



**USANA**  
THE CELLULAR NUTRITION COMPANY



PRODUCT INFORMATION BOOK

Everything we do helps you love life and live it.



## Undeniably Unique

You may have heard this before. More likely than not, you've already been told on numerous occasions that no matter what similarities you share with your friends, family and peers, you are different. You are unique. But you probably don't believe it.

That's because you understand there are certain things everyone has in common. We all want the best for our families, we all yearn for success and we all share the same basic health needs.

But we all have our differences, too. We all have our own, individual mark we want to leave in life - our own interests, routines and subtle quirks that truly make each and every one of us...unique.

And the way we see it, it's up to each of us to express what sets us apart from everyone else, not only in our daily lives, but in our daily nutritional regimens as well.

So make your mark. Make a commitment to living a longer, healthier life. We can help. In the following pages, you'll learn about the product lines USANA offers and how the right combination of products will help you maximise your nutrition and encourage you to support every aspect of your well-being.

Choose the products that are best for you, and then get back to creating a life that's truly - uniquely - yours.

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# You're Only as Old as You Feel

As we age, we gain wisdom and experience but often lose the youthful vitality we once took for granted. As the years pile on, we may find ourselves unable to perform some of the daily activities we used to, lacking the energy we once had, losing our mental sharpness, or lamenting the effects of time on our appearance. While the ability to stop time only exists in the realm of fantasy, looking and feeling "old" is one aspect of our existence over which we have complete control. It is possible to add youth to our years and preserve good health into the future.

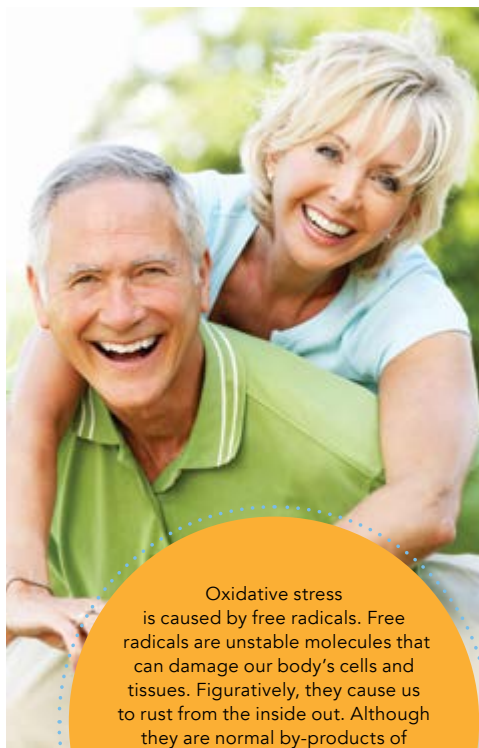
You have a choice.

Maintaining youthful vitality is the direct result of making positive choices every day. And in today's society, it's all too easy to take our health for granted. We often go about our daily lives without paying much attention to the state of our physical condition. It's easy to forget that a healthy diet, regular exercise and quality supplementation all have an impact on our ability to live our lives to their greatest potential. But that's exactly what we have to remember.

The key to living your best lies in your ability to make the best, healthiest choices possible.

## Greater Expectations - The USANA Difference

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

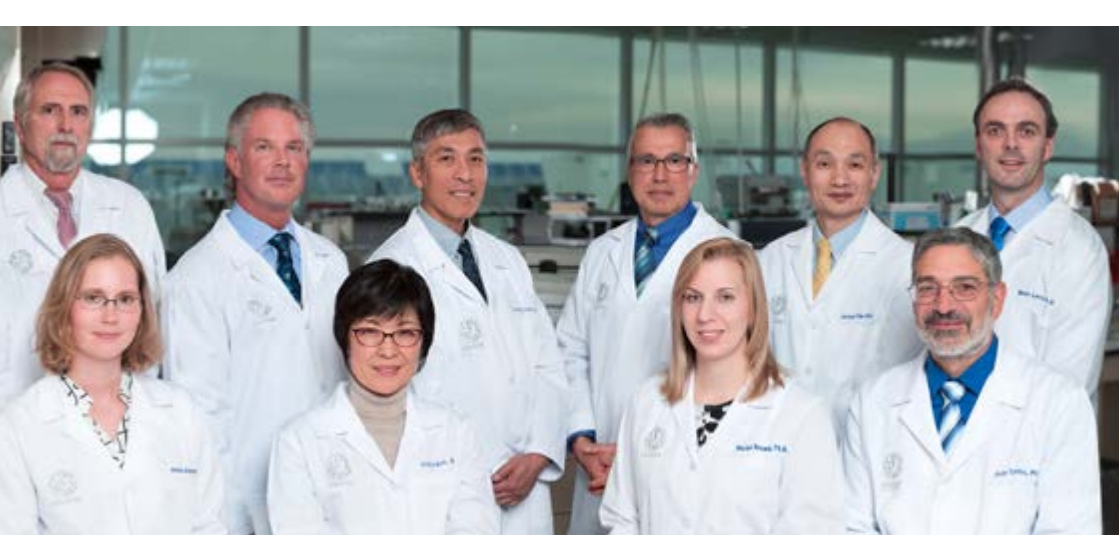


Oxidative stress is caused by free radicals. Free radicals are unstable molecules that can damage our body's cells and tissues. Figuratively, they cause us to rust from the inside out. Although they are normal by-products of cellular metabolism, they also result from exposure to pollution or excessive sunlight, and from smoking, drinking too much alcohol and eating a poor diet.

A variety of government agencies conduct periodic inspections of USANA's Salt Lake City, Utah, USA manufacturing facility, requiring strict control of procedures and documentation. The facility also has been certified to be in compliance with a pharmaceutical-grade, Good Manufacturing Practices (GMP) for all its nutritional supplements. It is a Therapeutic Goods Administration (TGA)-licensed facility with strict compliance to TGA manufacturing standards which are amongst the strictest in the world.



The NSF Certification for Sport program was developed to meet the growing demand of athletes, coaches and all others concerned about banned substances, and the NSF Certified for Sport Mark helps consumers know that the manufacturing facility of USANA products has met NSF's stringent independent certification guidelines.



Back row from left to right: Dave Benson; Rob Sinnott, PhD; Jim Eng; Dr. Michael Fuhrman; Jeremy Tian, PhD; Mark Levy, PhD.  
Front row from left to right: Jessie Johnson, PhD; Keijun Koh, Rachel Brewer, PhD; John Cuomo, PhD.

# The USANA Difference

You are unique, and your health regimen should reflect that. You deserve personalised nutrition that addresses your overall macronutrient and micronutrient needs. And if you want to think, act and perform at your best, you need the best products out there.

USANA's vision is to create the healthiest family on Earth. Dr. Myron Wentz founded USANA with a commitment to precise formulations, pure ingredients and continued research. More than 20 years later, that commitment continues to motivate our 60+ scientists around the world.

Starting with the raw materials that enter our state-of-the-art manufacturing facilities to finished products, every supplement is tested to ensure it meets strict standards for potency, uniformity and disintegration. Dr. Wentz puts his stamp of approval on many products with USANA's potency guarantee.

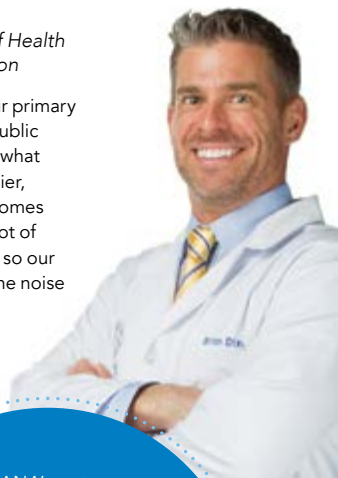
Now, if you're questioning whether or not you should choose USANA - especially when there are plenty of cheap supplements lining the shelves of any given discount store, ask yourself: are you willing to invest to ensure that the nutritional products you and your family take are of high quality and effective?

Supporting your health is an important decision. USANA is with you every step of the way.

## DR. BRIAN DIXON

*Executive Director of Health and Science Education*

"At USANA, one of our primary goals is to teach the public - and our Associates - what it takes to live a healthier, happier life. When it comes to nutrition, there's a lot of information out there, so our job is to cut through the noise and deliver the facts."



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



# FIVE reasons USANA is your healthy choice

**1. Science is at the heart of everything we do**

USANA's Research and Development team conducts numerous studies and partners with experts all over the world to develop our nutritional supplements. Every product is backed by cutting-edge nutritional science, and we're always looking for ways to improve our product lines even further.

**2. First-class ingredients make first-class products**

Our formulas aren't just backed by science. We also use only the best scientifically proven ingredients. Then, we follow stringent analytical and quality control procedures to produce the most exceptional products.

**3. An unheard-of potency guarantee**

What you read on a product label is what you'll receive in the product, and each batch is verified for potency before it reaches you. As it should be.

**4. Dependable, high-quality manufacturing**

USANA's manufacturing facility complies with pharmaceutical-grade Good Manufacturing Practices (GMP). Several government agencies conduct inspections of USANA's manufacturing facilities - each requiring strict control of procedures and documentation - so the highest-quality manufacturing standards are maintained.

**5. We have extraordinary friends**

Lots of them. The amazingly high standards we set for our products have attracted more than 2,000 professional and Olympic athletes to our nutritionals and energy and food lines. Their health is their life, and they trust their health to USANA. There's no reason you shouldn't.

Choose USANA, and then get back to what matters most - life.



# YOUR AWARD WINNING NUTRITIONALS!

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## PRESTIGIOUS AUSTRALIAN BUSINESS AWARD WINNERS



**Proflavanol® C<sup>100</sup>** is the Winner of the 2011 Australian Business Award for Best New Product.



USANA's **Rev3 Energy™ Drink** is the proud Winner of the 2012 Australian Business Award for Product Innovation.



**BiOmega™ Jr.**, USANA's omega-3 supplement for children, is the Winner of the 2012 Australian Business Award for Best New Product.

The Australian Business Awards are the most prestigious business awards in Australia and have been bestowed on the mentioned USANA products on the merit of the product, offering to the market a real point of difference in comparison to competitor products.

## ASIA PACIFIC STEVIE AWARD WINNERS



**USANA Health Sciences** received the GOLD Stevie® Award in the Excellence in Innovation in Health Care Industries category.

**USANA CellSentials®** received the Silver Stevie Award in the Innovation in Health & Wellness category.

**Proglucamune®** received the 2016 Asia Pacific Stevie Bronze Award for Innovation in Consumer Products and Services.

**USANA Customer Service** received the 2015/2014 Asia Pacific Stevie Bronze Award.



# LIVE <sup>YOUR BEST</sup> LIFE WITH INCELLIGENCE



## Why Take Supplements?

Our body cannot thrive, or even survive, without optimal amounts of vitamins and minerals. Both are essential for helping your body function properly and supporting overall well-being. Additionally, phytonutrients and other antioxidants can protect your cells, DNA and genes from oxidative damage. Diet and nutrition are important factors in the maintenance of good health throughout life - yet calorie-rich, nutrient-poor diets are increasingly common. That's why it's so important to eat a healthy diet, get plenty of exercise and take quality nutritional supplements.

## The Science of InCelligence®

USANA is a leader in the supplement industry because we don't shy away from innovation. From the groundbreaking Essentials, which set the standard for others to follow, to developing patented ingredients and technologies, USANA has a history of excellence. After many years of research and development, USANA created the next evolution in nutritional science: InCelligence. The revolutionary InCelligence uses the innate intelligence of your cells to support vibrant health and optimise your health span with normal. Like a key opens a lock, InCelligence unlocks cell-communication codes with proprietary nutrient blends that optimise your cells' natural ability to protect and renew themselves. Proactively supporting these processes via cellular communication pathways promotes cellular resilience and longevity, so your body is better able to respond to your unique health needs. Your cells already know how to take care of your health. InCelligence gives them the right nutrients to help them along the way. Are you ready to reach your potential?





# Your Personal Program for Optimal Health: USANA's True Health Assessment

You are unique, and you need an optimal health regimen that works best for you. Just as professional athletes, Olympians and celebrities trust their health to the experts, you too can discover the difference exceptional nutrition and advanced skin care can make in your own health. And USANA's True Health Assessment is here to guide you.

## Optimal Health by Design

Start with the **USANA CellSentials®** for an optimal foundation for health. It provides the vitamins and minerals every human body needs to function properly. But that's where our similarities end. You'll want to add additional USANA supplements to your regimen to optimise and complement your personal lifestyle choices.

- Targeted **Nutritionals** help you fill nutrient gaps and address your personal health concerns.
- **Rev3 Energy** provides a nutritious alternative to crash-and-burn energy drinks, so you can get through your day focused and revitalised.

## Assess Yourself

USANA takes the guesswork out of designing a personalised program for optimal health. Simply log on to [truehealthassessment.com](http://truehealthassessment.com) to complete a full evaluation of your current state of health and your lifestyle. In less than 20 minutes, you will have a list of recommendations tailored to your individual profile from our exclusive True Health Assessment.



**TrueHealth**  
ASSESSMENT



## CellSentials®

To maintain optimal health, we need a variety of vitamins, minerals, bioflavonoids and other micronutrients in the correct amounts - at optimal levels which surpass RDIs (recommended dosages defined by government agencies to avoid deficiency diseases). And we need them in the right balance, and forms - that are of high quality and highly absorbable by the body.

But obtaining these nutrients solely from diet has become a struggle with today's hectic lifestyles and nutrient-depleted food sources.

USANA understands the importance of providing the right nutrients, in the correct amounts, in the right balance and in the proper forms for every age group, and has created the CellSentials product line. Helping you build a strong foundation for exceptional health, the CellSentials provide a comprehensive spectrum of the necessary vitamins and minerals adults need every day for optimal health and energy levels.

## Nutrition For All Generations

The CellSentials® for adults are a combination of two products:

- **Vita-Antioxidant** - a comprehensive formula of high-potency vitamins, antioxidants and other important nutrients designed for every adult, every day for prevention of nutritional deficiencies and to counteract the damaging effects of free radicals.
- **Core Minerals** - a full-spectrum blend of essential minerals and trace elements in a balanced, highly bioavailable formulation. When taken together with Vita Antioxidant, these supplements complete the nutritional foundation for every adult.

The philosophy behind the CellSentials® for adults is carried through in two products for younger age groups:

- **Usanimals™** - a great-tasting chewable vitamin, mineral and antioxidant supplement designed to provide the high-quality nutrition necessary for children from 2 to 12 years to support normal growth and development.
- **Body Rox™** - advanced and complete vitamins, antioxidants, minerals and cofactors designed specifically for adolescents 12 to 18 years old for optimal nutritional support through the active teenage years.

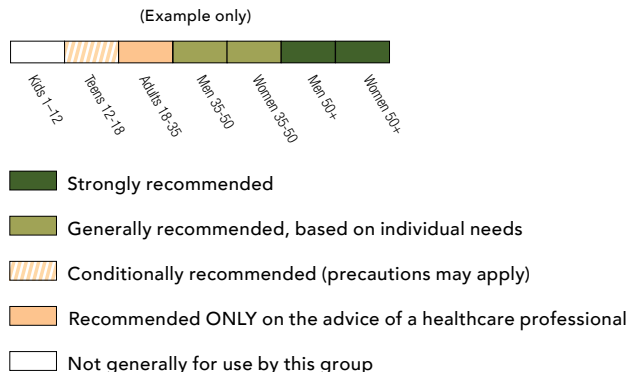
## Balanced Formulas

USANA reviews all the available scientific literature to ensure that the micronutrients present in our CellSentials® formulas are balanced to work together. While much is still not known about all the interactions that occur with nutrients in our bodies, USANA continues to keep abreast of the latest research to ensure up-to-date formulations.

