可能吗？

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

### 1. 食物的选择和饮食习惯

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

### 2. 过度烹调

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

### 3. 营养含量大不相同

同一种类的蔬果，在不同地区或气候下种植，及经过不同程序的加工处理，都会影响食物的营养价值。您能肯定您正摄取您身体真正所需的营养含量吗？



## The Orange Question

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

Which one did you just eat?

## 由一个橘子引发的疑问

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



## Should We Take a Nutritional Supplement? 我们应该服用营养补充品吗？

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

Research has shown that many people simply may not follow recommended guidelines for healthy eating. Fast-food and convenience-food consumption, snacking, and soft-drink use have all increased, and it has been shown that many people may not meet even the basic RDAs (Recommended Dietary Allowances) for key nutrition. A nutritional supplement does not replace a healthy diet. But proper supplementation can bridge the gap between what our body needs in optimal nutrition and what most of us actually get from food.

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

研究显示，很多人在日常生活中没有遵从健康饮食的指导建议。人们对快餐、方便食品、零食以及软性饮料的摄取量不断增加，而根据资料显示，很多人没有获得关键营养的每日营养摄取建议量(RDA)。虽然营养补充剂不能替代健康的饮食，但是，适量地摄取补充品可以弥补身体所需的最佳营养与我们从食品中实际获得营养之间的差距。

## Docs Nod 医生肯定



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

“我非常关注病人的健康，所以，我会建议他们服用完整系列的营养产品。”

Ray Strand, M.D. doctor and author of

*What Your Doctor Doesn't Know About Nutritional Medicine Could Be Killing You*  
史特兰医生为执业医生，著有【*What Your Doctor Doesn't Know About Nutritional Medicine Could Be Killing You*】一书。



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

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

Christine Wood M.D., practicing pediatrician and

author of *How to Get Kids to Eat Great and Love It!*  
伍蒂丝医生为儿科执业医生著有【*How to Get Kids to Eat Great and Love It!*】一书。

## The Importance of Nutrients at a Young Age 幼儿摄取足够营养的重要性

Research clearly shows that many children do not get the nutrition they need, and their poor nutrition can lead to health problems later in life.

Poor nutrition during the developmental years can retard growth and delay sexual 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, kid and their parents should follow a well-balanced, proactive nutritional plan that includes high-quality vitamin and mineral supplementation.

研究清楚指出，青少年若没有摄取足够养份，而营养不良可导致他们日后健康问题。

儿童如在成长期间未能摄取足够的营养，便会妨碍发育，延缓青春期的到临；相反，适当的营养能有助青少年为日后的健康打造良好基础。无论儿童和父母若要为自己的身体提供包括所有重要养份的足够营养，便需采纳一个包括优质维生素和矿物质的均衡营养计划。

# Not all Supplements are Created Equal

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

## 市面上的营养补充品，质量参差不齐

在选购营养产品时，您应提出五个问题

### 1. Complete? 全面性?

**“A little of every nutrient is better than lots of one or two”**

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

摄取少量的不同营养，比大量地摄取一两种营养好。

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

### 2. Balanced? 均衡?

**“Nutrients work best together, in synergy – not alone”**

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

营养素需互相配合，才能发挥效应。单一营养并不能产生应有效力。

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

### 3. Potent? 效能?

**“Too much of any is harmful. But too little is ineffective”**

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

任何营养素，过量便会有害，份量太少，效能就不够。

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

### 4. Bio-Available? 容易被人体吸收?

**“What doesn't get absorbed and used, is wasted”**

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

凡是不能被人体吸收的营养素，均是一种浪费。

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

### 5. Safe? 安全?

**“Above all, do no harm”**

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

最重要的，是不会危害健康。

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



## Of Folklores & Miracle Pills 传说中的万灵丹

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

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

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

有没有一种天然食品可以提供人体所需的一切养份?

