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# Here's to Your Health



Preferred Customer Catalog  
Fall/Winter 2008





## You Can't Fake Good Health

By investing in your daily nutrition, you are choosing to build a foundation of exceptional health for a lifetime.

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## People Who Choose USANA Expect More

If a daily supplement doesn't have the right ingredients at the right levels, it simply won't work. No marketing gimmick or fancy ad campaign can change that.

USANA is committed to creating the finest quality products on the market using:

- The right ingredients
- The right amounts
- The right balance
- The right forms
- The right manufacturing

USANA invests in research and development instead of marketing fads and grocery store presence, making the best supplements you can buy, period.

### We can prove it

People want results, not hype, and USANA is all about scientific proof. When tested against popular daily supplements, USANA® Essentials™ were unmatched in their potency. See for yourself at [www.usana.com/compare](http://www.usana.com/compare).

### Isn't it time you get what you pay for?

The highest quality materials plus the highest standard of production equals unparalleled results. If you're ready to invest in your health, it's important to choose **Nutritionals You Can Trust.**™

Visit [usana.com](http://usana.com) to learn more about our high standards for science and manufacturing.



# Your Nutrition Is Essential

When you think about it, how strong is your foundation of health? By adding essential nutrients and antioxidants to your daily diet, you can experience both an increase in energy and an overall sense of well-being. The USANA® Essentials™ supplements are designed to work together to build a strong foundation of exceptional nutrition.

## Getting started: The Essentials™ Plus One

+1

Many begin with the Essentials plus one supplement that complements their specific needs. It's a great way to start down the road to true health.

### What's your Plus One?



#### The Essentials™—Item #101

Order the Essentials Mega Antioxidant and Chelated Mineral together.

Buy as a pack and save!

Retail \$47.94    Wholesale \$44.39

Autoship \$39.95—**Save 20% on Autoship**

#### Mega Antioxidant—Item #103

- Offers an unparalleled range of antioxidant nutrients for full-body protection against oxidative stress
- Contains Olivol®, a patented ingredient rich in unique antioxidants found in olives
- Designed to be taken with Chelated Mineral for maximum benefit\*

Simply put, Mega Antioxidant is mega awesome!

Retail \$37.14    Wholesale \$34.39

Autoship \$30.95—**Save 20% on Autoship**



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



#### Chelated Mineral—Item #102

- USANA's daily mineral supplement for adults
- Provides essential minerals, in highly bioavailable forms, at safe and effective dosages
- Designed to be taken with Mega Antioxidant for maximum benefit\*



You'll be elated when you try Chelated!

Retail \$16.15    Wholesale \$14.96

Autoship \$13.46—**Save 20% on Autoship**

## Olives— Who Knew?



The Essentials also have the advantage of Olivol®! USANA's exclusive and patented Olivol olive extract gives you key nutritional benefits of the Mediterranean diet—without the fat and sodium.



# The Ultimate Travel Companion

Whether at home or abroad, the individually wrapped Essentials™ and Optimizers in HealthPak 100™ make staying healthy convenient, while their compact size lets you easily slip them into your purse, shaving kit, or even your pocket. No bottles or counting—just comprehensive nutrition on the go!



## HealthPak 100™—Item #100

- An important selection of key USANA supplements pre-packed in convenient AM & PM pouches
- Provides the full daily dose of the USANA Essentials (Mega Antioxidant plus Chelated Mineral)
- Includes Active Calcium™, a core USANA Optimizer
- Includes USANA's unique AO Booster™ for added antioxidant protection
- Reduced packaging makes it more environmentally friendly\*

Retail \$128.40      Wholesale \$118.89

Autoship \$107.00—**Save 20% on Autoship**



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Essential Nutrition For Your Kids

Proper nutrition is essential at every age. That's why USANA has formulated Essentials products for both children and teens.

## Usanimals™—Item #105

- USANA's daily vitamin, mineral, and antioxidant supplement for children ages 13 months to 12 years
- Provides excellent nutritional support for growing children
- Fun and easy-to-eat chewables
- Provides one of the most complete antioxidant complexes available among children's supplements\*

Usanimals taste so good, kids can't believe they're good for them.

Retail \$15.00      Wholesale \$13.89

Autoship \$12.50—**Save 20% on Autoship**



## Body Rox™—Item #104

- One of the few formulas on the market specifically formulated for teenagers
- Provides essential nutrition during a critical stage of growth and development
- Helps compensate for teens' erratic schedules and eating habits\*

Give your teens Body Rox so they can keep rocking without missing a beat!

Retail \$21.54      Wholesale \$19.94

Autoship \$17.95—**Save 20% on Autoship**





# Rich

Antioxidants are powerfully good for you. And, USANA's nutritional supplements are **rich** in antioxidant protection.