The following pages fully describe Body Rox; Usanimals; the two components of the CellSentials® for adults; and the many ways they can help children, teenagers and adults achieve optimal health.

## WHICH USANA PRODUCTS ARE RIGHT FOR YOU?

Refer to the bar below on each page for important product recommendations for your age group and gender.

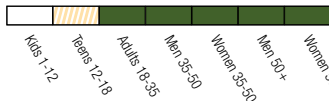




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# CellSentials®: Vita-Antioxidant

Broad-spectrum daily vitamin and antioxidant supplement with the proprietary InCelligence® Complex



**Vita-Antioxidant** is part of the USANA CellSentials® cellular nutrition system with patent-pending InCelligence. The CellSentials are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and cellular renewal support for the health and longevity of your cells. Vita-Antioxidant supplies carefully balanced levels of high-quality vitamins and antioxidants plus the proprietary InCelligence Complex.

## The Benefits of Vita-Antioxidant

By combining optimal amounts of vitamins, phytonutrients and enzyme cofactors into one product, Vita-Antioxidant helps fill nutritional gaps to provide whole-body nutritional support. The formula contains micronutrients that support multiple metabolic functions throughout the body. With the addition of the InCelligence Complex, Vita-Antioxidant goes beyond delivering optimal nourishment to also support your cells' innate protective and renewal processes, enhancing the formula's effectiveness for supporting vibrant health.

## The Science of Vita-Antioxidant

The InCelligence Complex is a unique blend of ingredients that can broadly support the network of cellular communication pathways to support optimal cellular resilience and longevity, and your body's ability to meet your individual health needs. There are two key processes the InCelligence Complex is designed to promote:

- Endogenous antioxidant protection: our bodies are equipped with a naturally powerful defence system that can protect against damaging oxidative stress, in the form of antioxidants that are produced within our cells, such as glutathione and superoxide dismutase (SOD). The InCelligence Complex contains nutrients that proactively support the activities of these endogenous antioxidants in addition to providing their own antioxidant activity. When combined with the additional antioxidants in the formula, including coenzyme Q10, beta carotene, and vitamins C and E, Vita-Antioxidant with the InCelligence Complex provides significantly higher levels of protection.

- Mitochondrial renewal: when mitochondria within a cell produce cellular energy (ATP), high amounts of free radicals may also be generated. While the natural antioxidants in the cell will neutralise many of the free radicals, some mitochondria will be damaged over time. Damaged mitochondria within the cell can cause it to work inefficiently. They will produce less ATP and more damaging free radicals. To maintain cellular efficiency, the cell initiates a natural response called mitophagy to degrade, remove or recycle damaged mitochondria. However, age or other lifestyle factors may slow this process. The InCelligence Complex helps support efficient mitochondria function and renew healthy cellular function.
- The InCelligence Complex includes quercetin, hesperidin, rutin, Meriva® Bioavailable Curcumin, alpha lipoic acid, resveratrol, EGCG (Epigallocatechin-3-O-gallate) from green tea, and USANA's patented Olivol®\* olive fruit extract. The cascade of cellular communication processes it supports require a foundation of a full spectrum of nourishing micronutrients.

**Vita-Antioxidant** contains vitamin A from a blend of retinyl acetate and beta-carotene. Beta-carotene supports cellular integrity and is important for strong-immune and eye health. Along with the additional carotenoids in the formula- lutein, and zeaxanthin - beta-carotene also helps preserve skin and eye health by providing oxidative defense against damaging UV rays.

**Vita-Antioxidant** is an excellent source of vitamins B6 and B12, thiamin, riboflavin, niacin, biotin, pantothenic acid and folate. The B vitamins are essential to many aspects of our health, including:

- Metabolising fats, proteins and carbohydrates, which plays a role in maintaining energy levels
- Supporting normal formation of red blood cells
- Supporting healthy immune function
- Supporting healthy brain and nerve function
- Supporting normal cardiovascular health
- Antioxidants help defend your cells against the oxidative stress caused by sunlight, pollution and stress, which can all prematurely age the skin.

## The USANA Difference

**Vita-Antioxidant** offers excellent completeness, potency, quality and purity. **Vita-Antioxidant** with the InCelligence Complex is uniquely formulated to go beyond providing the best possible vitamins and antioxidants to nourish your cells. It also helps to support the natural intelligence of your cells to proactively promote cellular longevity and resilience, so your body is better able to meet your health needs. Together as the **USANA CellSentials®**, you can trust that **Core Minerals** and **Vita-Antioxidant** are the best comprehensive supplement you can choose to nourish, protect and renew your health every day and optimise your long-term health.

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

EACH TABLET CONTAINS:	
BETACAROTENE	1.35 mg
RETINYL ACETATE (750 IU: VITAMIN A)	258 µg
VITAMIN C (100 mg) FROM:	
CALCIUM ASCORBATE	62.5 mg
POTASSIUM ASCORBATE	42.5 mg
MAGNESIUM ASCORBATE MONOHYDRATE	18.75 mg
ZINC ASCORBATE	1.25 mg
VITAMIN D3 (200 IU: CHOLECALCIFEROL)	5 µg
VITAMIN E (500 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)	41.3 mg
TOCOPHEROLS CONCENTRATE - MIXED (LOW-ALPHA TYPE)	20 mg
VITAMIN K (135 µg) FROM:	
PHYTOMENADIOL	120 µg
MENADIOL-3	15 µg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	7.5 mg
VITAMIN B2 (RIBOFLAVINE)	7.5 mg
NICOTINAMIDE	7.5 mg
VITAMIN B3 (NICOTINIC ACID)	2.5 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	8 mg
FOLIC ACID	125 µg
VITAMIN B12 (CYANOCOBALAMIN)	50 µg
BIOTIN	75 µg
CALCIUM PANTOTHENATE	25 mg
ROUTIN	10 mg
QUERCETIN DIHYDRATE	15 mg
R,S-ALPHA-LIPOIC ACID	25 mg
CURCUMIN	3.25 mg
HERBAL EXTRACTS CONTAINING:	
GREEN TEA (CAMELLIA SINENSIS)	17.5 mg
EQUIVALENT DRY LEAF	175 mg
STANDARDISED TO EPIGALLOCATECHIN-3-O-GALLATE	7 mg
OLIVE (OLEA EUROPAEA)*	3.75 mg
EQUIVALENT FRESH FRUIT	168.75 mg
FALLOPIA JAPONICA	20 mg
EQUIVALENT DRY ROOT	1.2 g
STANDARDISED TO RESVERATROL	10 mg
HESPERIDIN	10 mg
INOSITOL	32 mg
CHOLINE BITARTRATE	62.5 mg
COQ10 (UBIDECARENONE)	3 mg
LYCOPENE	150 µg
	250 µg

\*USANA® OLIVOL OLIVE EXTRACT PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

If you are pregnant, or considering becoming pregnant, do not take vitamin A supplements without consulting your doctor or pharmacist. Warning - when taken in excess of 3000 micrograms retinol equivalents, vitamin A can cause birth defects.

The recommended daily amount of vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men. Do not take while on warfarin therapy without medical advice.

Contains sorbic acid and sodium benzoate.

Do not exceed the stated dose except on medical advice. If you have a child with a neural tube defect/spina bifida, seek specific medical advice.

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# USANA



## Essentials Micronutrition

## CellSentials®: Vita-Antioxidant

- Delivers a comprehensive, high-potency formula that includes a broad spectrum of essential vitamins and cofactors important for long-term optimal health
- Contains InCelligence complex - a broad range of antioxidants for comprehensive, "wide-ranging protection" from oxidative stress
- Contains olive fruit extract, a unique USANA patented extract
- Provides an advanced level of vitamin D at 800IU per daily dosage
- Vegetarian safe

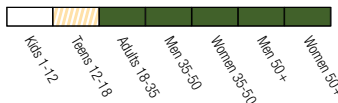




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# CellSentials®: Core Minerals

Broad-spectrum daily  
mineral supplement



**Core Minerals** is part of the USANA **CellSentials®** cellular nutrition system with patent-pending InCelligence®. The **CellSentials** are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and cellular renewal support for the health and longevity of your cells. **Core Minerals** supplies a balanced range of highly absorbable essential minerals and trace minerals. It also includes vitamin C, as well as cysteine. **Core Minerals** should be consumed with **Vita-Antioxidant** for best results, as it complements the vitamins and supports the health benefits activated by the InCelligence Complex.

## The Benefits of Core Minerals

Minerals are essential elements for optimal health and well-being. Without them, our bodies would be unable to function. They play a role in all physiological processes and help balance and regulate our body chemistry. **Core Minerals** delivers minerals plus ultra-trace minerals to help fill gaps in the diet and provide whole-body nutritional support. Core Minerals also supports the health benefits activated by the InCelligence Complex in **Vita-Antioxidant**, promoting cellular resilience and longevity so your body can meet your unique health needs.

## The Science of Core Minerals

**Core Minerals** is an excellent source of magnesium. Magnesium is a cofactor in more than 300 enzyme systems that control various natural physiological processes in the body, including metabolising glucose and protein synthesis; supporting the production of cellular energy; and producing protein, as well as the synthesis of DNA and glutathione. It is important for proper calcium utilisation, which contributes to the structural development of bones.

**Core Minerals** is a good source of calcium. The most common mineral in the body, calcium is essential for healthy bones and teeth as well as healthy muscle and nerve function.

The magnesium and calcium blends in **Core Minerals** are both composed partly from the ascorbate forms

of the nutrients (calcium ascorbate and magnesium ascorbate). Ascorbate is a source of another essential micronutrient: vitamin C.

**Core Minerals** contains high-potency iodine. Iodine is a crucial component in the body's normal production of thyroid hormones, which regulate metabolism, growth, reproduction and the synthesis of protein.

Supplemental iodine is especially important for people on a vegetarian diet, those who avoid seafood or those who restrict their iodised salt intake.

**Core Minerals** is high in zinc. A component of hundreds of enzymes, zinc is involved in normal carbohydrate, fat and protein metabolism, as well as supporting healthy DNA and RNA replication. It is important for supporting our body's natural healing process for minor cuts. It aids healthy bone structure development and promotes healthy immune function and healthy vision.

**Core Minerals** contains high-potency selenium. Selenium is an essential component of Glutathione peroxidase, and plays a vital role in the body's antioxidant defense systems. Many studies have shown that selenium is important for maintaining prostate health.

**Core Minerals** contains high-potency chromium. Chromium is an important component of the glucose tolerance factor (GTF), which helps maintain normal healthy glucose metabolism.

**Core Minerals** is an excellent source of molybdenum. An important cofactor for a number of enzymes, molybdenum is necessary for the metabolism of sulfur-containing amino acids.

## The USANA Difference

Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, **Core Minerals** offers excellent completeness, potency, quality and purity. **Core Minerals** is a premium blend of minerals designed to not only optimally nourish your cells but also support the activity of the

InCelligence Complex in Vita-Antioxidant. Together as the USANA CellSentials, you can trust that **Core Minerals** and **Vita-Antioxidant** are the best comprehensive vitamin and mineral supplement you can choose to nourish, protect and renew your health every day and optimise your health with normal ageing.

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

**EACH TABLET CONTAINS:**

CALCIUM (56.25 mg) FROM:	
CALCIUM CITRATE HYDRATE (EQUIV 47 mg CALCIUM)	223.81 mg
CALCIUM ASCORBATE (EQUIV 9.25 mg CALCIUM)	98.6 mg
POTASSIUM IODIDE (EQUIV 75 µg IODINE)	99.3 µg
MAGNESIUM (56.25 mg) FROM:	
MAGNESIUM CITRATE NONAHYDRATE (EQUIV 49 mg MAGNESIUM)	408.33 mg
MAGNESIUM ASCORBATE (EQUIV 7.25 mg MAGNESIUM)	118.85 mg
ZINC CITRATE DIHYDRATE (EQUIV 5mg ZINC)	15.63 mg
SELENOMETHIONINE (EQUIV 37.5 µg SELENIUM)	93.75 µg
COPPER GLUCINATE (EQUIV 500 µg COPPER)	3.57 mg
MANGANESE GLUCONATE (EQUIV 500 µg MANGANESE)	4.55 mg
CHROMIUM (75 µg) FROM:	
CHROMIC CHLORIDE (EQUIV 62.5 µg CHROMIUM)	320.27 µg
CHROMIUM NICOTINATE (EQUIV 12.5 µg CHROMIUM)	100 µg
MOLYBDENUM TRIOXIDE (EQUIV 12.5 µg MOLYBDENUM)	18.75 µg
CYSTEINE HYDROCHLORIDE MONOHYDRATE	40 mg
VITAMIN C (ASCORBIC ACID) FROM:	150 mg
CALCIUM ASCORBATE 98.6 mg, MAGNESIUM ASCORBATE 118.85 mg	

Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

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



ITEM# 101

#### References

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# USANA



Essentials  
Micronutrition

## CellSentials®: Core Minerals

- Delivers a comprehensive, high-potency formula that includes a broad spectrum of essential minerals and cofactors that support optimal health
- Contains a balanced blend of minerals and trace minerals
- Contains advanced level of selenium at 150µg / day
- Vegetarian safe



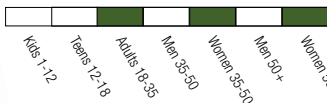




ITEM# 151  
AUST L 286422

# USANA CellSentials Prenatal Vita-Antioxidant

A comprehensive vitamin supplement for pregnant women and their developing babies



**USANA CellSentials Prenatal Vita-Antioxidant** supplies a carefully formulated range of pure, high-quality vitamins that help support a healthy pregnancy and a healthy foetus.

## Optimise Your Prenatal Health

When you are pregnant, your nutritional needs increase. Even a marginal nutritional gap can negatively impact the mother's health and the baby's development. However, many prenatal supplements provide only minimal amounts of nutrients.

**USANA CellSentials Prenatal Vita-Antioxidant** provides essential vitamins, including folic acid and beta carotene (precursor of vitamin A), to help support the healthy growth and development of your baby – before, during and after pregnancy. It also provides nutritional support to help you maintain your energy levels, and harnesses the Science of InCelligence to support your well-being at the cellular level.

Healthy diets with adequate folate may reduce a woman's risk of having a child with spinal cord defect. Because it is needed for closure of the neural tube in the very first weeks of pregnancy, any woman of childbearing years should take folic acid. When taken as directed, **USANA CellSentials Prenatal Vita-Antioxidant** is an excellent source of 500 µg of folic acid, which is more bioavailable than the folate you'll find in food.

The B vitamins, which include thiamine, riboflavin, niacin, folic acid, vitamin B6, vitamin B12, biotin and pantothenic acid, are important to support energy metabolism and healthy organ development. Folic acid and B12 also support red blood cell formation, which is critical because a woman's blood volume increases by nearly 50% during pregnancy.