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

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

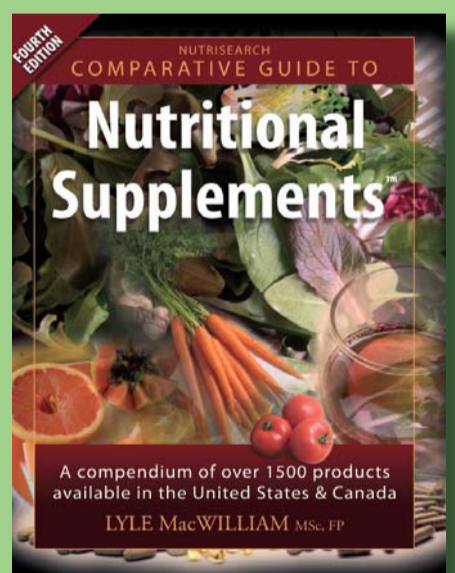
## “Best of the Best” Among 1500 North American Products

### 北美地区1500种营养品中的极品至尊

Canadian biochemist, educator and author Lyle MacWilliam's *Comparative Guide to Nutritional Supplements* rates over 1,500 nutritional supplements in North America on 18 criteria. It is arguably the most comprehensive and authoritative survey of its kind.

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

In the Fourth Edition of *Comparative Guide*, USANA Health Sciences' *Essentials*™ vitamin & mineral supplements were ranked “best of the best” among the 1,500 North American products compared. The *Essentials* are a balanced multi-vitamin, multi-mineral and multi-antioxidant formula that is one of four to receive the highest Gold Medal rating in Lyle MacWilliam's 4th Edition of the *Comparative Guide to Nutritional Supplements*.



4<sup>th</sup> Edition 第四版

加拿大生物学家，教育家和作家 Lyle MacWilliam 编著了“北美营养品评鉴指南”，这本书在18项标准的基础上对北美的1500多种营养补充剂进行评价。这是营养品类型中最广泛最权威的指南。

作为政府议会的前议员，MacWilliam是一名前议员，他之前曾担任加拿大联邦卫生部的专家顾问。MacWilliam表示，“大多数消费者未接受过营养知识的培训。通过出版这本书，我希望能帮助他们分辨营养品的优劣。”

在《营养品评鉴杂志》第四版中，USANA Health Sciences' *Essentials* (基本营养素)，被评为北美1500种营养品中的“最佳”产品。基本营养素是富含多种维生素，多种矿物质及多种抗氧化剂的均衡配方，该配方获得Lyle MacWilliam主编的“北美营养品评鉴指南”，第四版所授予的营养研究优质补充品金牌。



# The USANA Story

# One Man's Vision & Passion

## 基于一个科学家的 理想和热诚

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

### Becoming an Expert in Growing Cells

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

### From Diagnosing Disease to Maintaining Optimal Health

Despite Gull's success, an ensuing sense of discontent and growing personal health problems influenced the next phase of Dr Wentz' career. A good friend's advice on taking a nutritional supplement became the turning point. Recalling that both his parents died of degenerative diseases, the North Dakota-born scientist decided to redirect his scientific expertise from diagnosing diseases to promoting health.

### Rewriting the Standard of Excellence

Knowing the importance of good nutrition for optimal cell function, he began to test available nutritional supplements in his analytical laboratory, and found them inadequate – with

nutrients in inappropriate amounts and balance. He also saw that ingredients were of poor quality and low bioavailability. He founded USANA in 1992 with a personal commitment to develop a line of supplements that will rewrite the standard of excellence in the nutritional industry.