Regular grocery shopping may fall short of the nutrition you need. To ensure you're including enough antioxidants in your diet, check out these powerful products designed to meet your individual needs!



## Poly C®—Item #130

- USANA's proprietary and advanced vitamin C supplement
- Promotes healthy cardiovascular function, vision, and immune function
- Complements the USANA Essentials™, providing extra vitamin C during times of stress
- Formulated to prolong vitamin C activity and reduce stomach irritation\*

Retail \$15.55    Wholesale \$14.40

Autoship \$12.96—**Save 20% on Autoship**



Is this your  
Plus One?  
+1

To get both the benefits of Poly C and the bioflavonoid protection of high-quality grape-seed extract, see our Proflavanol® products!

## Hepasil DTX™—Item #135

- A comprehensive liver support formula to help promote and balance detoxification processes within the body
- Milk-thistle extract provides dual action, stimulating liver enzymes and protecting against oxidative stress
- Additional antioxidants from green-tea extract, olives, and turmeric provide further antioxidant protection\*

Is it time to detox?

Retail \$37.14    Wholesale \$34.39

Autoship \$30.95—**Save 20% on Autoship**



## E-Prime™—Item #124

- A broad-spectrum vitamin E supplement in a hard-shell gel capsule
- Special ingredients complement the antioxidant activity of traditional vitamin E
- Supports cardiovascular health and immune function\*

Retail \$19.12    Wholesale \$17.70

Autoship \$15.93—**Save 20% on Autoship**



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# With a Twist...

Everyone knows that fish, rich in omega-3 fatty acids, is good for your health. But it's hard to make every night sushi night. To help you add the benefits of EPA and DHA to your daily diet USANA developed BiOmega™, a fish oil supplement.

BiOmega™ is formulated with extra advantages.

- Eating certain types of fish in large quantities can expose you to contaminants like mercury. BiOmega offers exceptional purity, while containing twice the potency of other supplements.
- USANA also added vitamin D to BiOmega, because research shows that the majority of people don't get enough of this crucial key to bone health.
- Added lemon oil helps eliminate any fishy aftertaste.



## BiOmega™—Item #122

- USANA's high-quality, ultra-pure fish oil supplement
- Provides advanced and guaranteed levels of EPA and DHA, two important long-chain omega-3 fatty acids
- Supports sound cardiovascular health and joint health
- Critical for promoting healthy pregnancies and healthy babies
- Each capsule delivers 100 IU of vitamin D
- Formulated with lemon oil to eliminate the fishy aftertaste associated with most fish oil supplements\*

BiOmega, all the benefits of fish oil without the pricey dinners out.

Retail \$23.94 Wholesale \$22.17

Autoship \$19.95—**Save 20% on Autoship**

Is this your  
Plus One?  
+1

# On the Menu Daily

Fish oil, rich in omega-3 fatty acids, is proven to help cardiovascular and joint health as well as promote neural development.\*



# Want a vegetarian oil rich in omega-3s?

## OptOmega®—Item #127

- An optimal blend of organic flax seed, sunflower, pumpkin seed, and extra virgin olive oils
- A significant and balanced source of omega-3 and omega-6 fatty acids
- Suitable for vegetarians and vegans

Perfect to pour into  
sauces, soups,  
and shakes!

Retail \$23.94

Wholesale \$22.17

Autoship \$19.95—

**Save 20% on Autoship**



## Recipe: OptOmega Dressing

Dress up your salad with OptOmega

Equal parts

OptOmega

Lemon juice

Water

Sesame oil

Balsamic vinegar

Mix all together. Add a dash of garlic powder or  
fresh garlic to taste.

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## Bring on the Bioflavonoids!

### Mystery of red wine revealed

Bioflavonoids are important nutrients found in grape-seed extract, known to promote sound cardiovascular function as well as a balanced immune system. USANA's Proflavanol® and Proflavanol® 90 provide an excellent source of these health-helping bioflavonoids and are a shortcut to the benefits of red, red wine! \*

## Follow Your Heart

Your heart is a great motivator, and what better way to keep it healthy than by providing excellent nutrition? The following supplements are formulated specifically to support your cardiovascular system. And, that's not all! Nutritional benefits range from supporting your muscles to maintaining the health of your skin.

### Proflavanol®—Item #133

- USANA's powerful bioflavonoid supplement combining the highest quality grape-seed extract with the added antioxidant protection of vitamin C (as Poly C®)
- Clinically proven to promote sound cardiovascular health
- Helps maintain balanced immune function
- Essential for maintaining healthy, younger-looking skin\*

Retail \$23.93      Wholesale \$22.16

Autoship \$19.94—**Save 20% on Autoship**



### Proflavanol® 90—Item #132

Upgrade to Proflavanol 90 for the benefits of regular Proflavanol at three times the regular strength

Retail \$44.34      Wholesale \$41.06

Autoship \$36.95—**Save 20% on Autoship**



### CoQuinone® 30—Item #123

- An optimal combination of coenzyme Q10 and alpha-lipoic acid formulated for maximum bioavailability
- Central to robust energy production within the cell
- Vital for cardiovascular health, sound muscle function, and healthy nerve function
- A potent antioxidant blend\*

Retail \$45.54      Wholesale \$42.17

Autoship \$37.95—**Save 20% on Autoship**



Is this your  
Plus One?  
**+1**

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# Craving Health?