## Why USANA CellSentials Prenatal Vita-Antioxidant?

**USANA CellSentials Prenatal Vita-Antioxidant** contains the InCelligence Complex, a unique blend of antioxidant nutrients that support optimisation of defence against oxidative stress, which may not be found in other prenatal supplements. These nutrients include Quercetin, Hesperidin, Rutin, Alpha-lipoic acid, green tea extract, Meriva® Bioavailable Curcumin and USANA's patented Olivol® olive-fruit extract.

The nutrients provided through the InCelligence Complex help your cells to protect themselves with powerful endogenous antioxidants that are able to quench many free radicals, rather than relying on dietary antioxidants alone where less free radicals can be quenched at a time.

DIRECTIONS: PREGNANT OR NURSING WOMEN TAKE FOUR (4) TABLETS DAILY, PREFERABLY TWO (2) IN THE MORNING AND TWO (2) IN THE EVENING WITH MEALS.

**EACH TABLET CONTAINS:**

BETACAROTENE	1.5 mg
VITAMIN C (100 mg) FROM:	
CALCIUM ASCORBATE	62.5 mg
POTASSIUM ASCORBATE	42.5 mg
MAGNESIUM ASCORBATE MONOHYDRATE	18.75 mg
ZINC ASCORBATE	1.25 mg
VITAMIN D3 (200 IU: COLECALCIFEROL)	6.2 µg
VITAMIN E (50 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)	41.3 mg
TOCOPHEROLS CONCENTRATE - MIXED (LOW ALPHA TYPE)	20 mg
VITAMIN K (135 µg) FROM:	
PHYTOMENADIONE	120 µg
MENADIQUINONE 7	15 µg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	7.5 mg
VITAMIN B2 (RIBOFLAVINE)	7.5 mg
NICOTINAMIDE	10 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	8 mg
FOLIC ACID	125 µg
VITAMIN B12 (CYANOCOBALAMIN)	50 µg
BIOTIN	75 µg
CALCIUM PANTOTHENATE	25 mg
RUTOSIDE (RUTIN)	10 mg
QUERCETIN DIHYDRATE	15 mg
ALPHA-LIPOIC ACID	25 mg
CURCUMIN	3.25 mg
HERBAL EXTRACTS CONTAINING:	
GREEN TEA (CAMELLIA SINENSIS)	17.5 mg
EQUIVALENT DRY LEAF	175 mg
STANDARDISED TO	7 mg
EPIGALLOCATECHIN-3-O-GALLATE	
OLIVE FRUIT ( <i>Olea europaea</i> ) <sup>*</sup>	3.75 mg
EQUIVALENT FRESH FRUIT	168.75 mg
HESPERIDIN	10 mg
INOSITOL	32 mg
CHOLINE BITARTRATE	62.5 mg
COQ10 (UBIDECARENONE)	3 mg
LUTEIN	150 µg
LYCOPENE	250 µg

**References**

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\*USANA® OLIVOL OLIVE EXTRACT PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek specific medical advice.

Do not take while on warfarin therapy without medical advice.

Contains sorbic acid and sodium benzoate.

**USANA**



**Essentials  
Micronutrition**

## USANA CellSentials Prenatal Vita-Antioxidant

- Delivers a comprehensive, high-potency formula that includes a broad spectrum of essential vitamins and cofactors important for a healthy pregnancy and baby
- Contains 500 µg of folic acid to help support the healthy growth and neuro development of the foetus
- Contains B vitamins that support energy metabolism, healthy organ development and red blood cell formation
- Contains InCelligence Complex
- Vegetarian safe

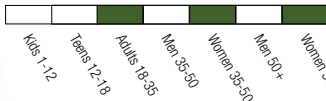




ITEM# 151  
AUST L 286425

# USANA CellSentials Prenatal Core Minerals

A comprehensive vitamin supplement for pregnant women and their developing babies



**USANA CellSentials Prenatal Core Minerals** supplies a carefully formulated range of pure, high-quality minerals at potent levels that help support a healthy pregnancy and a healthy foetus.

## The benefit of USANA CellSentials Prenatal Core Minerals

**USANA CellSentials Prenatal Core Minerals** provides essential minerals, such as iron and iodine, which you need to support the healthy growth and development of your baby – before, during and after pregnancy. It also provides the nutrition you need to keep feeling good and to help support your body after giving birth.

**USANA CellSentials Prenatal Core Minerals** is also an excellent source of magnesium, which is needed to support healthy foetal growth and support calcium absorption for strong bones and teeth. It also contains copper, which aids in the production of red blood cells, along with supporting foetal development.

## Importance of Minerals in Pregnancy

Because maternal blood volume increases by nearly 50% during pregnancy, iron supplementation beginning by the second trimester is important for supporting the formation of haemoglobin in red blood cells, which help transport oxygen and nutrients to the baby. Maternal iron is also needed during pregnancy and lactation to provide the infant with sufficient iron stores to last through the first four to six months of life, after which supplementary feeding is usually recommended. **USANA CellSentials Prenatal Core Minerals** is an excellent source of iron.

Calcium is important for a healthy pregnancy and in particular for maintaining the mother's bone density, as calcium is transferred to the baby for developing bones, teeth and muscles.

A woman's need for iodine increases considerably during pregnancy and while nursing. It is needed for maternal thyroid hormone production, which plays a role in foetal neurocognitive development. Deficiency of iodine is accepted as the most common cause of preventable neurological defects in the world. Iodine deficiency during pregnancy can negatively impact cognitive function. That's why **USANA CellSentials Prenatal Core Minerals** contains high-potency iodine.

Zinc deficiency is another concern, having been linked to low birth weight and an increased risk of delivery complications. Zinc also supports healthy foetal cell growth, so maintaining adequate levels is vital for a healthy pregnancy.

## Why USANA CellSentials Prenatal Core Minerals?

**USANA CellSentials Prenatal Core Minerals** is a high-quality source of supplemental minerals and offers excellent potency. It is also formulated with trace minerals, such as selenium, chromium and manganese, which may not be found in other prenatal supplements. When taken together with **CellSentials Prenatal Vita-Antioxidant**, these supplements give you balanced and comprehensive nutritional support for the health of your future family.

DIRECTIONS: PREGNANT OR NURSING WOMEN TAKE FOUR (4) TABLETS DAILY, PREFERABLY TWO (2) IN THE MORNING AND TWO (2) IN THE EVENING WITH MEALS.

**EACH TABLET CONTAINS:**

CALCIUM (56.25 mg) FROM:	
CALCIUM CITRATE TETRAHYDRATE (EQUIV 47 mg CALCIUM)	223.81 mg
CALCIUM ASCORBATE (EQUIV 9.25 mg CALCIUM)	98.6 mg
POTASSIUM IODIDE (EQUIV 75 µg IODINE)	99.3 µg
MAGNESIUM (56.25 mg) FROM:	
MAGNESIUM CITRATE NONAHYDRATE (EQUIV 49 mg MAGNESIUM)	408.33 mg
MAGNESIUM ASCORBATE (EQUIV 7.25 mg MAGNESIUM)	118.85 mg
ZINC CITRATE DIHYDRATE (EQUIV 5 mg ZINC)	15.63 mg
FERROUS FUMARATE (EQUIV 5 mg IRON)	15.67 mg
SELENOMETHIONINE (EQUIV 37.5 µg SELENIUM)	93.75 µg
COPPER GLUCONATE (EQUIV 500 µg COPPER)	3.57 mg
MANGANESE GLUCONATE (EQUIV 500 µg MANGANESE)	4.55 mg
CHROMIUM (75 µg) FROM:	
CHROMIC CHLORIDE HEXAHYDRATE (EQUIV 62.5 µg CHROMIUM)	320.27 µg
CHROMIUM NICOTINATE (EQUIV 12.5 µg CHROMIUM)	100 µg
MOLYBDENUM TRIOXIDE (EQUIV 12.5 µg MOLYBDENUM)	18.75 µg
CYSTEINE HYDROCHLORIDE MONOHYDRATE	40 mg
VITAMIN C (ASCORBIC ACID) FROM:	
CALCIUM ASCORBATE 98.6 mg, MAGNESIUM ASCORBATE 118.85 mg	150 mg

USANA



Essentials  
Micronutrition

## USANA CellSentials Prenatal Core Minerals

- Delivers a comprehensive, high-potency formula that includes a broad spectrum of essential minerals important for a healthy pregnancy and baby
- Contains a balanced blend of minerals and trace minerals
- Contains 75 µg iodine per tablet, which is important for foetal neurocognitive development
- Contains 5 mg of iron per tablet, which supports the production of red blood cells that help transport oxygen and nutrients to the baby
- Vegetarian safe



ITEM# 151

### References

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

Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.



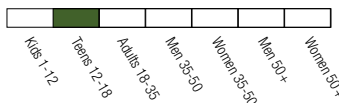
www.usana.com 19



ITEM# 104  
AUST L 188853

# Body Rox™

Complete daily vitamin, mineral and antioxidant supplement for teenagers



Nutrition plays a critical role in everyone's health, but good nutrition is especially important during adolescence and the teenage years of growth, development and physical maturation. With their active lifestyles and growing bodies, adolescents need advanced levels of antioxidants, vitamins, minerals and other nutrients to achieve and maintain optimal health.

Teenagers' busy lifestyles almost inevitably lead to irregular eating habits - missing meals and binging on junk food - which may cause serious dietary deficiencies. The fast food that teenagers love to eat tends to be high in calories, fat and sodium, but low in fibre, vitamins, minerals and antioxidants.<sup>1</sup> Teenagers need to follow a balanced nutritional plan that may need to include vitamin and mineral supplementation. Based on USANA's formula for adults, **Body Rox™** is specially formulated to help meet the nutritional needs of growing adolescents. When combined with balanced meals, **Body Rox** helps provide essential nutrients needed during adolescence and young adulthood, setting the stage for lifelong health.<sup>2</sup>

## Antioxidants

An important - and sometimes primary - function of certain vitamins and minerals, such as vitamin E and selenium, is to protect cells from free-radical damage. The body produces antioxidants to counteract this damage, but today's environmental pollutants can create more free radicals than the active teenage body can handle. This situation can be compounded for active young individuals, whose increased use of oxygen can further increase oxidative stress. **Body Rox** provides a potent combination of antioxidants, with the "Phyto-Antioxidant Complex" including grape seed extract, green tea extract, olive fruit extract, quercetin and Meriva curcumin, together with lutein and lycopene that help young bodies maintain ideal health.

## Vitamins

**Body Rox** contains balanced amounts of essential vitamins and cofactors that young people need.

Beta-carotene, a precursor of vitamin A, is important

for vision and healthy skin. Adolescents need B vitamins in advanced amounts to meet the extra demands of growth, energy metabolism and muscle tissue development.<sup>3</sup> Vitamin D is essential for calcium uptake and utilisation, and vitamin K is important in preventing blood clotting. Vitamin C plays an important role in the formation of collagen in bones, cartilage, muscle and blood vessels, which helps to support joint and skin health during adolescent years. During this critical developmental stage, vitamins and antioxidants supplementation is often necessary to compensate for erratic eating patterns and the lack of fresh fruit and vegetables in their diet.

## Minerals

**Body Rox** contains a balance of essential minerals in bioavailable forms that play key roles in maintaining optimal health. For example, calcium assimilation during the developing years is essential for bone health later in life. Zinc is vital for normal growth and development, immune function, sexual maturation and reproduction. Iodine is critical for the synthesis of thyroid hormones required for the growth and development of the central nervous system. It also helps maintain the body's normal energy production and basal metabolic rate. Selenium functions as an antioxidant and chromium helps in the maintenance of normal healthy glucose metabolism and blood glucose level.

## Why Body Rox™?

USANA used sound principles of nutrition to develop **Body Rox**, which provides essential antioxidants, vitamins, minerals and cofactors in an easy-to-swallow tablet and with a vegetarian-safe formulation. USANA's goal was to combine a broad range of nutrients with the highest possible purity and potency of ingredients - and to keep the formulation at an affordable price.

**Body Rox** is laboratory tested and quality guaranteed. It meets British Pharmacopoeia specifications for potency, uniformity and disintegration where applicable.

DIRECTIONS: TEENS 12-18 YEARS OF AGE TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH MEALS.

<b>EACH TABLET CONTAINS:</b>	
BETACAROTENE	1.8 mg
VITAMIN C	167 mg
(FROM CALCIUM ASCORBATE 105 mg;	
POTASSIUM ASCORBATE 71 mg;	
MAGNESIUM ASCORBATE 31 mg;	
ZINC ASCORBATE 2.1 mg)	
CHOLECALCIFEROL (333 IU VITAMIN D3)	8.33 µg
D-ALPHA-TOCOPHERYL ACID SUCCINATE	55.1 mg
(EQUIV 66.7 IU VITAMIN E)	
PHYTOMENADIONE (VITAMIN K)	20 µg
THIAMINE HYDROCHLORIDE (VITAMIN B1)	6.67 mg
RIBOFLAVIN (VITAMIN B2)	6.67 mg
NICOTINIC ACID (VITAMIN B3)	4 mg
NICOTINAMIDE	8 mg
PYRIDOXINE HYDROCHLORIDE (VITAMIN B6)	8 mg
CYANOCOBALAMIN (VITAMIN B12)	50 µg
FOLIC ACID	166 µg
BIOTIN	100 µg
PANTOTHENIC ACID	10 mg
CHOLINE BITARTRATE	15 mg
INOSITOL	10 mg
CYSTEINE HYDROCHLORIDE	15 mg
"PHYTO-ANTIOXIDANT COMPLEX"	
CONTAINING :	
QUERCETIN DIHYDRATE	35 mg
VITIS VINIFERA (GRAPE) SEED EXTRACT	4 mg
EQUIV DRY GRAPE SEED	480 mg
EQUIV PROANTHOCYANIDINS	3.2 mg
CAMELLIA SINENSIS (GREEN TEA) LEAF EXTRACT	4 mg
EQUIV DRY LEAF	112 mg
OLEA EUROPAEA (OLIVE) FRUIT EXTRACT	4 mg
EQUIV FRESH FRUIT	180 mg
CURCUMIN	0.9 mg
LUTEIN	500 µg
LYCOPENE	150 µg
BRASSICA OLERACEA VAR. ITALICA	5 mg
(BROCCOLI) FLOWER POWDER	
CALCIUM (EQUIV 75 mg CALCIUM) AS:	
CALCIUM CITRATE	119 mg
CALCIUM CARBONATE	111.1 mg
CALCIUM ASCORBATE	105 mg
MAGNESIUM (EQUIV 37.5 mg MAGNESIUM) AS:	
MAGNESIUM CITRATE NONAHYDRATE	37.5 mg
MAGNESIUM AMINO ACID CHELATE	172.5 mg
POTASSIUM IODIDE (EQUIV 50 µg IODINE)	66 µg
ZINC CITRATE DIHYDRATE (EQUIV 4 mg ZINC)	12.5 mg
SODIUM SELENITE (EQUIV 50 µg SELENIUM)	109 µg
COPPER GLUCONATE (EQUIV 330 µg COPPER)	2.4 mg
MANGANESE GLUCONATE (EQUIV 1 mg MANGANESE)	9 mg
CHROMIUM (EQUIV 50 µg CHROMIUM) AS	
CHROMIC CHLORIDE	179.5 µg
CHROMIUM NICOTINATE	150 µg
MOLYBDENUM TRIOXIDE	24.8 µg
(EQUIV 16.6 µg MOLYBDENUM)	

#### References

1. Lucas, B. In Pipes, PL, Nutrition in infancy and childhood. 4/e. Mosby: St. Louis. 1989.
2. Strong, J.P., et al., 1999. JAMA. 281: 727-35.
3. Miller, E.C. and Meropis, C.G. 1998. Primary Care. 25:193-210.