### Sharing a Vision of Health

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

## USANA 的故事

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

### 人体细胞培养专家

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

### 由准确诊断疾病，到维持最佳健康

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

### 改写优质产品的定义

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

### 分享健康愿景

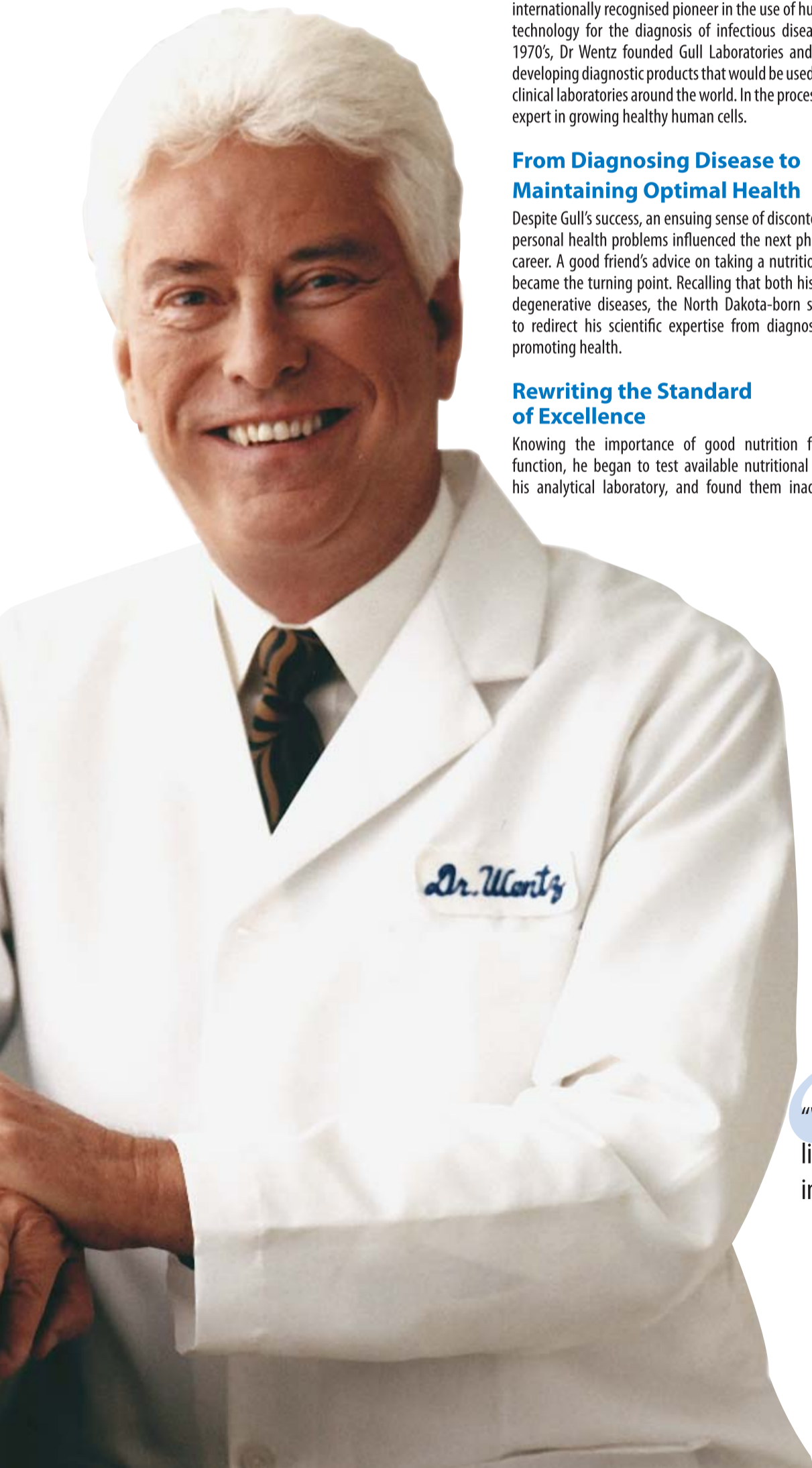
今天，全球数以千计的人都通过优质营养品，不断向人们宣扬华斯博士最佳健康的理想。他们把家人的健康都付托予 USANA 产品。华斯博士的梦想是要创造一个没有痛苦和疾病的世界，就是这梦想，引发他在墨西哥 Baja 创立 Sanoniv 疗养中心，以及在乌干达 Gaba 地区兴建设备先进的华斯博士儿童医院。他于2003年获颁犹他州 Ernst & Young 最杰出企业家大奖，并于2004年获犹他州商业杂志（Utah Business Magazine）选为犹他州一百位最有影响力人士之一。