TenX Antioxidant Blast™.  
An antioxidant boost you'll  
actually crave!

As soon as you taste TenX Blast  
you'll think, "It's great!" Fruity  
and chewy and certainly good  
for you, TenX Blast offers a  
powerful, concentrated  
array of antioxidants.

Apples, raspberries, blueberries, and strawberries are just some of the delicious ingredients all packed into this supplement. TenX Blast is a convenient way to add the benefits of fruit and fruit juice to your diet.

TenX Antioxidant Blast™ —Item #137

- A potent bioflavonoid complex plus vitamin C in a great-tasting supplement
- Ounce for ounce, TenX Blast supplies 10 times the antioxidant activity of some of the best fruit juices and juice-based supplements on the market
- Each bar contains more than a gram of powerful antioxidants
- Supports a healthy heart and sound vascular function
- Promotes healthy skin\*

Retail \$47.94      Wholesale \$44.39

Autoship \$39.95—**Save 20% on Autoship**

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## To Go!

Mountain biking, fishing,  
even a long hike—TenX Blast is  
the antioxidant booster that will keep you  
going! Forget those heavy, high-cal,  
juice-based supplements. Nobody wants to  
lug those around in the hot sun when you  
can get a more powerful boost from a simple,  
tasty bar that fits right in your pocket. It's  
a great-tasting, comprehensive nutritional  
supplement when you're on the go!





## Word to the Wise

Body Rox™ Active Calcium™ Chewable can be used as an effective antacid that provides, rather than depletes, calcium.

# Be Better to Your Bones

Bones are your defining structure—not to be taken for granted. Strong bones and flexible joints keep you standing tall throughout your life, and what better way to keep them that way than by providing them with excellent nutrition? When you try USANA's unique formulas for bone and joint health, you'll get the nutrients you need to support the architecture of your body!

### Active Calcium™—Item #120

- USANA's complete bone health formula for all adults
- Provides balanced levels of calcium, magnesium, and vitamin D in truly bioavailable forms
- Helps maintain strong, mineral-rich bones
- Offers essential nutrients for healthy muscle function and muscle strength\*

Put the active in your calcium!

Retail \$21.54 Wholesale \$19.94

Autoship \$17.95—**Save 20% on Autoship**



### Body Rox™ Active Calcium™ Chewable—Item #121

- USANA's complete bone health formula in a chewable tablet for adolescents and adults
- Features the benefits of USANA's Active Calcium formula
- Formulated to support bone development during the teenage growth spurt\*

Nothing rocks like Body Rox!

Retail \$28.74 Wholesale \$26.61

Autoship \$23.95—**Save 20% on Autoship**



*In a clinical study, Body Rox Active Calcium Chewable promoted significant gains in bone density among adolescent girls.*

### Procosa® II—Item #131

- USANA's groundbreaking formula supports optimal joint health
- Delivers glucosamine sulfate at doses clinically proven to help maintain healthy cartilage and joints
- Vitamin C, manganese, and silicon provide additional nutrition essential for joint health
- Turmeric extract speeds the action of Procosa II to provide more immediate benefits\*

It's all about your joints!

Retail \$28.79 Wholesale \$26.66

Autoship \$23.99—**Save 20% on Autoship**



Is this your Plus One?  
**+1**

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# Entice the Senses with Advanced Supplements

Special organs like your brain and eyes need special attention. The following nutritionals are formulated to protect and support both sensitive and delicate tissues. You know you want your bones and your heart to be strong, but don't forget the importance of your brain and eyes!

## Visionex®—Item #134

- USANA's advanced eye health supplement
- A complete antioxidant formula designed to protect the delicate tissues of the eye from photo-oxidation
- Lutein, zeaxanthin, and bilberry extract work together to protect the retina
- Vitamin C and other nutrients help maintain the structure and integrity of the lens\*

Retail \$35.94 Wholesale \$33.28

Autoship \$29.95—**Save 20% on Autoship**



Is this your  
Plus One?  
+1



## Ginkgo-PS™—Item #126

- USANA's unique *Ginkgo biloba* formula supports acute memory and cognition
- Formulated with the highest quality *Ginkgo biloba* extract available
- Phosphatidylserine, or PS, is a unique nutrient that plays an important role specific to brain function and enhances the formula's benefits\*

Make brainwaves with Ginkgo-PS!