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

Vitamins should not replace a balanced diet. USE ONLY AS Directed. ALWAYS READ THE LABEL.

# USANA



## Essentials Micronutrition

### Body Rox™

- Comprehensive and convenient formula of essential vitamins, minerals and antioxidants for active teenagers
- Everyday support for overall health, normal healthy immunity and skin
- Powered with B group vitamins that support normal energy production and stamina
- Calcium and magnesium support healthy bones, skeleton structure and teeth
- Lutein supports healthy eyes including photoprotection for the eyes
- Vegetarian safe



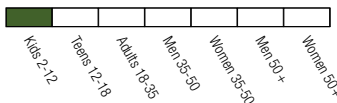




ITEM# 105  
AUST L 192524

# Usanimals™

Chewable daily vitamin, mineral and antioxidant supplement for children



**Usanimals™**, USANA's Essentials for kids, is an advanced formulation that contains vital nutrients necessary for a healthy childhood. Good nutrition plays a critical role in everyone's health, and it's especially important for children. Children never stop growing, from birth to the end of adolescence. Kilo for kilo, a five-year-old child needs more thiamin, riboflavin, niacin, vitamins A and C, and vitamins B6 and B12 than a 25-year-old man.<sup>1</sup>

## Nutrition for Growth

Growth involves much more than just the development of children's bodies. It is an incredibly intricate balance of varying anatomical growth rates, physiological changes and shifting hormone status. While growth in childhood is slower than in infancy or adolescence, energy output is high, with hard play periods that include running, jumping and testing of new physical skills.

In addition to providing fuel for growth and normal activity levels, a child's diet must provide for the accumulation of stores of nutrients in preparation for the accelerated growth spurts of the teen years.

## Today's Childhood Nutrition

Unfortunately, one clinical study after another shows that our children do not receive all the nutrition they need from their diets. In addition to problems caused by high intake of fat, particularly saturated fat, many children are simply not getting enough of the essential nutrients.<sup>2</sup> Less than 25% of young people eat the recommended five servings or more of fruits and vegetables each day. And nearly one-quarter of all vegetables consumed by children and adolescents are chips.<sup>3</sup> Adequate amounts of key nutrients such as zinc, vitamin B6, magnesium and calcium are missing from the diets of more than 50% of children from 2 to 10 years old.<sup>4,5</sup>

Childhood nutrition is not only important for a child's developing years. Maintaining optimal health is a lifelong challenge. More and more medical research is showing that it is the poor diet and bad habits that are established in childhood that may play a role in

the development of degenerative diseases of middle and old age. With this in mind, it is important to focus today on maintaining a child's health through proper eating patterns.<sup>6,7</sup>

Children need a variety of foods that provide energy, protein, carbohydrates, fat, vitamins and minerals for optimal physical and cognitive growth and development.

## Essentials for Children

**Usanimals** contain an array of antioxidants, vitamins and minerals, in amounts designed especially for active, growing children.

Vitamins D and C, along with selenium and zinc, support normal and healthy immune function. Vitamins E and C are two of the most powerful antioxidants needed by the human body. Vitamin E is one of the most important antioxidants because it helps to maintain strong cell membranes.<sup>8-10</sup> In addition to its antioxidant role, vitamin C is essential to form collagen in bones, cartilage, muscle and blood vessels.

Advanced levels of calcium, with magnesium and vitamin D, play a key role in supporting normal healthy bone and skeleton structure, and strong teeth. Iron, iodine and B group vitamins support normal healthy energy production, which is so important for active children. Iodine along with zinc supports normal growth and development. Beta carotene supports healthy eyesight.

## The Best Sources

A balanced blend of nutrients is only the beginning. At USANA, we believe that the quality of raw ingredients is of the utmost importance. USANA only uses ingredients of high quality to ensure maximum purity and potency.

## Being Healthy Can Be Fun

**Usanimals** will be a sure hit with the children – they will love the fun animal shapes stamped on the round, easy-to-eat chewable tablets, with a great Wild Berry flavour. Free of artificial flavours and sweeteners, to keep parents happy too!



Usanimals is now vegetarian safe.

Usanimals is laboratory tested and quality guaranteed. It meets British Pharmacopoeia specifications for potency and uniformity where applicable.

DIRECTIONS: CHILDREN 2-4 YEARS OLD CHEW ONE (1) TABLET DAILY; CHILDREN 4 YEARS AND OLDER CHEW TWO (2) TABLETS DAILY, PREFERABLY WITH MEALS. DO NOT SWALLOW TABLETS WHOLE.

EACH TABLET CONTAINS:	
BETACAROTENE	1.5 mg
VITAMIN C (125 mg) AS ASCORBIC ACID	100 mg
SODIUM ASCORBATE	28.4 mg
CHOLECALCIFEROL (400 IU VITAMIN D3)	10 µg
D-ALPHA-TOCOPHERYL ACID SUCCINATE (50 IU VITAMIN E)	42.2 mg
PHYTOMENADIONE (VITAMIN K1)	20 µg
THIAMINE NITRATE (VITAMIN B1)	1.25 mg
RIBOFLAVINE (VITAMIN B2)	1.25 mg
NICOTINAMIDE	10 mg
PYRIDOXINE HYDROCHLORIDE (VITAMIN B6)	1.25 mg
FOLIC ACID	200 µg
CYANOCOBALAMIN (VITAMIN B12)	12 µg
CALCIUM PANTOTHENATE	5 mg
BIOTIN	75 µg
INOSITOL	15 mg
"ANTIOXIDANT PHYTONUTRIENT COMPLEX"	
CONTAINING:	
RUBUS FRUTICOSUS (BLACKBERRY) FRUIT POWDER	10 mg
RUBUS IDAEUS (RASPBERRY) FRUIT POWDER	10 mg
VACCINIUM MACROCARPON (CRANBERRY) FRUIT POWDER	10 mg
VACCINIUM MYRTILLUS (BLUEBERRY) FRUIT POWDER	10 mg
CALCIUM CARBONATE (75 mg CALCIUM)	208.3 mg
MAGNESIUM CARBONATE	104.2 mg
POTASSIUM IODIDE (50 µg IODINE)	65.8 µg
ZINC AMINO ACID CHELATE (5 mg ZINC)	50 mg
SODIUM SELENITE (25 µg SELENIUM)	54.4 µg
CUPRIC CITRATE (375 µg COPPER)	0.93 mg
MANGANESE GLUCONATE (500 µg MANGANESE)	4.5 mg
CHROMIUM NICOTINATE (25 µg CHROMIUM)	250 µg
MOLYBDENUM TRIOXIDE (12.5 µg MOLYBDENUM)	18.7 µg
FERROUS FUMARATE (2 mg IRON)	6.3 mg

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

Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

Contains sugars.

Choking hazard – not suitable for infants or toddlers less than 2 years old.

# USANA



## Essentials Micronutrition

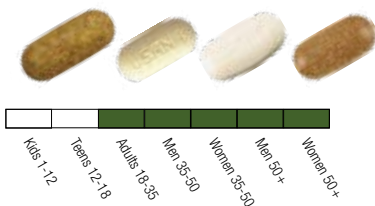
### Usanimals™

- Provides a balanced formula of vitamins, minerals and antioxidants for children aged 2 to 12 years old
- Supports immune health with vitamins D & C, selenium and zinc
- Calcium, magnesium and vitamin D help with strong bones, muscles, joints and teeth
- B group vitamins with iron and iodine support energy production for an active lifestyle
- Zinc and iodine nurture normal overall growth and development
- Easy-to-eat chewables with fun animal-shaped prints
- Vegetarian safe





# HealthPak™



ITEM# 100  
AUST L 264672

USANA **HealthPak** makes it easy to get the micronutrients you need every day. A 28-day supply of core supplements in convenient daily packets, **HealthPak** delivers advanced nutrition when and where you want it. **HealthPak** includes the **CellSentials®** with patent-pending **InCelligence®**, **MagneCal D** and the **CellSentials Booster**. This combination provides advanced nourishment for your cells, with the innovative formulas backed by the science of **InCelligence** which unlocks the innate intelligence of your cells to protect and renew good health.

Each packet contains the following:

- **CellSentials: Vita-Antioxidant** with **InCelligence Complex** (2 tablets)
- **CellSentials: Core Minerals** (2 tablets)
- **MagneCal D** (1 tablet)
- **CellSentials Booster** (1 tablet): a **HealthPak** exclusive!

## The Benefits of HealthPak – More than Just a Multi-Vitamin

Busy days can cause you to eat a less-than-ideal diet or forget to take your supplements. However, one of the most important aspects of achieving vibrant optimal health is maintaining consistent, optimal levels of nutrients in your body. **HealthPak** makes it easy for you get the full range of nutrients you need every day, even when you're on the go.

**HealthPak** was formulated to help maintain general health and well-being, as well as normal, healthy bones and joints.

- **Wide-Spectrum multivitamin and multimineral:** Provides over 40 highly bioavailable ingredients in a convenient, easy-to-use package, and helps to maintain overall health, healthy immune function and cardiovascular function, and healthy bones and joints.
- **Maintenance of healthy eyes:** contains vitamin A and provitamin A (as betacarotene), vitamin C, zinc, lutein and lycopene for maintenance of healthy eyes.

- **Maintenance of healthy thyroid function:** contains iodine to support normal healthy thyroid function, normal growth and development of central nervous system.
- **Source of magnesium:** supports energy metabolism, nerve conduction, muscle contraction and bone formation.

## What is a CellSentials Booster?

Available exclusively in **HealthPak**, the **CellSentials Booster** was formulated entirely based on USANA's patent-pending **InCelligence®**. It is formulated with four powerful nutrients shown to influence a broad network of cellular communication pathways: alpha-lipoic acid, USANA's patented **Olivol®** olive fruit extract, quercetin and **Pterocarpus marsupium** extract containing pterostilbene.

The **CellSentials Booster** provides advanced levels of nutrients that support cells' own innate, endogenous antioxidants, such as glutathione and superoxide dismutase, which can protect the health and longevity of cellular function.

## The Science of HealthPak

This unique combination delivers enhanced support for mitochondrial function with nutrients that support the breakdown and removal of damaged mitochondria left behind in the cell after the production of adenosine triphosphate (ATP), or cellular energy. This helps preserve cellular efficiency for optimum cellular energy production.

Supporting the physiological and biochemical processes in the cells can help build cellular resilience to help your body meet increased needs when your lifestyle demands it. And because many of us fail to get enough magnesium, calcium or vitamin D each day, **MagneCal D** provides an added boost to provide more of these crucial nutrients.

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

EACH PACKET CONTAINS:		MAGNESIUM ASCORBATE	275.2 mg
BETACAROTENE	2.7 mg	(EQUIV 17 mg MAGNESIUM)	
RETINYL ACETATE	516 µg	ZINC CITRATE DIHYDRATE	31.3 mg
(1500 IU: VITAMIN A ACETATE)		(EQUIV 10 mg ZINC)	
VITAMIN C (ASCORBIC ACID) FROM:	500 mg	SELENIOMETHIONINE	187.5 µg
CALCIUM ASCORBATE	322.2 mg	(EQUIV 75 µg SELENIUM)	
POTASSIUM ASCORBATE	85 mg	COPPER GLUCONATE	7.1 mg
MAGNESIUM ASCORBATE		(EQUIV 1 mg COPPER)	
MONOHYDRATE	275.2 mg	MANGANESE GLUCONATE	9.1 mg
ZINC ASCORBATE	2.5 mg	(EQUIV 1 mg MANGANESE)	
VITAMIN D3	12.5 µg	CHROMIUM (150 µg) FROM:	
(500 IU: CHOLECALCIFEROL)		CHROMIC CHLORIDE	641 µg
VITAMIN E (100 IU: D-ALPHA	82.6 mg	(EQUIV 125 µg CHROMIUM)	
TOCOPHERYL ACID SUCCINATE)		CHROMIUM NITRATE	200 µg
TOCOPHEROLS - MIXED	40 mg	(EQUIV 25 µg CHROMIUM)	
CONCENTRATE (LOW-ALPHA TYPE)		MOLYBDENUM TRIOXIDE	37.5 µg
VITAMIN K (270 µg) FROM:		(EQUIV 25 µg MOLYBDENUM)	
PHYTOMENADIONE	240 µg	RUTIN	20 mg
MENADIQUINONE 7	30 µg	QUERCETIN DIHYDRATE	90 mg
VITAMIN B1	15 mg	R, S-ALPHA-LIPOIC ACID	125 mg
(THIAMINE HYDROCHLORIDE)		CURCUMIN	6.5 mg
VITAMIN B2 (RIBOFLAVINE)	15 mg	HERBAL EXTRACTS CONTAINING:	
NICOTINAMIDE	15 mg	GREEN TEA (CAMELIA SINENSIS)	35 mg
VITAMIN B3 (NICOTINIC ACID)	5 mg	EQUIV DRY LEAF	350 mg
VITAMIN B6	16 mg	STANDARDISED TO	
(PYRIDOXINE HYDROCHLORIDE)		EPIGALLOCATECHIN-3-O- GALLATE	14 mg
FOLIC ACID	250 µg	OLIVE (OLEA EUROPAEA)	12.5 mg
VITAMIN B12 (CYANOCOBALAMIN)	100 µg	EQUIV FRESH FRUIT	562.5 mg
BIOTIN	150 µg	FALLOPIA JAPONICA	40 mg
CALCIUM PANTOTHENATE	50 mg	EQUIV DRY ROOT	2.4 g
CALCIUM (250 mg) FROM:		STANDARDISED TO RESVERATROL	20 mg
CALCIUM CITRATE HYDRATE	671.47 mg	PTEROCARPUS MARSUPIUM	50 mg
(EQUIV 141 mg CALCIUM)		EQUIV TO DRY TWIG	350 mg
CALCIUM CARBONATE	195 mg	HESPERIDIN	20 mg
(EQUIV 78 mg CALCIUM)		INOSITOL	64 mg
CALCIUM ASCORBATE	322.2 mg	CHOLINE BITARTRATE	125 mg
(EQUIV 31 mg CALCIUM)		CYSTEINE HYDROCHLORIDE	
POTASSIUM IODIDE	198.6 µg	MONOHYDRATE	80 mg
(EQUIV 150 µg IODINE)		COQ10 (UBIDECARENONE)	6 mg
MAGNESIUM (240 mg) FROM:		LUTEIN	300 µg
MAGNESIUM CITRATE NONA-HYDRATE	1.2 g	LYCOPENE	500 µg
(EQUIV 140 mg MAGNESIUM)			
MAGNESIUM CARBONATE	345.8 mg		
(EQUIV 83 mg MAGNESIUM)			

\*USANA® OLIVOL OLIVE EXTRACT PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

If you are pregnant, or considering becoming pregnant, do not take vitamin A supplements without consulting your doctor or pharmacist. Warning - when taken in excess of 3000 micrograms retinol equivalents, vitamin A can cause birth defects. The recommended daily amount of vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men. Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek specific medical advice.

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 150 µg for adults of selenium from dietary supplements should not be exceeded.

Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

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# USANA



## Essentials/Optimisers Micronutrition

### HealthPak™

- A selection of high-quality supplements to promote overall long-term good health
- One box contains 56 individually wrapped packets for a four week supply
- The only product that offers CellSentials® Booster
- Vegetarian safe





## Optimisers

USANA understands that each of us has a unique health profile and thus unique nutritional needs. For this reason, we have created the Optimisers, an extensive selection of state-of-the-art nutritional products that enables you to customise your nutritional program to meet your individual needs.

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 one of us, a unique combination of age, gender, lifestyle and other considerations demand a nutritional program that is both flexible and customised. USANA Nutritionals comprise both the Essentials and the Optimisers to successfully meet this challenge. The Essentials products provide the foundation of USANA's nutritional system. The Optimisers allow you to customise a nutritional system for your individual needs.

Use the following two-step process to create a nutritional program customised to meet your needs:

### **1. Choose your foundation Essential Nutrition**

Usanimals™ for children, Body Rox™ for teens or the CellSentials® for adults.

### **2. Choose your Optimisers**

Based on your individual needs.

# Optimisers Index



- 28 Proflavano!® C<sup>100</sup>
- 30 CoQuinone 100™



- 32 Proglucamune®
- 34 BiOmega™
- 36 BiOmega™ Jr.
- 38 E-Prime™
- 40 Poly C™
- 42 Vitamin D



- 44 MagneCal D
- 46 Active Calcium™ Chewable
- 48 Procosamine®



- 50 PhytElle™
- 52 Palmetto Plus™



- 54 Visionex™
- 56 Ginkgo-PS™



- 58 HepaPlus®
- 60 USANA Probiotic

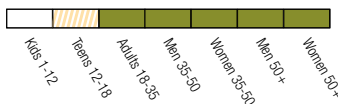
- 62 Rev3 Energy Surge™ Pack
- 64 Rev3 Energy™ Drink



ITEM# 110  
AUST L 172485

# Proflavanol® C<sup>100</sup>

Powerful bioflavonoid supplement



**HYBRID**  
USANA Nutritional Hybrid Technology

Antioxidants are a popular word that we hear often in relation to a wide range of products that we encounter in the aisles of supermarkets everyday – from fruit juices to breakfast cereals.

## The Fight Against Free Radicals

With the detrimental effects of today's environment, we are bombarded by free radicals every second of every day. Free radicals have become a devastating enemy to our health. In this constant combat, one of the best ways to help us live healthy lives is to give our bodies the proper weapons and shields from our environment. Antioxidants are the weapons that provide the electrons which neutralise these free radicals.

## Potent Antioxidants

There are more than 20,000 bioflavonoids and bioflavanols identified today with differing degrees of antioxidant activity. Procyanidins (flavanols) appear to be some of the most powerful free-radical scavengers available. Procyanidins are found in many types of foods, but in extremely small amounts. Some of the highest concentrations of procyanidins are found in grape seeds.<sup>3-6</sup>

## Vitamin C and Healthy Immune Function

Supplementation of vitamin C was found to improve components of the human immune system such as antimicrobial and natural killer cell activities and lymphocyte proliferation. Vitamin C contributes to maintaining the integrity of cells and protects them against reactive oxygen species generated during the respiratory burst and in the inflammatory response.<sup>7</sup>

## Synergistic Combination of Grape Seed Extract and Vitamin C

An in-house double blind, randomised and placebo-controlled clinical study, conducted by Boston University of Medicine and USANA Health Sciences, showed that the combination of grape seed extract plus vitamin C improved serum antioxidant status and vascular function in capillaries and arterials.<sup>8</sup>

## Why Proflavanol® C<sup>100</sup>?

**Proflavanol® C<sup>100</sup>** provides superior antioxidant protection with a synergistic blend of grape seed extract and Poly C™.

## Employs Nutritional Hybrid Technology

Nutritional Hybrid Technology combines two formulations into one bilayer tablet, keeping the formulations distinctly separate. By combining two formulations into one, you can simplify your nutritional regimen by decreasing the number of tablets you need to take each day. The two layers of grape seed extract and Poly C are distinctly visible in **Proflavanol C<sup>100</sup>**. This technology also supports product stability. This technology is proprietary to the pharmaceutical industry, but USANA is the first nutritional supplement manufacturer to use this technology, to the best of our knowledge.

## Supports Cardiovascular Health

The cardiovascular system comprises the heart and blood vessels. The cardiovascular system is the circulation mechanism by which the body is sustained through providing oxygen and other nutrients. Maintaining the health of each part of the circulatory system is essential to healthy function of virtually every body system.

**Proflavanol C<sup>100</sup>** helps maintain normal healthy blood vessels and capillaries. It may assist blood circulation and helps maintain a normal healthy vascular function.

## Supports Healthy Immune Function

**Proflavanol C<sup>100</sup>** helps support and maintain a normal healthy immune system and function.

## Promotes Healthy Skin

As an antioxidant formulation, **Proflavanol C<sup>100</sup>** can help defend against cellular damage caused by free radicals that can negatively impact the skin's appearance. Collagen plays a major role in skin's firmness and elasticity. When collagen is damaged by UV rays, free radicals, smoke or pollution, its structure becomes distorted, leading to poor skin texture,

wrinkles and other imperfections. **Proflavanol C<sup>100</sup>** provides a rich source of vitamin C that is required for collagen synthesis. The proanthocyanidins in **Proflavanol C<sup>100</sup>** may protect the skin against UV-induced oxidative stress. With its unique combination of grape seed extracts and vitamin C, **Proflavanol C<sup>100</sup>** may help to maintain normal healthy skin, and may be beneficial in improving skin-ageing appearance.

**Proflavanol C<sup>100</sup>**, USANA's unique bioflavonoid supplement, contains the equivalent of 12g of grape seed extract along with 300mg of vitamin C in each tablet, and comes in a delicious grape flavour.

**Proflavanol C<sup>100</sup>** is laboratory tested and quality guaranteed. It meets British Pharmacopoeia specifications for potency, uniformity and disintegration where applicable.

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

<b>EACH TABLET CONTAINS:</b>	
VITIS VINIFERA (GRAPE) EXTRACT	
EQUIVALENT TO DRY SEED	12 g
STANDARDISED TO PROCYANIDINS	83 mg
(OF VITIS VINIFERA)	
VITAMIN C	300 mg
(FROM CALCIUM ASCORBATE 188 mg; POTASSIUM ASCORBATE 128 mg;	
MAGNESIUM ASCORBATE MONOHYDRATE 56 mg; ZINC ASCORBATE 3.8 mg)	

#### References

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Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

\*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.

NOT TO BE USED IN CHILDREN UNDER TWO YEARS OF AGE WITHOUT MEDICAL ADVICE.

# USANA



## Optimisers Micronutrition

### Proflavanol® C<sup>100</sup>

- Provides a potent antioxidant formula based on a synergistic combination of grape seed bioflavonoids and Poly C<sup>TM</sup>
- Furnishes broad-spectrum health benefits and extra protection against free radical damage
- Supports normal healthy cardiovascular function
- Supports healthy skin appearance
- Helps in relieving symptoms of colds\*
- Vegetarian safe







ITEM# 142  
AUST L 166747

# CoQuinone 100™



An optimal combination of coenzyme Q10 and alpha-lipoic acid



The energy that every cell needs to function is produced through a complex process in the mitochondria, an organelle within the cell, often called the cellular powerhouse. Cells store energy in a molecule called adenosine-5-triphosphate, or ATP. CoQ10 is an essential part of the electron transport chain used to make ATP. Thus ATP is synthesised and used by every cell in the body. Cells with the highest energy demands, such as in the heart, contain the highest levels of CoQ10. CoQ10 has been studied for years in the US, Europe and Japan for its role in producing cellular energy and re-energising the heart and other muscles. Several human clinical trials demonstrate maintenance of good heart function.<sup>1-4</sup>

## Antioxidant Protection

A byproduct of energy production in the mitochondria is the formation of damaging free radicals. Nature has designed a molecule in CoQ10 that is remarkable because it not only assists in ATP production, it also cleans up the free radicals that are produced during that process. As an antioxidant, it rivals vitamins E and C.<sup>5,6</sup> In addition, CoQ10 helps to regenerate and recycle vitamin E and works in combination with other antioxidants to protect against the damaging effects of free radicals.<sup>7,8</sup>

## Do You Need CoQ10?

As we age, the ability to absorb and synthesise CoQ10 diminishes and the amount of CoQ10 retained in tissues decreases.<sup>9</sup> In addition, CoQ10 may be depleted by several other factors, including overall nutritional status. CoQ10 levels in tissue may also be lowered by some drugs, including the cholesterol-lowering statins, and excessive exercise or environmental stresses such as illness and extreme weather.<sup>10-12</sup> The most important dietary sources of CoQ10 are meat and fish.

## Alpha Lipoic Acid

Alpha lipoic acid is another component involved in mitochondrial energy metabolism and recycling oxidised CoQ10.<sup>13</sup> This system also helps to regenerate and recycle other antioxidants, including vitamins E and C<sup>14</sup> and glutathione.<sup>15</sup>

## Why CoQuinone 100™?

USANA's 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 100**.

**CoQuinone 100** contains a full 100mg of CoQ10 and 40mg of alpha lipoic acid per capsule. USANA's unique formulation provides these important antioxidants in a natural mixture of lecithin and vegetable-derived glycerin monooleate in a base of medium chain triglycerides.

## Bioavailability

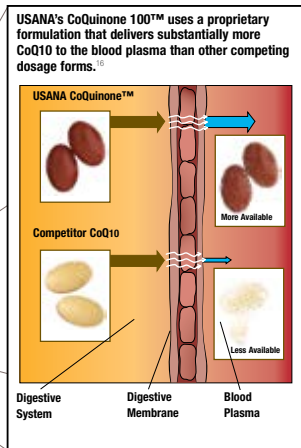
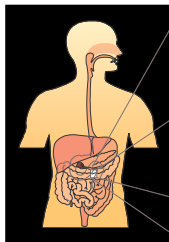
Clinical tests performed in USANA's laboratories show that **CoQuinone 100** delivers CoQ10 in much higher quantities than from solid formulations or from competitive liquid formulations,<sup>16</sup> making **CoQuinone 100** more bioavailable than other CoQ10 products.

**CoQuinone 100** is laboratory tested and potency guaranteed. It meets British Pharmacopoeia specifications for uniformity and disintegration.

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

EACH CAPSULE CONTAINS:  
UBIDECARENONE (COENZYME Q-10)  
R,S-ALPHA LIPIC ACID

100 mg  
40 mg



USANA



Optimisers  
Micronutrition

### CoQuinone 100™

- Supports normal healthy heart function
- Provides superior antioxidant protection
- Contains CoQ10 and alpha lipoic acid in a highly bioavailable formula

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Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

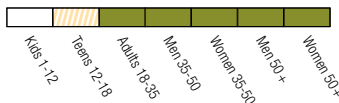




ITEM# 146  
AUST L 236638

# Proglucamune®

Potent immune-support supplement with zinc and the InCelligence™ Beta-Glucan Complex



Our modern lives are more demanding than ever and most people can't afford to have time out with sickness. With over 200 different viruses responsible for infecting us with a cold every year, people with a busy lifestyle want "insurance" against colds and flus and need a more effective way to stay fit and well, even when they are under stress. USANA's Proglucamune daily supplement combines ancient wisdom with modern science to support robust immune function. The unique combination of zinc plus baker's yeast and reishi and shiitake mushrooms in the InCelligence Beta-Glucan Complex is designed to help support your body's natural defences.

The immune system is made up of many biological structures and processes within an organism and protects against disease. To function properly, the immune system detects a wide variety of foreign agents and pathogens from viruses to parasitic worms, and distinguishes them from the organism's own healthy tissue. In most cases, the immune system does a great job of keeping people healthy and preventing infections, but sometimes problems with the immune system can lead to illness and infection.

For optimal immune function, it is important to support all aspects of our immunity, including surface immunity, innate immunity and adaptive immunity.

To help your whole immune system function better, USANA created Proglucamune, the immune-optimiser product, to help immune cells adapt to your unique needs.

## What is Proglucamune®?

The unique formulation of USANA's Proglucamune combines ancient wisdom with modern science, and has four potent, natural immune-boosting ingredients in one bottle:

### Reishi (*Ganoderma lucidum*)

Reishi mushroom has been used as an enhancer of longevity for thousands of years in Traditional Chinese Medicine. Based on its traditional use for longevity and boosting Qi, Reishi is often called the 'Mushroom of Immortality'. Reishi has long been used to support

the immune response and for heart function. It also helps promote cellular protection and is rich in fungal polysaccharides with immunomodulating properties.

### Shiitake (*Lentinula edodes*)

Shiitake, also called 'Black Forest Mushroom' or 'Golden Oak Mushroom', are high in several essential nutrients, including vitamins, minerals and lentinan - a polysaccharide and the key constituent of Shiitake. These nutrients help to keep the immune system strong.

### Baker's Yeast (*Saccharomyces cerevisiae*)

Proglucamune provides beta 1,3/1,6 glucan, a natural carbohydrate derived from a proprietary strain of Baker's Yeast. This unique beta-glucan has been clinically proven to prime the immune system. Clinical studies have shown reductions in symptomatic days of upper respiratory tract infections, improved immunity, improved health in people under stress and reduced "down time" during cold season after supplementation with beta-glucan. The yeast beta-glucans have also been shown to support vitality, mood state and general well-being which help protect against the harmful effects of stress.<sup>1,2</sup>

### Zinc

Zinc is an essential trace element that supports proper functioning of immune cells and serves as an intracellular signalling molecule for immune cells, enhancing the effectiveness of the InCelligence Beta-Glucan Complex. It also acts as an antioxidant and helps defend against oxidative stress.<sup>3,4</sup> Zinc deficiency may impair many metabolic functions, making supplementation very important.

### Why Proglucamune®?

**Proglucamune** is a superior product for helping immune cells adapt to your unique needs. It contains a certified organic blend of medicinal mushrooms (Reishi and Shiitake), combined with natural beta-glucans from Baker's Yeast plus zinc to help boost immunity by strengthening your immune cells.

It supports the immune cells to work more effectively and helps them to minimise the negative impact that stress or strenuous exercise can have on immune function.

These ingredients have a long history of use, and have been used in various clinical studies. These studies show support for the body's natural immune defences, including helping to counteract the effects of stress, and enhancing energy levels. The InCelligence Beta-Glucan Complex contains a certified organic blend of mushrooms combined with a strain of baker's yeast proven to be effective for priming cells' natural protective ability.

**Proglucamune** is laboratory tested and quality guaranteed and meets British Pharmacopoeia specifications for potency, uniformity and disintegration where applicable.

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

#### EACH CAPSULE CONTAINS:

SACCHAROMYCES CEREVISIAE EXTRACT (BAKER'S YEAST)	125 mg
EQUIV BETA GLUCAN	93.8 mg
GANODERMA LUCIDUM (REISHI MUSHROOM) DRY POWDER	125 mg
LENTINULA EDODES (SHIITAKE MUSHROOM) DRY POWDER	25 mg
ZINC GLUCONATE (EQUIV 3 mg ZINC)	25 mg

### Four potent immune-boosting ingredients in one bottle



#### References

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4. Shankar AH and Prasad AS Am J Clin Nutr 1998;68(suppl):447S-63S

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\*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.