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

**Dr Myron Wentz,**

Recipient of the prestigious Albert Einstein Award for Outstanding Achievement in the Life Sciences 2007  
Utah Business Magazine "100 Most Influential" 2004  
Ernst & Young Entrepreneur of the Year 2003

truehealth





# Zero Tolerance for Error

## 制作过程不容有错

USANA's 350,000-square-foot facility in Salt Lake City is designed to meet Pharmaceutical Good Manufacturing Practices (GMP).

### State-of-the-Art Analytical Laboratory

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

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

### Microbiology Laboratory

Every batch of quarantined raw material is tested for biological contamination such as Total Aerobic Plate Count (TPC), molds, and yeast, and pathogens known to harm humans such as *E. coli*, *Salmonella*, and *Staphylococcus aureus*. Only pure and potency-assured raw materials are allowed into the main manufacturing area. Finished tablets are tested again for any in-process contamination.

USANA 位于犹他州盐湖城面积达 350,000 平方尺的自设厂房是特别为符合药物优质生产标准(GMP)而设计的。

### 设备最先进的分析实验室

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

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

### 微生物实验室

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

"Tablets are tested every 15 minutes..."

每十五分钟便会测试产品



### In-Process Test Procedures

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

### The Human Factor

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

### 内部检测程序

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

### 高素质的工作人员

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

## Pharmaceutical Quality System

Not all manufacturing quality standards are the same

### 达到药物标准的营养补充品

不是所有的营养品都选择这个标准

Under US laws, supplement manufacturers are required to adhere to dietary supplement Good Manufacturing Practices. However, USANA, in addition to complying with the dietary supplement GMPs, also follows a rigorous quality programme that is modeled after the pharmaceutical industry GMPs. This ensure that it products are virtually free from contaminants, its raw materials are of assured potency, every tablet contains the amount of each ingredient as stated on the label, and each tablet dissolves completely for absorption.

根据美国法例，营养补充品制造商只符合食品的生产标准，因而导致市面上的营养补充品，质量良莠不齐。USANA 除了遵守食品补充品的GMP(良好操作规范)以外，还执行药品行业GMP所设定的严格质量程序。这些可确保产品完全无污染，原材料具有保证效能；产品的成份份量与标签所述相符；以及每片药锭均能完全分解，保证可被人体吸收。

## NSF Certification: USANA Certified for Sport™

### USANA获准标示NSF's trusted Certified for Sport™标志

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

USANA 获得NSF的优良药品制造规范登记以及膳食补品认证。NSF International 是非营利性独立组织，借著对产品的认证以及制定食物、水、空气和消费品的标准来保护消费者。

Even more, USANA received certification of six of its products through NSF International's Certified for Sport™ programme. NSF's independent certification helps athletes make educated decisions about the safety of the dietary supplements they choose to take.

最近USANA有六项产品获得NSF International运动认证™计划之认证。NSF的独立认证可以帮助运动员能够聪明地选择服用膳食补充品。

## Listed in Medical Professional References

### 值得您信赖的营养产品

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

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

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

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

## Best of State 全州之冠

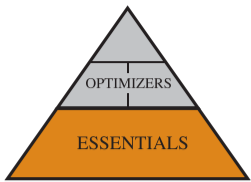
USANA has received five annual Utah Best of State Awards for Dietary Supplements (Utah Best of State, 2008, 2007, 2006, 2004, 2003) and Utah Best of State Award for Personal-Care Products for USANA's Sensé skin-care line (Utah Best of State 2008, 2007). With close to 100 nutritional supplement manufacturers in the state of Utah, USANA stands out as one that earns high respect from the state's business community year after year.