Retail \$39.53 Wholesale \$36.60

Autoship \$32.94—**Save 20% on Autoship**



## Choosing a More Natural Way to

### PhytoEstrin™—Item #129

- USANA's signature Optimizer product for women
- Delivers a unique blend of phytoestrogens from five botanical sources
- May provide relief from common symptoms of menopause
- Formulated to help maintain bone mass and sound cardiovascular function\*

Retail \$23.93 Wholesale \$22.16

Autoship \$19.94—**Save 20% on Autoship**



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## Deal with Change

### Palmetto Plus™—Item #128

- A science-based supplement supporting long-term prostate health
- Contains a unique blend of saw palmetto, lycopene, and soy isoflavones from standardized botanical extracts\*

Retail \$23.93 Wholesale \$22.16

Autoship \$19.94—**Save 20% on Autoship**







## Unique For What It Doesn't Have

USANA wants to give you a healthier choice.

That's why Natural Toothpaste includes:

- NO artificial colors
- NO artificial flavors
- NO artificial sweeteners
- NO fluoride

## Clean Teeth. That's All You Want.

On the toothpaste aisle of the grocery store you're inundated with what seems like a billion choices: advanced whitening, gum-stimulating, tartar-controlling, sensitivity soothing. All these toothpaste formulas with all these ingredients make one wonder, "Which one is right for me?"

USANA offers a simpler solution for healthy, clean teeth.

Toothpaste you can trust!—Item #399

Retail \$9.00 Wholesale \$8.33

Autoship \$7.50—**Save 20% on Autoship**



## Keep It Sweet & Simple on Autoship! Hassle-free shopping that PAYS



Autoship is an automatic shipment of products conveniently delivered to your home every four weeks. And the best part is that you never have to pay full price again! Get a 20% discount on all your USANA products. Payment can be arranged by credit or debit card or by establishing an electronic funds transfer (EFT) from your bank account.

### Already a Preferred Customer?

Simply visit [www.USANAtoday.com](http://www.USANAtoday.com) and click the Autoship button.



### Want to become a Preferred Customer?

Contact the person who gave you this catalog for details. See box on back cover for information.

## Put your health first. Never miss a day of excellent nutrition with Autoship!



# Personalized Daily Nutrition.

It's as easy as ordering a cup of coffee, and the best part is—it's good for you!



## Optimal Nutrition

MyHealthPak makes taking your Optimizers easy.

No bottles. No counting. No hassle.


### A la carte

AO Booster  
BiOmega™  
Mega Antioxidant  
Chelated Mineral  
E-Prime™  
Visionex®

Ginkgo-PS™  
Poly C®  
Body Rox™  
Active Calcium™  
Proflavanol®  
Proflavanol® 90

### Outstanding Convenience

Counted and separated AM & PM packs with your name printed on them.

Add some Visionex® to your day 

Antioxidant Rich!  
Proflavanol®

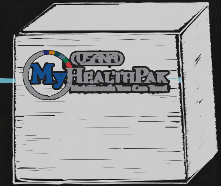


Heart Smart.  
BiOmega™

### Delivery

Order through Autoship and your MyHealthPak is delivered to your door.

## How to Order



- 1 Log into your account on [www.usana.com](http://www.usana.com)
- 2 Click on the shopping cart 
- 3 Click on MyHealthPak™ 
- 4 Customize your very own MyHealthPak 

**Y**ou are an individual. One of a kind. And your nutritional needs are as unique as you are. So why not design your own Optimizer packs with the vitamins you want?

Simply use USANA's health assessment (visit the product section on [usana.com](http://usana.com)) to find which nutritional products work for you. Then design your very own MyHealthPak™ with everything you need and nothing you don't.

**MyHEALTHPAK™**  
Take charge of your daily nutrition.  
Personalize your health.



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# The **RE**velation in Energy Drinks

Why not energize with something  
that is good for you?

Cleaner. Smarter. Stronger. Rev3 Energy™ is all the power of an energy drink—refined. With antioxidants and caffeine derived from green tea, Rev3 Energy is a superior alternative to crash-and-burn energy drinks.

## Rev3 Energy™—Item #138

Rev3 Energy drink, 12 cans

Retail \$66.00      Wholesale \$61.11

Autoship \$55.00—**Save 20% on Autoship**



Rev3 Energy drink, 24 cans

Retail \$112.50      Wholesale \$104.17

Autoship \$93.75—**Save 20% on Autoship**

## Rev3 Energy Surge™ Pack—Item #139

For a convenient, 10-calorie option try the Rev3 Energy Surge™ Pack. Just throw a couple in your gym bag and you're ready to rock.