NOT TO BE USED IN CHILDREN UNDER TWO YEARS OF AGE WITHOUT MEDICAL ADVICE.

# USANA



Optimisers  
Micronutrition

### Proglucamune®

- Helps support a healthy immune system and improves general well-being
- May assist in the management of upper respiratory tract infections in physically active people and people susceptible to upper respiratory tract infections
- May assist in reducing the severity and duration of symptoms associated with colds and flu\*
- Reishi has been used in Traditional Chinese Medicine as a tonic to replenish Qi
- Vegetarian safe
- Incorporates the Science of InCelligence

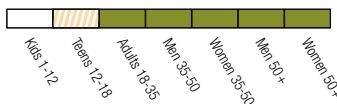




ITEM# 122  
AUST L 198926

# BiOmega™

Concentrated omega-3 fatty acid supplement



**BiOmega™** is produced from wild ocean fish and contains two important omega-3 polyunsaturated fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). BiOmega is packaged in a convenient gel capsule for easy use and storage. Supplementing EPA and DHA fatty acids can help maintain normal, healthy cardiovascular function and helps maintain good joint health. Essential fatty acids are key structural components of the brain and retina. DHA also plays an important role in the growth and development of the brain of the foetus during pregnancy.

While we should limit fat intake to no more than 30% of our energy intake, we should also pay attention to the type of fats we consume. Saturated fats - found in meat and take-away foods - help to promote the formation of artery-clogging fatty deposits. The trans-fatty acids found in partially hydrogenated margarines and shortening hidden in baked foods (cookies and cakes) and in fried fast foods are even more harmful to our health.

Monounsaturated fats, found in vegetable oils, do not promote arterial fat deposits. Polyunsaturated fats, such as the omega-3 fatty acids in fish oil, are the most beneficial fats.

Maintaining the proper balance of omega-6 and omega-3 fatty acids is also important. The modern Western diet contains much more omega-6 than omega-3.

## Fat Metabolism

The body uses fats, in the form of triglycerides or phospholipids, in several ways. Fat supplies body insulation and fuel for energy production; it also provides padding to vital organs and serves to insulate nerve fibres to facilitate impulse transmission.

Fats are building blocks of important metabolic compounds such as hormones and prostaglandins. They also play an important role in transporting other nutrients, such as the fat-soluble vitamins A, D, E and K. Fatty acids are important structural components of all cell membranes.

## Why BiOmega™?

In the US, Europe and Australia, the amount of omega-3 fatty acids consumed in the average diet has dropped drastically. The refining and hydrogenation processes that lengthen shelf life have also reduced the omega-3 fatty acids in commercial vegetable oils. Supplementation with **BiOmega** is an excellent way to ensure that your diet includes the healthful omega-3 fatty acids.

Recent studies have shown an unexpected prevalence of vitamin D deficiency in both Australia and New Zealand.<sup>1</sup> Emerging evidence suggests many protective benefits of vitamin D, in addition to its role in bone health. For Australians to achieve optimal levels of vitamin D without putting themselves at greater risk from increased sun exposure, there would be an increased requirement for dietary sources of vitamin D. As vitamin D is a fat soluble vitamin, **BiOmega** provides an ideal delivery medium for vitamin D, to ensure a sufficient daily intake.

USANA's **BiOmega** is free of trans-fatty acids, and is guaranteed to be virtually free of heavy metals, organic contaminants and pesticides. Each capsule also contains mixed natural tocopherols to minimise oxidation of the omega-3 fatty acids and to maintain product quality during storage.

**BiOmega** is laboratory tested and potency guaranteed. It meets British Pharmacopoeia specifications for uniformity and disintegration where applicable.

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

<b>EACH CAPSULE CONTAINS:</b>	
CONCENTRATED OMEGA-3 TRIGLYCERIDES-FISH	1000 mg
CONTAINING EICOSAPENTAENOIC ACID (EPA)	320 mg
CONTAINING DOCOSAHEXAENOIC ACID (DHA)	230 mg
CONTAINING TOTAL OMEGA-3 TRIGLYCERIDES	600 mg
CHOLECALCIFEROL (VITAMIN D3, 100 IU)	2.5 µg

USANA



Optimisers  
Micronutrition

BiOmega™

- Contains cold-water fish oil rich in the important omega-3 fatty acids, EPA and DHA
- Provides a convenient gel capsule formulation for easy use and storage
- Helps support normal healthy cardiovascular function and maintain good joint health
- Fortified with vitamin D
- Flavoured with lemon oil

References

1. Nutrition and Dietetics, 2006, Vol. 63(4)

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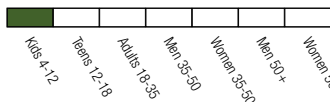




Item#144

# BiOmega™ Jr.

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



## What Are Omega-3 Fatty Acids?

Omega-3 and omega-6 fatty acids are polyunsaturated fats. Unlike saturated fats, polyunsaturated fats are chemically active fats that are important structural components of every cell membrane in our body. A large body of research has shown that omega-3 fats are very important for cardiovascular health among many other benefits. However, our bodies can't make these polyunsaturated fats, and our everyday diets, especially in Western societies, have become increasingly deficient in omega-3.

Vegetable sources of omega-3 can be converted to long-chain omega-3 fatty acids in the body, which are particularly important. However, many people have difficulty making these conversions. For these people the long-chain omega-3 fatty acids can be obtained directly from oily deep sea fish or marine algae.<sup>1</sup>

Recent reports suggest that children aren't getting enough omega-3s from their diet for adequate nutrition, causing a widespread public health concern. During development of early childhood years, it is essential that children receive enough vitamins, minerals, antioxidants and essential fatty acids. Significant physical and psychological health problems can result from nutrient deficiency, and substantially affect long-term development. A fundamental nutrient deficiency that impacts considerably on brain and eye health, as well as cognitive function, is omega-3 fatty acids.

An Australian study conducted in NSW, called the Schools Physical Activity and Nutrition Survey (SPANS), showed that children are not getting enough fish in their diet. It has been recommended by the National Health and Medical Research Council of Australia (NHMRC), that kids should have at least two to three meals of fish per week for adequate intake of essential omega-3 fatty acids. Sadly, in the SPANS survey only 4 - 8% of children said that they eat three or more meals of fish per week.<sup>2</sup> This is extremely concerning for children's health, and may represent a significant public health problem.

## What are the Benefits of Omega-3 Fatty Acids?

### Omega-3 Fatty Acids for Concentration & Behaviour

Many people either have, or know someone with, a child who has difficulty sitting still, controlling impulses or concentrating at school. These problems start to have an adverse impact on school performance and behaviour.

How can omega-3 fatty acids help with concentration and behaviour? Most of us are aware of the importance of good nutrition for physical health, but do we think about how food might affect our brain? The brain influences our learning, moods and behaviour. Therefore if our brain doesn't receive the right nutrients, this is likely to impact on the way we think, feel and behave.

The brain has very high requirements for energy and nutrients from food, and one of the very important nutrients is omega-3 fatty acids. Over half of our brain is fat, and although the body normally has a 10:1 ratio of omega-6:omega-3 fatty acids, the long-chain omega-3 fatty acid DHA is the most concentrated polyunsaturated fat in our brain. Therefore it is thought that long-chain omega-3 fatty acids have very important structural and functional roles in the brain, including the maintenance of cell membrane fluidity and the transmission of neural chemical signals.

Research has established that omega-3 fatty acids are crucial for healthy infant brain development, and researchers are also finding that omega-3 deficiencies might be related to a range of mental health problems.<sup>1</sup>

### Omega-3 for Healthy Bodies

Omega-3 fatty acids are precursors for eicosanoids, which are mediators of many biochemical processes and influence interactions between cells. Thus, they are necessary for the normal function and production of healthy cells throughout the body, making them vital for ongoing healthy growth and development.

Some research suggests that early nutrition can induce lifelong effects on metabolism, growth, neurodevelopment and cardiovascular health.



Several clinical studies have proven omega-3 fatty acids are beneficial for the heart and vascular system throughout our lives.

Omega 3 for Healthy Eyes

Numerous clinical studies have shown that omega-3 fatty acids support healthy eye development. High concentrations of DHA are found in the photoreceptors of the retina, where it plays a role in fluidity of retinal membranes and visual function. DHA deficiency has been linked to structural and functional abnormalities in the eye, due to decreased efficiency of visual signalling pathways.

Regardless of age, everyone needs omega-3 fatty acids in their diets. And with the role it plays in supporting developing minds and learning, omega-3 is crucial for kids. So what can be done about the problem of kids not eating enough fish? Are there any alternatives to fish? A good supplement is a great place to start along with a healthy diet.

Why BiOmega™ Jr.?

As we have seen, omega-3 fatty acids are a key component in getting your child off to a smart start, but are often missing from children’s diets. A quality supplement like USANA’s **BiOmega Jr.** can make it fun and easy for kids to get the DHA and EPA they need for healthy bodies. Unlike many popular brands that supply only small amounts of omega-3s, **BiOmega Jr.** provides an effective amount of highly absorbable DHA and EPA in a delectable orange flavoured creamy gel with no fishy taste or after-taste. **BiOmega Jr.** also supports overall good health. Packaged in single-serve packets, children will love having their very own packet of **BiOmega Jr.** as a treat every other day. Parents will love the convenience of single serves – to hand out easily and to carry around even when away from home.

RECOMMENDED USE: AGES 4-12 YEARS: TAKE ONE (2.5g) PACKET EVERY OTHER DAY, WITH OR WITHOUT FOOD.

USANA BIOMEGA JR. NUTRITIONAL INFORMATION		
SERVINGS PER PACKAGE: 14		
SERVING SIZE: 1 PACKET (2.5 G)		
	QUANTITY PER SERVING (2.5G)†	QUANTITY PER 100 G†
Energy	84 kJ (20 Cal)	3360 kJ (800 Cal)
Protein	0 g	0 g
Fat, total	2 g	80 g
- saturated	0.5 g	20 g
- trans	0 g	0 g
- polyunsaturated	0.8 g	32 g
- monounsaturated	0.4 g	16 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	3 mg (0.13 mmol)	120 mg (5 mmol)
Fish Oil	2000 mg	80 g
Omega-3 fatty acids	650 mg	26 g
DHA	230 mg	9.2 g
EPA	350 mg	14 g

Ingredients: Fish Oil, Water, Pasteurized Egg Yolk, Natural Orange Flavour, Antioxidants (Ascorbic Acid, Sodium Ascorbate), Natural Sweetener Stevia, Canola Oil, Antioxidants (D-Alpha Tocopherol, Citric Acid), Preservatives (Potassium Sorbate, Sodium Benzoate), Flavour (Vanillin), Colour (Betacarotene), Thickener (Xanthan Gum), Menthol.

References

1. Natalie Sinn et al, "Omega-3, Concentration and Hyperactivity", Nutritional Physiology Research Centre, University of South Australia's & CSIRO Human Nutrition. Vol. 28, Iss.1.  
2. Schools Physical Activity and Nutrition Survey (SPANS), Study can be found at [http://www0.health.nsw.gov.au/pubs/2006/pdf/spans\\_full\\_143-167.pdf](http://www0.health.nsw.gov.au/pubs/2006/pdf/spans_full_143-167.pdf).

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Optimisers  
Micronutrition

BiOmega™ Jr.

- Delivers an optimal level per serving of omega-3 fatty acids – 230mg DHA + 350mg EPA
- Natural sweetening with Stevia
- Delicious creamy orange flavour
- 14-pack of convenient single-serve packets



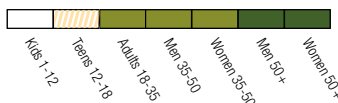


ITEM# 124  
AUST L 66029

# E-Prime™



An effective vitamin formulation in a powerful package



Antioxidant vitamins and minerals are the body's first line of defence against highly reactive compounds known as free radicals. Although free radicals are normal byproducts of cellular metabolism, their cumulative effects can be devastating.<sup>1</sup>

Under ideal circumstances, antioxidants produced by the body and supplied by the diet "scavenge" free radicals and destroy them as they are produced. But influences such as an inadequate diet, a stressful lifestyle and environmental pollution can upset this balance.

For those who want to increase their vitamin E intake and enhance their antioxidant protection, USANA has formulated **E-Prime**.

## Vitamin E Benefits

Vitamin E, one of the most powerful antioxidants known, plays a critical role in the body by protecting LDL and cell membranes from oxidation damage. Vitamin E works with other antioxidants to provide optimal health to cells and organs.<sup>2</sup> Several laboratory and clinical studies have shown the importance of vitamin E in supporting good cardiovascular health and a strong immune system in the elderly.<sup>3-8</sup>

Vitamin E is an essential nutrient - one that the body cannot manufacture and thus must obtain from foods and supplements. However, it may be difficult to ingest enough vitamin E from food alone. Animal sources of vitamin E are poor, and only small amounts occur in butter, egg yolk, milk fat and liver. Larger but still moderate amounts are found in whole-grain products, seeds, nuts and vegetable oils.

The body does not retain vitamin E as well as it does other fat-soluble vitamins. In addition, many processing methods (such as heating and chemical refining) eliminate much of the vitamin E in our foods. Because people consume more processed food than they did 50 years ago, they get less natural vitamin E. Many health professionals believe that vitamin E supplementation is the answer.

## Recommended Dietary Intake

The Recommended Dietary Intake (RDI) of vitamin E is 30 International Units (IU). But the RDI does not consider factors that may increase vitamin E needs - diet, lifestyle, disease and exposure to pollutants - which vary among individuals. Numerous human clinical trials and epidemiological data show that vitamin E levels many times higher than the RDI on average may provide significant health benefits.<sup>6,9</sup> Dietary sources of vitamin E cannot typically supply these levels.

## Why E-Prime™?

USANA's **E-Prime** formulation is a premium vitamin E product. Each capsule contains 200 IU of the most biologically active form of vitamin E (d-alpha-tocopherol).

USANA's **E-Prime** uses a state-of-the-art manufacturing process that takes advantage of liquid hard-shell encapsulation technology. This liquid formulation further enhances the bioavailability of **E-Prime**. The result is an effective vitamin formulation in a powerful package.

**E-Prime** is laboratory tested and quality guaranteed. It meets British Pharmacopoeia specifications for potency, uniformity and disintegration where applicable.

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

**EACH CAPSULE CONTAINS:**

D-ALPHA-TOCOPHEROL (VITAMIN E, 200 IU)

134 mg

USANA



Optimisers  
Micronutrition

E-Prime™

- Provides a broad-spectrum vitamin E supplement
- Comes in a 200 IU liquid hard-shell encapsulation
- Complements the USANA® CellSentials® and provides enhanced levels of vitamin E

References

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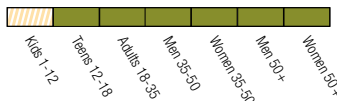




ITEM# 130  
AUST L 137703

# Poly C™

A balanced formulation of mineral ascorbates with vitamin C activity.



**Poly C™** is a unique blend of mineral ascorbates - our secret for a vitamin C supplement - that provides higher levels of vitamin C in the blood than from equal amounts of ascorbic acid.<sup>1</sup>

## The Many Roles of Vitamin C

Vitamin C plays many important roles in the body. First, it is a cofactor for many enzyme systems involved in such functions as collagen synthesis, ATP synthesis within mitochondria and hormone biosynthesis.