USANA第五次荣获犹他州最佳营养补充品大奖(2008、2007、2006、2004、2003年全州之冠)，并以Sensé护肤系列荣获犹他州最佳个人护理系列产品大奖(2008、2007年全州之冠)。USANA在100多间的营养补充品制造商中脱颖而出，成功获得犹他州工商界的崇高敬仰。



# Nutritionals You can Trust

## 值得您信赖的营养产品



**USANA® NUTRITIONALS—MICRONUTRITION** is the science of providing essential vitamins, minerals, and other micronutrients that are difficult to obtain in advanced levels with most of our lifestyle. In USANA you will find the finest nutritional supplements designed for your health.

**USANA®营养产品-微量营养学**是一门提供基本维他命、矿物质及其它微量营养素的科学，上述微量营养素在大多数生活方式下无法获得高水平的满足。USANA为您的健康着想，设计了最优质的营养补充品。



**Essentials™** vitamin and mineral supplements provides the optimal amounts of a comprehensive range of micronutrients in their most bio-available forms that form the foundation of USANA's nutritional system.

基本营养素维生素及矿物质提供生物利用率最高的多种微量营养品的最佳摄取量，这是USANA营养体系的根基。

224 Tablets Item#101



**Usanimals™** supplement provides a broad array of vitamins and minerals in amounts designed specifically for children. It contains no artificial sweeteners or flavours.

儿童营养素 营养补充品特别为儿童提供剂量适当的多种维生素和矿物质。这种营养素不含人工甜味剂或色素。

56 Tablets/Bottle Item#105 MAHP0800008



**Proflavanol®** bioflavonoid supplement provides a powerful antioxidant combination of high quality grape seed bioflavonoids and a proprietary Vitamin C that supports sound cardiovascular health. It also maintains a balanced immune function and healthy, younger-looking skin.

葡萄籽精华 营养补充品采用葡萄籽生物类黄酮和矿物维生素C的协同效果，提供强效抗氧化保护。它也维持免疫功能和健康年轻肌肤。

90 Tablets/Bottle • Item#133



**CoQuinone™ 30** Coenzyme-Q10 supplement contains CoQ10 and Alpha Lipoic Acid in a highly bioavailable formula, which is vital for cardiovascular health and sound muscle function.

心脏宝 营养补充品蕴涵高生物利用率辅酶Q10及硫辛酸。它能促进心血管健康和肌肉中能量的新陈代谢。

56 Tablets/Bottle • Item#123



**Active Calcium™** supplement provides all-round nutrients for healthy, strong bones. It helps to improve bone density.

活力钙镁片 营养补充品提供全面先进配方，能为您提供健康骨骼所需的一切营养。它也能改善骨质密度。

112 Tablets/Bottle • Item#120 MAHP0700695



**Procosa™II** glucosamine supplement provides high quality glucosamine sulphate and other important nutrients, like manganese for supports healthy joints.

健骼宁 II 营养补充品提供高效硫化氨基葡萄糖配方及其它重要营养素如锰，有助维持关节健康。

120 Tablets/Bottle • Item#131



**BiOmega™** fish oil supplement supplies double molecular-distilled fish oil with twice the amount of EPA and DHA essential for optimal health and wellness. In particular, it supports healthy blood pressure and cholesterol.

活力奥米加 营养补充品以双重分子过滤法提炼而成并含双倍份量的EPA和DHA以达到维持健康。它能促进心血管系统的健康特别是有助维持健康血压及胆固醇。

56 Capsules/Bottle • Item#122



**Poly-C™** vitamin C supplement furnishes a proprietary blend of high-yield vitamin C for healthy immune system, and enhances overall antioxidant protection.