## Rev3 Energy Surge™ Pack

(14 stick packs w/free chalk bag)

Retail \$35.94      Wholesale \$33.28

Autoship \$29.95—**Save 20% on Autoship**



## Rev3 Energy Surge™ Pack Refill

(28 stick packs)

Retail \$63.54      Wholesale \$58.33

Autoship \$52.95—**Save 20% on Autoship**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# REV<sup>3</sup>

ENERGY™

Cleaner: crisp, all-natural taste  
Smarter: smart source of nutrients  
Stronger: powerful, energy-producing ingredients\*





# Low Glycemic Is High Priority

Rethinking food so it works in your favor

# Hungry?

How healthy food can hit the spot!  
**USANA® Foods**

Our knowledge of good nutrition and its effect on overall health has come a long way. The standards for great food have evolved from simply tasting great to being great for you. The problem is finding the time to shop for, prepare, and sit down to enjoy nutritious food. Instead, with our busy lives and hectic schedules, we're often faced with the choice between fast food or no food at all.

USANA's nutrition bars and meal-replacement shakes are a healthy solution to eating right—no matter how busy you get. Plus, USANA is a well-recognized leader in the science of nutrition, so you can trust that its foods are formulated with your best health in mind.

## THE GLYCEMIC INDEX

The glycemic index ranks food on a numeric scale:

Low-glycemic index: 55 or less

Medium-glycemic index: 56 to 69

High-glycemic index: 70 or more



USANA Foods are formulated to be low glycemic. This means that they are carefully blended with essential fatty acids (EFAs), high fiber, and good carbohydrates. These carbohydrates are considered good in that they are digested slowly and produce a gradual rise in blood glucose. Low-glycemic foods provide greater satisfaction as well as sustained energy.\*

- Low saturated fat – USANA Foods are also very low in saturated fat and contain zero trans fat.
- High fiber – Many USANA Foods are a significant source of fiber.
- Healthy protein – USANA Foods contain premier protein sources like soy.\*

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# Instant Chef. Just Add Water.

Nutrimeal is a balanced meal-replacement shake mix that provides a source of quality proteins like soy and whey along with fiber and a comprehensive array of vitamins. Its low-glycemic formula is designed to deliver sustained energy. And it's so easy, anyone can become an instant chef!\*



## Nutrimeal™

Dutch Chocolate—Item #210

French Vanilla—Item #211

Wild Strawberry—Item #212

Retail \$23.94    Wholesale \$22.17

Autoship \$19.95—**Save 20% on Autoship**

**Recipe:** *Fun Family Breakfast with Your Favorite Nutrimeal! (4 servings)*

*Start with an empty blender:*

*add frozen strawberries or a banana*  
*add 6 oz. of nonfat yogurt, any flavor*  
*add about 8 to 10 oz. of cold water*

*While it's blending, add:*

*2 servings of OptOmega*  
*2 servings of Nutrimeal (all one flavor or two different ones)*  
*another 8 to 10 oz. of cold water*  
*1 to 2 servings of SoyaMax*  
*more water can be added depending on the consistency you like*

*ice*

*Remember that Nutrimeal is formulated as a meal-replacement on its own. So adding ingredients is not necessary; it's just for fun! Always modify recipes according to your health needs.*

Have a recipe?  
Share it with us at [recipes@us.usana.com](mailto:recipes@us.usana.com)



## Try all three flavors!

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# Fibergy Fit

## Fiber made easy!

Fiber is so hot right now. That's because a diet high in fiber can help you maintain a healthy digestive system and long-term good health. So health nuts like us are always looking for an easy way to sneak a little more fiber into our diets. Fibergy is a great solution! It's a tasty drink mix that provides a significant source of fiber. See how Fibergy™ can conveniently add more fiber into your daily diet.

### Peach Mango—Item #221

Each serving contains

- glycemic index score of 25
- 13 g of fiber
- gluten free
- 80 calories

Retail \$22.14      Wholesale \$20.50

Autoship \$18.45—*Save 20% on Autoship*



### Almond Crème—Item #220

Each serving contains

- glycemic index score of 52
- 12 g of fiber
- 110 calories

Sweet dreams of Almond Crème!

Retail \$22.14      Wholesale \$20.50

Autoship \$18.45—*Save 20% on Autoship*



## Try Both Flavors!

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## The Official Word on Fiber

According to the U.S. Food and Drug Administration, low-fat diets rich in fiber—containing grain products, fruits, and vegetables—may reduce the risk of some types of cancer, a disease associated with many factors.

**!** You can also add fiber to your diet with our convenient Fibergy Bar™. See page 33.





## Treat: [trēt], *n.*

1. An indulgence, luxury.
2. Something pleasurable to eat.

## Healthy: [hel'thē], *adj.*

1. Conducive to good health.
2. Fit, vigorous.

## Healthy Treat: [hel'thē trēt], *n.*

1. Not believed to exist.

Until Now.