Under normal conditions, the RDI of 30–40mg per day meets the requirement for maintaining collagen, which is a major structural element of the body. But we also need vitamin C to quench free radicals and to prevent lipid oxidation, support healthy adrenal function, regenerate other antioxidants and maintain immune function. A daily dose of 30–40mg is, therefore, unlikely to be sufficient for everyone.<sup>2</sup>

## Vitamin C for Good Health

In 1928 Albert Szent-Györgyi isolated a chemical that protected fruits against discoloration and infection when bruised. In 1937 he won a Nobel Prize for his discovery - the chemical substance we now know as vitamin C.

These days the buzzwords are “free radicals” and “antioxidants”, while this 1928 discovery and its impact on the body are rarely mentioned. USANA, however, realises the many benefits of vitamin C and its value in promoting good health.

## Collagen and Vitamin C

Collagen is a structural protein essential for strengthening muscles, teeth, bones, skin and blood vessels. Collagen is the most abundant protein in the body, and vitamin C is essential for collagen synthesis. Hence, without adequate vitamin C, there is inadequate collagen.

## Vitamin C and Individual Needs

Since human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement. Vitamin C deficiency is rare today. Nevertheless, we may still not receive sufficient amounts for our individual health needs.<sup>3,4</sup>

Everyone has different biochemistry and unique lifestyles. The amount of vitamin C needed daily for optimal performance is directly related to individual ingestion, absorption, utilisation, metabolism, excretion, work environment, and physical, mental and environmental stress.

## Why Poly C™?

**Poly C** is a balanced formulation of mineral ascorbates with vitamin C activity. By using a variety of ascorbates, USANA's **Poly C** is able to affect vitamin C levels in the body. An in-house clinical trial showed that when equal amounts of vitamin C were provided as either **Poly C** or ascorbic acid, the **Poly C** gave higher levels of vitamin C in blood serum and maintained those higher levels for a longer time.<sup>1</sup>

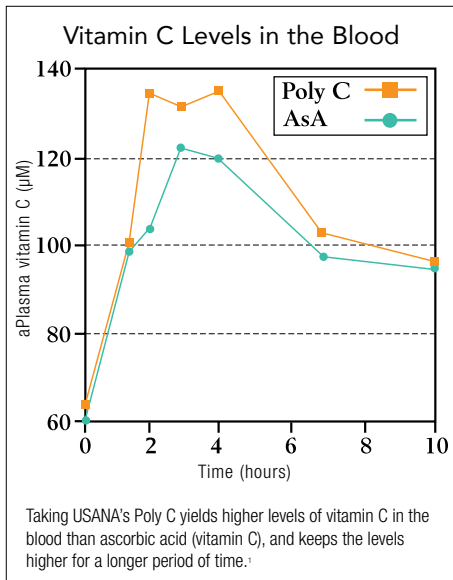
**Poly C** is laboratory tested and potency guaranteed. It meets British Pharmacopoeia specifications for uniformity and disintegration.

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

**EACH TABLET CONTAINS:**

VITAMIN C (600 mg ASCORBIC ACID) FROM:

CALCIUM ASCORBATE	376.1 mg
POTASSIUM ASCORBATE	255.7 mg
MAGNESIUM ASCORBATE	112.8 mg
ZINC ASCORBATE	7.5 mg
CITRUS BIOFLAVONOIDS EXTRACT (8.45 mg HESPERIDIN)	65 mg
RUTIN	7 mg
QUERCETIN	3 mg



**USANA**



**Optimisers  
Micronutrition**

**Poly C™**

- An advanced vitamin C supplement based on USANA's proprietary blend of mineral ascorbates
- Provides 600mg of vitamin C in each tablet for enhanced antioxidant protection
- Helps to relieve symptoms of colds\*
- Vegetarian safe

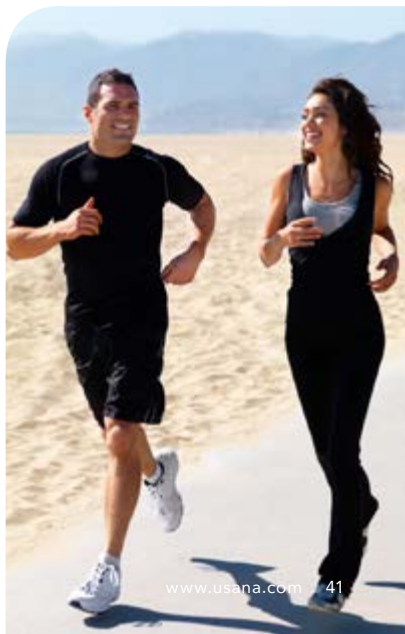
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\*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.NER.

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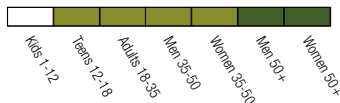




ITEM# 109  
AUST L 166636

# Vitamin D

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



It is common knowledge that vitamin D plays an important role in helping the body to absorb calcium and in bone mineralisation. However, accumulating scientific evidence is proving that vitamin D provides more health benefits than simply bone health. Evidence is emerging that there is widespread vitamin D deficiency in the broader population.

Vitamin D is synthesised in the skin after exposure to sunlight, and is also obtained through the diet; however, it is only present in a limited number of foods.

**Vitamin D** deficiencies can occur when exposure to sunlight is limited or as the body ages and the ability to produce vitamin D is impaired. Vitamin D deficiency during bone development and growth causes rickets among children. In adults, vitamin D deficiency may increase the risk of developing osteoporosis.<sup>1</sup>

A simple blood test is all that is required to determine your levels, which you should check annually.

## Vitamin D for Strong Bones

Numerous scientific studies have shown that calcium plus vitamin D supplementation promotes the growth and maintenance of strong, mineral-rich bones.

Vitamin D supplementation is highly recommended as a standard preventative measure in osteoporosis management.<sup>2</sup> Vitamin D is essential for the maintenance of calcium homeostasis, supports efficient calcium absorption and is necessary for normal bone mineralisation. Calcium and vitamin D supplementation may reduce the risk of osteoporosis.

## Vitamin D and Healthy Muscle Function

Vitamin D deficiency appears to be a risk factor for poor muscle strength and coordination, particularly in the elderly.<sup>3,4</sup> Several clinical trials and meta-analyses were conducted to evaluate vitamin D supplementation, with and without added calcium. Most studies demonstrated significant benefits particularly at the higher vitamin D doses.

Improvement in muscle strength was among the improvements being measured. This may involve a link between muscle calcium status and function, and a link between vitamin D and calcium and neuromuscular performance.<sup>5</sup>

## Vitamin D for Immune Function

1,25-Dihydroxyvitamin D3 (1,25(OH)2D3), the biologically active form of vitamin D3, not only regulates bone and calcium metabolism but also exerts other biological activities, including immunomodulation.<sup>6</sup> By binding to its receptor, the vitamin D receptor 1,25(OH)2D3 regulates the expression of various genes and consequently affects the behaviour of different cell types within the immune system.<sup>7</sup> Adequate vitamin D intake is important in maintaining the balance in immune health.

## Why Vitamin D?

Diet is a secondary source of vitamin D in that most foods contain only small amounts of this nutrient. It is estimated that average intake of vitamin D for most Australians is less than 100 IU per day from diet alone<sup>8</sup>, leaving a gap in vitamin D nutrition for those with insufficient sun exposure.

USANA's **Vitamin D** is formulated with maximum strength to help you bridge the vitamin D deficiency gap in your dietary consumption. It is a maximum strength supplement created to combat vitamin D deficiency. It provides you with 1000 IU per tablet to support optimal intake of vitamin D.

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

**EACH TABLET CONTAINS:**  
VITAMIN D3  
(1000 IU; CHOLECALCIFEROL)

25 µg

USANA



Optimisers  
Micronutrition

## Vitamin D

- Helps to maintain healthy bones
- Supports efficient calcium absorption
- Necessary for normal bone mineralisation
- Important for the maintenance of muscle strength
- Supports robust and healthy immune function
- Vegetarian safe

## References

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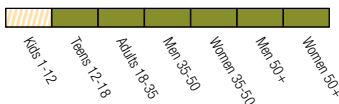




# MagneCal D



A balanced magnesium and calcium supplement fortified with vitamin D to support bone health and more.



ITEM# 120  
AUST L 262499

Dietary surveys show that the population is consuming more calcium now than in recent decades; however, the inadequate consumption of magnesium and vitamin D has reached almost epidemic status.

**MagneCal D** offers a solution to promote a more ideal balance. With a 1:1 ratio of magnesium to calcium, plus advanced levels of vitamin D, it is formulated to provide optimal amounts of all three nutrients, so they can work together for maximum effectiveness.

## The benefits of MagneCal D

The entire skeletal structure constantly remodels itself, and in 10 years, you'll have a completely new skeleton. This remodelling process requires sufficient amounts of magnesium, calcium and vitamin D from the diet to form the bones properly.

The body stores a significant amount of dietary magnesium and calcium in bones and can pull nutrients from them to support a multitude of physiological functions. But if our bodies consistently use more calcium and magnesium than is replaced, it may lead to bone loss.

Vitamin D also plays many important roles in the body, including supporting proper mineral absorption for bone health. In fact, all three of these nutrients work together, each playing a role in the proper function utilisation of the others.

USANA's **MagneCal D** can help supplement advanced levels of magnesium, calcium and vitamin D every day to help in the maintenance of your bones and teeth.

## The Science of MagneCal D

The nutrients in **MagneCal D** support cell-signalling and help provide a nutritional foundation for the activities and pathways targeted by USANA products made with the Science of InCelligence.

Higher intakes of magnesium have been associated with higher levels of bone mineral density. Additionally, magnesium is a co-factor in more than 300 enzyme systems that control various natural reactions in the body, including:

- Protein and DNA synthesis
- Normal nerve conduction
- Neuromuscular conduction and muscular contraction

Many of these benefits contribute to magnesium's support for cardiovascular health. Research has also shown that magnesium can help support healthy or normal arterial elasticity.

Adequate vitamin D and calcium, as a part of a healthy diet, along with physical activity, may reduce the risk of osteoporosis later in life. Vitamin D aids calcium and phosphorus absorption and utilisation. Without sufficient vitamin D, bones can become thin, brittle or misshapen.

In addition to supporting strong bones and teeth, the body uses calcium to support many processes, including healthy blood clotting, muscle contraction and more.

## The USANA Difference

**MagneCal D** offers a balanced ratio of calcium to magnesium plus advanced amounts of vitamin D. It is carefully formulated for excellent absorption to give you the best support for healthy bones.

DIRECTIONS: ADULTS, TAKE FOUR (4) TABLETS DAILY, PREFERABLY TWO (2) IN THE MORNING AND TWO (2) IN THE EVENING WITH MEALS.

**EACH TABLET CONTAINS:**

CALCIUM (125 mg) FROM:	
CALCIUM CITRATE HYDRATE (EQUIV 47 mg CALCIUM)	223.85 mg
CALCIUM CARBONATE (EQUIV 78 mg CALCIUM)	195 mg
MAGNESIUM (125 mg) FROM:	
MAGNESIUM CITRATE NONAHYDRATE (EQUIV 42 mg MAGNESIUM)	350 mg
MAGNESIUM CARBONATE (EQUIV 83 mg MAGNESIUM)	345.83 mg
CHOLECALCIFEROL (VITAMIN D3, 100 IU)	2.5 µg

USANA



Optimisers  
Micronutrition

## MagneCal D

- Provides comprehensive support for bone health
- Contains calcium, magnesium and vitamin D to meet nutritional needs
- Calcium supplementation may help reduce the risk of Osteoporosis\*
- Advanced levels of vitamin D
- Vegetarian safe

### References

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Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

\*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.

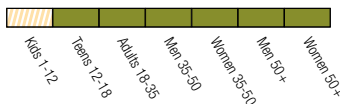




ITEM# 121  
AUST L 198927

# Active Calcium™ Chewable

Complete bone health formula



**Active Calcium™ Chewable<sup>†</sup>** is a carefully formulated bone building formula, not just a calcium supplement.

**Active Calcium Chewable** contains high amounts of calcium citrate and carbonate, magnesium and vitamin D to optimise bone mineralisation and to ensure proper calcium intake.

## Osteoporosis - Are You at Risk?

Osteoporosis, which affects millions of people every year, occurs when the rate of absorption of old bone exceeds the deposition of new bone. The resulting thinning of the bones makes them porous and prone to fracture. Deficiencies of calcium, magnesium, boron and vitamin D can contribute to the development of osteoporosis. Other factors, such as gender, race, hormonal status, family history, level of exercise and general diet also affect the risk of osteoporosis.

Supplementation with a comprehensive bone-building formula, such as **Active Calcium Chewable**, can play an important part in reducing the risk of osteoporosis and increasing quality of life.<sup>2</sup>

Although signs of osteoporosis usually don't occur until the later years of life, getting the proper amount of calcium in our diet when we're young helps build strong bones and reduces the risk of osteoporosis in the future.

It is estimated that adolescents who make even a 5% gain in bone mass in their teens can reduce the risk of osteoporosis later in life by 40%.<sup>3</sup> A double-blind, placebo-controlled USANA study assessed the impact of a daily calcium, magnesium and vitamin D supplement on bone development and bone mineralisation in 81 preadolescent girls. Half of the group was assigned at random to receive **Active Calcium Chewable**. The remaining girls received a placebo supplement. After 12 months of supplementation, girls receiving **Active Calcium Chewable** showed a net gain (1.41%) in bone mineral

density, while girls in the placebo group showed a net decline (-0.94%). Gains in bone mineral content were also greater in the active treatment group than in the placebo group (5.38% versus 0.69% respectively).<sup>1</sup>

## Calcium

The human body contains nearly 1.5 kg of total calcium, about 99% of which is in the bones. Throughout life, bones are in a constant state of reformation as calcium is continually removed from and redeposited in the bones. Adequate levels of calcium are needed every day to ensure that bone mineral density is maintained.

Calcium is also critical for normal nerve conduction, muscle contraction, blood clotting (provided it is normal to begin with), cell division and electrical conduction in the heart. It is also essential for producing and activating enzymes and hormones that regulate digestion, energy and fat metabolism.

If people do not get enough calcium from their diet, the body will take it from bone structure, which results in a net loss of bone calcium.

## Magnesium

Magnesium is an essential mineral that accounts for about 0.05% of the body's total weight. Along with calcium, it is an important component of strong, healthy bones. Magnesium is involved in the metabolism of carbohydrates and amino acids. It also plays an important role in neuromuscular contractions and helps regulate the acid-alkaline balance in the body.

## Vitamin D

Vitamin D enhances calcium absorption in the small intestine and calcium utilisation in bone formation. Vitamin D also influences the utilisation of phosphorus, another mineral that is important for strong bones.<sup>4,5</sup>

### Why Active Calcium™ Chewable?

**Active Calcium Chewable** is more than a calcium supplement, it is a comprehensive aid in the maintenance of healthy bones.

**Active Calcium Chewable** is laboratory tested and quality guaranteed. It meets British Pharmacopoeia specifications for potency, uniformity and disintegration where applicable.

DIRECTIONS: TAKE THREE (3) OR FOUR (4) TABLETS DAILY, PREFERABLY WITH MEALS.