矿物维生素C 营养补充品为专利配方的高效矿物维生素C配方，可促进免疫系统健康和提供身体全面的抗氧化保护。

120 Tablets/Bottle • Item#130



**E-Prime™** vitamin E supplement provides highly bioactive natural vitamin E to protect cells from free radical damage and supports cardiovascular health.

E-保力 营养补充品含有最容易被人体吸收的维他命E，为身体提供全面维生素E保护并维持心血管健康。

60 capsules/bottle • Item#124



**Hepasil DTX™** liver health supplement supplies important nutrients for healthy liver functions and helps to balance the detoxification processes within the body.

肝脏宝 营养补充品提供维持肝脏功能所需的一切营养和帮助平衡身体排除毒素的过程。

84 Tablets/bottle • Item#135



**Ginkgo-PS™** herbal supplement contains ginkgo biloba and phosphatidylserine for healthy brain function and maintain healthy blood circulation throughout the body, including the brain.

银杏叶-PS 营养补充品蕴涵银杏精华和磷脂丝氨酸，有助促进脑部功能和维持脑部血液循环。

112 Tablets/bottle • Item#126



**Visionex™** eye health supplement supplies lutein, zeaxanthin, bilberry extract and nutrients for healthy vision. It helps to resist against potentially damaging environmental factors to help maintain healthy vision.

视力宝 营养补充品蕴涵叶黄素，玉米黄素，越橘精华和其它有助维持视力健康之其它营养素。它能帮助对有可能造成破坏抗外在因素以维持视力健康。

56 Tablets/bottle • Item#134



**Palmetto Plus™** herbal supplement provides natural botanicals like saw palmetto, lycopene and soy isoflavones, for men's prostate health.

保列健 营养补充品蕴涵天然草本标准萃取物如锯榈，番茄红素和大豆异黄酮，能促进男士前列腺健康。

30 Capsules/bottle • Item#128



**PhytoEstrin™** women's health supplement provides phytoestrogens to support women's hormonal cycles and addresses women's health issues relating to hormone changes.

妇康宁 营养补充品提供草本雌激素，有助维持女性荷尔蒙周期和改善因更年期而引起的状况。

90 Capsules/bottle • Item#129



**Nutrimeal™** nutritional drink mix is a low-glycemic meal replacement drink for healthy weight management. It has a low-glycemic index (GI) of 23.

营养餐 营养饮料为低血糖代餐健康饮品，可有效控制体重。营养餐的低血糖指标为23。

28 pouches/box Item#214 & 215



**Fibergy™** nutritional drink mix supplies high quality soluble and insoluble fibres from 14 different natural sources with each serving contains 12 grams of fibre.

纤维素 营养饮料含有14种优质天然水溶性和非水溶性纤维。每份量含有12克纤维。

Item #220 & 221

The following Singapore products are certified Halal – Essentials, Usanimals, Proflavanol, Active Calcium, Procosa II, Hepasil DTX, Poly C, Ginkgo-PS, Visionex, PhytoEstrin and Sensé Skincare range.

基本营养素，儿童基本营养素，葡萄籽精华，活力钙镁片，健骼宁II，肝脏宝，矿物维生素C，银杏叶，视力宝，妇康宁和Sensé护肤品系列已荣获清真(Halal)认证。



## Self-preserving products for healthy skin

### 科研保质护肤产品

USANA also has an advanced line of products for healthy skin. Sensé products nourish and protect your skin, and are made without adding chemical preservatives such as parabens. Using patented self-preserving technology, the products are designed to revitalise each cell, where healthy skin begins, so your skin looks younger and healthier.

USANA还推出Sensé先进护肤品系列，绝不化学防腐剂苯甲酸酯，是您护肤之完美选择。我们使用的专利科技保质技术具有活化细胞的功效，让您从此拥有健康、娇嫩肌肤。