## Nutrition Bars

Healthy snacks never really seem to be “treats.” USANA wanted to fix that. The following snack bars are not only packed with nutrition—they’re tasty. Finally, a healthy snack that lives up to the definition of a treat!

# It's Snack Time

Nutrition Bars provide a healthy, convenient treat, adding important fiber and protein that may be left out of typical daily diets.

### Iced Lemon Fibergy Bar™—Item #222

A convenient snack bar that provides a tasty source of fiber and omega-3 fatty acids, Iced Lemon Fibergy Bars are a great way to get more fiber on the go.\*

Each serving contains

- glycemic index score of 45
- 4 g of fiber
- 90 calories

Retail \$22.14      Wholesale \$20.50

Autoship \$18.45—**Save 20% on Autoship**



### Oatmeal Raisin Nutrition Bar—Item #232

Like an oatmeal raisin cookie!

Each serving contains

- glycemic index score of 34
- 10 g of protein
- 3 g of fiber

Retail \$31.80      Wholesale \$29.44

Autoship \$26.50—**Save 20% on Autoship**



### Peanut Butter Crunch Nutrition Bar—Item #230

Ode to the magic of peanut butter!

Each serving contains

- glycemic index score of 26
- 9 g of soy protein
- 2 g of fiber

Retail \$31.80      Wholesale \$29.44

Autoship \$26.50—**Save 20% on Autoship**



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# Soy to the Max

Soy protein that's totally awesome!

**Q.** Why is soy such a perfect source of protein?

**A.** It contains important amino acids and has little fat and zero cholesterol.

**Recipe:** SoyaMax Granola Crunch *Try layering with yogurt and fruit for a great treat!*

Makes 10-15 servings, 1/2 cup each

Ingredients	1/2 cup sunflower seeds	1/3 cup canola oil
2 cups rolled oats	1/2 cup chopped nuts	1/3 cup honey
1/2 cup oat bran	1/2 cup pumpkin seeds	2 tsp. vanilla extract
1 scoop SoyaMax		
1/4 tsp. salt		

Instructions

1. Preheat the oven to 325°F. Lightly grease a 13x18" baking tray (jelly roll pan).

2. Combine the rolled oats, oat bran, SoyaMax, salt, sunflower seeds, and nuts in a large bowl.

3. Combine oil, honey, and vanilla; pour mixture into bowl. Mix thoroughly.

4. Spread out evenly on pan.

5. Bake for 35-45 minutes, or until golden, stirring once or twice during baking.

6. Let granola cool then transfer to airtight containers.

Have a recipe?

Share it with us at [recipes@us.usana.com](mailto:recipes@us.usana.com)

Compliments: [www.lowgimeals.com](http://www.lowgimeals.com)

SoyaMax™ —Item #200

Mild Vanilla

Each serving contains

- 24 g of protein
- only 1 g of carbohydrates
- 110 calories

Retail \$29.94

Wholesale \$27.75

Autoship \$24.95—

**Save 20% on Autoship**



Max out  
the soy  
in your diet!

## USANA's SoyaMax provides

an outstanding source of soy protein in a powder mix that can be combined with a Nutrimeal™ shake.

This naturally low-glycemic product can also be added to cereals, baked goods, soups, and sauces to fortify protein content. So if you want to keep in surfer shape, try SoyaMax!\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Ready to Break Up with Your Diet?

## Maybe it's time to RESET.

You know it's time to make a change. But being faithful to a diet seems as doomed as staying in a miserable relationship. What if losing weight was a commitment you could keep?

USANA scientists designed the RESET™ weight-management kit to make losing weight feel simple by giving you a significant head start. You should see results in as little as five days by following the RESET program. And, what's more motivating than that?!

Plus, the RESET weight-management kit is convenient, including everything you need to start down the road toward weight-loss success. Break up with your diet. Resolve, renew, reinvent with RESET.



### Their Diet

- Embarrassing weigh-ins
- Counting calories
- Uncontrollable cravings
- Expensive meals
- Endless tracking
- Obsessing over rules
- Disappointing results

### RESET

- RESET Kit



### RESET™ Kit—Item #251

(kit includes all items listed below)

- 15 single-serving pouches of Nutriméal™
- 5 Peanut Butter Crunch Nutrition Bars
- 5 Iced Lemon Fibergy Bars™
- 5 AM/PM HealthPak 100™ packets

Retail \$119.94      Wholesale \$111.05

Autoship \$99.95—**Save 20% on Autoship**

- Program guide
- Motivational fridge magnet
- DVD featuring an exclusive 30-minute fitness program with world-class athletes Jennifer Azzi and Derek Parra

\*It is suggested that you take these products to your physician and secure his/ her advice if you intend to change your diet, begin an exercise program, are pregnant, are lactating, have allergies, are taking medications, or are under the care of a physician.

These statements have not been evaluated by the Food and Drug Administration. The components of the RESET program are foods and are not intended to diagnose, treat, cure, or prevent any disease. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term results. Results will vary.

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

To learn more about the specific products  
or to see how RESET has changed lives, visit [www.usana.com](http://www.usana.com).

# The Science of Being Beautiful

You avoid putting potentially harmful chemicals and preservatives in your body, so why would you put them on your skin? Sensé beautiful science® is a complete line of skin- and personal-care products without added chemical preservatives for a healthy look and a healthier you.

## Extraordinary skin care

You won't find the Sensé skin-care line in any grocery store. Developed by scientists and recommended by dermatologists, Sensé products use patented Self-Preserving Technology that combines purifying botanicals in protective liquid crystals, so products stay fresh naturally. With pure-plant bioactives and exclusive nutrient complexes, Sensé products are designed to revitalize cells, where healthy, beautiful skin begins, so skin looks younger and healthier.

**sensé**  
beautiful science®



## The Secret Weapons of Sensé

### Topical nutrition



#### Proflavanol T®

- whole-grape extract combats free radicals
- green-tea extract soothes environmental stress
- vitamin E maintains skin's moisture



#### Proteo-C™

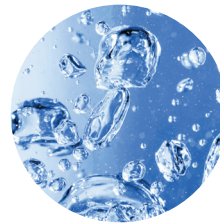
- vitamin C brightens and provides oxidative defense
- proline and glycine draw in moisture

### Anti-aging technologies



#### DSR™ (Dermal Surface Renewal) Technology

- marine-source ingredients reduce the appearance of fine lines and wrinkles and energize the skin
- skin brighteners counteract uneven skin tone
- MMP inhibitors minimize the visible effects of aging for smoother skin in the future



#### Regenisomes™

- oceanic enzymes help boost skin's response to environmental damage and mend the look of aging



# Pure. Simple. Beautiful.

Everybody wants healthy, younger-looking skin, but who has time to figure out a complex regimen of creams and cleansers to get it?

With Sensé™ Basics, beautiful skin is easy.

## Sensé™ Basics Cleanse

### ① Gentle Daily Cleanser—Item #300

This mild, soap-free formula washes away surface dirt and impurities without drying or irritating skin.

Retail \$17.94 Wholesale \$16.61

Autoship \$14.95—**Save 20% on Autoship**

## Tone

### ② Hydrating Toner—Item #301

Wipe away lingering surface impurities after cleansing and restore skin's pH balance with this gentle revitalizing toner.

Retail \$15.54 Wholesale \$14.39

Autoship \$12.95—**Save 20% on Autoship**

## Replenish

### ③ Daytime Protective Emulsion—Item #302

Restore moisture and support skin's natural cell renewal process with this lightweight moisturizer enriched with light-activated Regenisomes™.

Retail \$39.00 Wholesale \$36.11

Autoship \$32.50—

**Save 20% on Autoship**



### ④ Night Renewal Crème— Item #303

Wake up to younger-looking skin thanks to the exclusive technology found in this hydrating overnight cream.

Retail \$35.94 Wholesale \$33.28

Autoship \$29.95—

**Save 20% on Autoship**

### ● Basic Pack—Item #351

Get all of your Sensé Basics in one convenient pack with the Basic Pack.

Retail \$89.94 Wholesale \$83.28

Autoship \$74.95—

**Save 20% on Autoship**



## Exclusively USANA

USANA has received patents for our exclusive technologies, including Olivol®, found in many of our nutritional supplements, and our Self-Preserving Technology, found in all of our Sensé personal- and skin-care products.



## Smarty Pants.

1. Tough beard? Guys love to exfoliate with Rice Bran Polisher before shaving.
2. Add a tablespoon of Energizing Shower Gel as you fill the tub for a relaxing, rejuvenating bubble bath.
3. Put your Sensé™ products on Autoship. In addition to having your products delivered right to your doorstep every 28 days, you'll also save 20% off the retail price!

Beautiful science at a beautiful savings!

# Woman's Best Friend

Wrinkles. Cute on puppies, not so cute on your face. If you're not ready to see the fine lines and uneven skin tone that inevitably come with aging, it's time to make Sensé Enhancers your new best friend.

## Sensé™ Enhancers

### 1 Perfecting Essence—Item #305

Fight the appearance of aging and reduce uneven skin tone and texture with this acid-free refining treatment.

Retail \$51.00 Wholesale \$47.22

Autoship \$42.50—**Save 20% on Autoship**

### 2 Serum Intensive—Item #304

This age-defying serum fights the appearance of fine lines and wrinkles, unclogs pores, and diminishes uneven skin tone.

Retail \$44.34 Wholesale \$41.06

Autoship \$36.95—**Save 20% on Autoship**

### 3 Eye Nourisher—Item #306

Care for the delicate skin around the eye with this lightweight, moisturizing complex.

Retail \$26.34 Wholesale \$24.39

Autoship \$21.95—**Save 20% on Autoship**

### 4 Rice Bran Polisher—Item #307

Exfoliate dead skin cells and keep your complexion looking radiant with this gentle scrub.

Retail \$15.54 Wholesale \$14.39

Autoship \$12.95—**Save 20% on Autoship**

### 5 Nutritious Crème Masque—Item #308

This powerful facial treatment is designed to deliver intense moisture while drawing excess oils and impurities away from the skin.

Retail \$21.21 Wholesale \$17.72

Autoship \$15.95—**Save 20% on Autoship**





# You Complete Me

From the perfect job to the perfect partner, people everywhere are looking for **the complete package**. With all that searching going on, skin care is probably the last thing on everybody's minds. But not you. You buy the Sensé Deluxe Pack, giving you **everything you need for beautiful skin in one convenient package**.

## Sensé™ Deluxe Pack

### ● Deluxe Pack—Item #350

The Deluxe Pack includes: Gentle Daily Cleanser, Hydrating Toner, Daytime Protective Emulsion, Night Renewal Crème, Eye Nourisher, Rice Bran Polisher, Nutritious Crème Masque, and your choice of Perfecting Essence or Serum Intensive.

Retail \$179.94    Wholesale \$166.61

Autoship \$149.95—**Save 20% on Autoship**



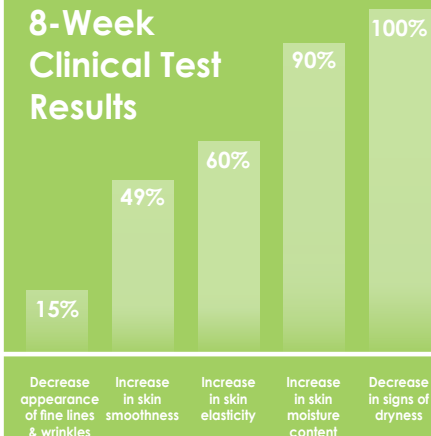
**sensé**  
beautiful science®



## The Complete Package.

Convenience not enough reason for you to buy the Sensé Deluxe Pack? How about because it really works! The results speak for themselves: In an eight-week clinical study, Deluxe Pack users noticed a marked decrease in the appearance of fine lines and wrinkles; dryness, increased smoothness, elasticity, and moisture. All that in just eight weeks with visible results in as few as two. Now *that's* beautiful science®.

### 8-Week Clinical Test Results



# Bubbly.

If there's anything better than wrapping yourself in a big, fluffy towel after taking a long, hot shower, it's pampering your hair and skin with **Sensé Splash™** products. These **gentle personal-care products without added chemical preservatives** will leave the entire family clean, smooth, and smelling great. So go ahead and spoil yourself! **We'll bring the bubbles, you bring the towel.**

## Treat yourself to Sensé Splash™

### 1 Energizing Shower Gel—Item #311

Wash away impurities and revitalize skin with this soap-free cleansing gel enhanced with an invigorating tangerine scent.

Retail \$15.00 Wholesale \$13.89

Autoship \$12.50—**Save 20% on Autoship**

### 2 Firming Body Nourisher—Item #314

Sweep away dry skin with an exclusive hydroxy complex in this firming moisturizer.

Retail \$23.94 Wholesale \$22.17

Autoship \$19.95—**Save 20% on Autoship**

### 3 Revitalizing Shampoo—Item #312

Awaken your senses with this gentle shampoo that delivers vital nutrients to help restore hair's natural softness, body, and shine.

Retail \$15.00  
Wholesale \$13.89

Autoship \$12.50—**Save 20% on Autoship**



### 4 Nourishing Conditioner—Item #313

Moisturize, protect, and strengthen hair with this conditioner enriched with vitamins C and E for extra manageability and shine.

Retail \$17.94 Wholesale \$16.61

Autoship \$14.95—**Save 20% on Autoship**

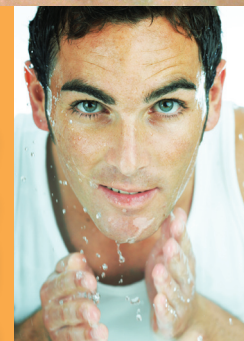
### 5 Intensive Hand Therapy—Item #315

Fight the damaging effects of the environment and keep hands and cuticles soft with this concentrated hand cream.

Retail \$15.00 Wholesale \$13.89

Autoship \$12.50—**Save 20% on Autoship**

Guys Like  
to Be  
Pampered  
Too



He'll never admit it,  
but he's the reason  
your bottles have  
been emptying  
so fast.





JOIN THE REVOLUTION

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Circle One

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



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