#### EACH TABLET CONTAINS:

CALCIUM CITRATE HYDRATE (EQUIV. 78 mg CALCIUM)	371 mg
CALCIUM CARBONATE (EQUIV. 122 mg CALCIUM)	305 mg
MAGNESIUM OXIDE (EQUIV. 90 mg MAGNESIUM)	150 mg
MAGNESIUM CITRATE (EQUIV. 10 mg MAGNESIUM)	83 mg
CHOLECALCIFEROL (VITAMIN D3, 100 IU)	2.5 µg

† Contains sugars.

Not suitable for infants under the age of 12 months.

# USANA



## Optimisers Micronutrition

### Active Calcium™ Chewable

- Provides comprehensive support for bone health
- Contains calcium, magnesium and vitamin D to meet nutritional needs
- Calcium supplementation may help reduce the risk of osteoporosis\*
- Clinically tested formula

#### References

1. Wood T, McKinnon T. Calcium- Magnesium- Vitamin D Supplementation Improves Bone Mineralization in Preadolescent Girls. USANA Clinical Research Bulletin 2001 Feb; No. 8. [http://www.usana.com/media/File/dotCom/company/science/crb/USANA\\_CRB\\_BoneMineralizationPreadolescentGirls.pdf](http://www.usana.com/media/File/dotCom/company/science/crb/USANA_CRB_BoneMineralizationPreadolescentGirls.pdf)
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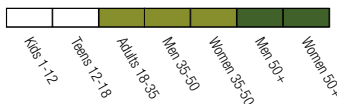
\*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.





# Procosamine®

Unique joint-support supplement with vitamin C and the InCelligence® Joint-Support Complex



ITEM# 131  
AUST L 186177

USANA's **Procosamine®** supplement helps maintain and protect joint health with vitamin C and a unique InCelligence Joint-Support Complex made with vegetarian glucosamine and Meriva®<sup>†</sup> bioavailable curcumin.

Every day, your joints endure an enormous amount of stress from physical activity, including walking, lifting and typing. Despite this heavy and constant use, we take our joints for granted and expect them to function trouble-free for several decades. The situation is worse for athletes and those who have high amounts of physical stress at work and at home. To help maintain healthy joints, USANA created Procosamine, a product with a blend of glucosamine, manganese and vitamin C - the building blocks for healthy cartilage.

## Cartilage

Cartilage is the protective layer that cushions and lubricates joints. Over time, cartilage is gradually worn down due to normal physical activity. The body rebuilds the cartilage as it is worn and replaces shock-absorbing synovial fluid, so the joints are always protected. For various reasons, however, the production of new cartilage and synovial fluid can fall behind demand. Cartilage is rebuilt slowly if lesions to articular cartilage do not heal at the same rate as other tissue in the body, because of poor blood supply. If components of the substances used for cartilage repair are in short supply, recovery from damage is slowed even more.

## Glucosamine

Glucosamine, an aminosugar, is an important precursor in the biosynthesis of cartilage. Specifically, it is a building block of proteoglycans<sup>1</sup> - protein molecules with a high content of bound carbohydrate. Proteoglycans and collagen compose the majority of the cartilage matrix. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint. When the articular cartilage degenerates, joint pain and osteoarthritis may result.

In addition to its role as a biochemical precursor, glucosamine is believed to play a role in regulating cartilage formation and normalising cartilage metabolism by encouraging higher production of collagen and proteoglycans. Glucosamine also stimulates synovial production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.

Numerous double-blind clinical studies have shown the efficacy of glucosamine supplements in maintaining healthy cartilage, healthy joints and full range of motion in the short-term.<sup>2-8</sup> More recently, a three-year study was published showing that joint space increased in the glucosamine-treated group, while it continued to decrease in the placebo group indicating that the protective cartilage was better maintained in those who used glucosamine.<sup>9</sup> Additional studies have demonstrated that glucosamine, taken orally, is well-absorbed and diffuses into tissues, including the articular cartilage.<sup>10-12</sup>

USANA's **Procosamine** uses glucosamine derived from plant source, which makes it now vegetarian safe.

## Turmeric Extract and Curcumin

Turmeric, the powdered root of the plant *Curcuma longa*, has long been used as a spice (such as in curry) and as a natural food colourant.<sup>13</sup> Turmeric contains curcumin and related compounds known as curcuminoids, which have significant antioxidant properties.<sup>14</sup> In the past decade, curcumin, has been extensively studied by Western researchers and scientists for its antioxidant activity. Researchers continue to study curcumin for its anti-inflammatory property. Traditionally, curcumin has had poor bioavailability, but the bioavailability of Meriva curcumin in **Procosamine** is 29-fold higher than other standard turmeric extracts, allowing for better absorption and better intestinal stability.

## Manganese and Vitamin C

Optimal joint health also involves additional important ingredients. Manganese is required for enzymes involved in the biosynthesis of

proteoglycans. Vitamin C is essential for the reactions necessary to collagen formation.

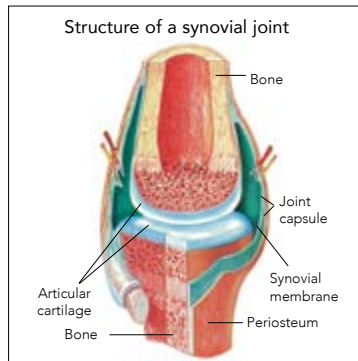
The combination of turmeric extract with glucosamine hydrochloride, manganese and vitamin C represents a more comprehensive approach to joint health. This powerful combination helps to maintain long-term health of joints and cartilage.

#### Why Procosamine®?

The InCelligence Joint-Support Complex in **Procosamine** was created using a unique combination of Meriva bioavailable curcumin with high-quality glucosamine hydrochloride. By blending the hydrochloride form of glucosamine with the potassium and magnesium sulfate in the formula, Procosamine provides the same benefits of glucosamine sulfate without using shellfish or other animal-based ingredients. Not only is it one of the few vegetarian formulas available on the market, the addition of vitamin C makes Procosamine a highly effective, comprehensive approach to joint health.<sup>15</sup>

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

<b>EACH TABLET CONTAINS:</b>	
GLUCOSAMINE HYDROCHLORIDE	500 mg
CALCIUM ASCORBATE (EQUIV. 75 mg VITAMIN C)	91.5 mg
MAGNESIUM SULFATE - DRIED (EQUIV. 14.5 mg MAGNESIUM)	100 mg
POTASSIUM SULFATE (EQUIV. 31.43 mg POTASSIUM)	70 mg
MANGANESE GLUCONATE (EQUIV. 1.67 mg MANGANESE)	15.18 mg
CURCUMIN	14.85 mg



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\*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.

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

# USANA



## Optimisers Micronutrition

#### Procosamine®

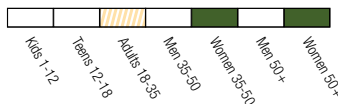
- Provides high-potency glucosamine hydrochloride to support normal healthy joints and cartilage
- Contains Meriva Curcumin for better curcumin absorption
- Assists in managing Osteoarthritis\*
- Helps reduce joint inflammation and increase joint mobility associated with arthritis\*
- Vegetarian safe
- Incorporates the Science of InCelligence





# PhytElle™

Supports women's health



ITEM# 129  
AUST L 180404

Natural approaches to maintaining health before, during and after menopause have gained favour. Exercise, diet, nutritional supplementation and botanical preparations such as **PhytElle™** may improve the quality of life for women during those times.

## Phytoestrogens and Isoflavones

Comparative studies of Western and Asian women show that not only is menopause much less stressful for Asian women, but they also have better health in other areas.<sup>1-4</sup> Some authorities theorise that the high level of phytoestrogens in the Asian diet may contribute to these differences. Phytoestrogens - biologically active chemical compounds from plants such as grains, legumes, fruits and vegetables are similar to oestrogen. Phytoestrogens in the diet are believed to be a stabilising factor throughout hormonal cycles. This stabilisation may also help to maintain bone mass into the mature years.<sup>5</sup>

## Why PhytElle™?

**PhytElle** is a broad-spectrum, comprehensive formulation containing phytoestrogens. Its all-natural botanical formulation, with guaranteed levels of soy isoflavones, helps maintain women's health. Each tablet of **PhytElle** is guaranteed to contain 14mg of soy isoflavones.

**PhytElle** also contains a combination of herbs that complements the activity of the soy isoflavones: black cohosh, dong quai, licorice-root extract and chasteberry powder. Together with the isoflavones, these herbs provide support during menstruation and in the peri- and post-menopausal years.

For many women, **PhytElle** may support menstrual health and help improve the quality of life during the transition to menopause. After menopause, when levels of oestrogen and progesterone drop, phytoestrogens may help maintain healthy bone mass.<sup>6</sup> A program of regular exercise, a proper diet and nutritional aids, such as vitamin E, pantothenic acid (vitamin B5) and supplemental calcium, may also help.

**PhytElle** is laboratory tested and potency guaranteed. It meets British Pharmacopoeia specifications for uniformity and disintegration where applicable.



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

<b>EACH TABLET CONTAINS:</b>	
GLYCINE MAX (SOYBEAN ) SEED POWDER	35 mg
EQUIVALENT SOY ISOFLAVONES	14 mg
ACTAEA RACEMOSA (BLACK COHOSH) ROOT EXTRACT	25 mg
EQUIVALENT DRY ROOT	150 mg
EQUIVALENT TRITERPENE GLYCOSIDES	1.25 mg
GLYCYRRHIZA GLABRA (LICORICE) ROOT EXTRACT	30 mg
EQUIVALENT DRY ROOT	120 mg
VITEX AGNUS-CASTUS (CHASTEBERRY) FRUIT POWDER	50 mg
ANGELICA POLYMORPHA (DONG QUAI) ROOT EXTRACT	12 mg
EQUIVALENT DRY ROOT	48 mg

USANA



Optimisers  
Micronutrition

PhytElle™

- Comprehensive formula containing phytoestrogens
- An all-natural formulation, with guaranteed levels of soy isoflavones
- Addresses women's health issues such as PMS and menopause\*
- Vegetarian safe

References

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2. Knight, D.C. and Eden, J.A. 1996. Obstet. Gynecol. 87:897–904.
3. Herman, C., et al., 1995. J. Nutr. 125:757S–770S.
4. Barnes, S. 1998. Proc. Soc. Exp. Biol. Med. 217:386–92.
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**Caution:** If you are pregnant, consult your physician before taking this product.

**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.

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\*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.

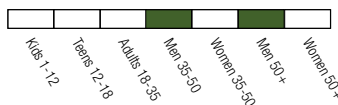




ITEM# 128  
AUST L 92553

# Palmetto Plus™

Supports long-term prostate health



**Palmetto Plus™** is a formulation that combines saw palmetto with lycopene and soy isoflavones. The result is a “full-spectrum” product for supporting the overall health of the male physiology.

## Maintaining Male Physiology

As with the entire human anatomy, the male physiology may also be affected with age. High-fat diets, alcohol consumption, stress, pesticides and other chemical contaminants contribute to these effects. Over a period of years muscle fibres may expand to the point where they are no longer capable of contracting effectively. As a result of this, sometimes urinary retention results and blockages may occur, necessitating medical intervention.

## Palmetto Plus™

Because considerable clinical research has shown the herb saw palmetto to be a powerful aid for maintaining the male physiology, it forms the basis for our formula. Research has shown that saw palmetto inhibits the production of the enzyme 5-alpha-reductase, which is a catalyst for the conversion of testosterone to dihydrotestosterone (DHT). By inhibiting the production of 5-alpha-reductase, saw palmetto leads to a reduction in the amount of DHT in the body, and that can be beneficial to the male physiology.

USANA's scientists developed Palmetto Plus, a combination of saw palmetto and two other powerful aids, lycopene and soy isoflavones, to provide support to the male physiology in maintaining overall health.

## Proven Efficacy of Saw Palmetto

Recently, a review of the efficacy of saw palmetto supplementation in men revealed that about 80–90% of men treated with saw palmetto in 18 randomised clinical studies showed a positive correlation between saw palmetto and the male physiology. Saw palmetto has a gentle and strengthening effect on the whole of the male reproductive and urinary systems.<sup>1</sup>

## Why Palmetto Plus™?

**Palmetto Plus** is a convenient way to obtain a comprehensive formulation of saw palmetto. USANA is one of the only major manufacturers to combine saw palmetto with lycopene and soy isoflavones into a single product at a reasonable price. Lycopene is the most abundant carotenoid (vitamin-like compound) found, and isoflavones are important phytonutrients. All of the natural botanical components of USANA's **Palmetto Plus** are standardised extracts and, as with all USANA® Nutritionals, are guaranteed for purity and potency.

Adequate amounts of zinc and selenium are two additional dietary factors of importance in maintaining the health of the male physiology. Zinc and selenium can be obtained from the **CellSentials® Core Minerals**.

**Palmetto Plus** is laboratory tested and quality guaranteed. It meets British Pharmacopoeia specifications for potency, uniformity and disintegration where applicable.

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

<b>EACH CAPSULE CONTAINS:</b>	
SERENOA SERRULATA (SAW PALMETTO) FRUIT EXTRACT	320 MG
EQUIVALENT DRY SAW PALMETTO FRUIT	3.84 G
EQUIVALENT FREE FATTY ACIDS	272 MG
SOLANUM LYCOPERSICUM (TOMATO) FRUIT EXTRACT	71.43 MG
EQUIVALENT DRY TOMATO FRUIT	1.43 G
EQUIVALENT LYCOPENE	5 MG
GLYCINE MAX (SOYBEAN) SEED POWDER	62.5 MG
EQUIVALENT SOY ISOFLAVONES CALCULATED AS DAIDZIN/EIN, GENISTIN/EIN, AND GLYCITIN/EIN	25 MG

USANA



Optimisers  
Micronutrition

Palmetto Plus™

- Provides long-term support for the male physiology
- Furnishes a comprehensive formulation of saw palmetto, plus lycopene and soy isoflavones
- Contains all-natural botanical components, which are standardised extracts, guaranteed for purity and potency

References

1. Willard, T. Vitamin Retailer. Feb 1999:58-60.

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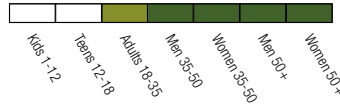




ITEM# 134  
AUST L 209631

# Visionex™

Advanced eye health supplement



## The Gift of Sight

Your eyes are your window to the world. Outside of good health itself, nothing is more precious than the gift of sight. Everyone sees differently, in part due to differences in the acuity of our vision and the general state of our health, but we owe it to ourselves to do everything we can to maintain optimal vision.

As we age, there is a general decline in acuity of vision. One of the most important reasons for the loss of visual acuity over time is the damage caused by environmental factors. The eyes are not sequestered inside the body as the heart or kidneys are. Except when we are asleep, our eyes are constantly exposed to environmental factors such as air pollution, dryness and oxidative damage from sunlight.

There are things that we can do to maintain eye health. Firstly, we can reduce the amount of damaging environmental effects we subject our eyes to each day. For example, we can minimise exposure to harsh sunlight with quality sunglasses, especially while driving, and if we work at a computer for long periods, breaks of just a minute or two of looking at distant objects can reduce eye strain significantly.

Secondly, today's lifestyles and working conditions result in ever-increasing demand for defence from oxidative damage. We can help to maintain proper functioning of our eyes by providing nutritional supplementation, especially antioxidants to counter free-radical damage.

## Natural Maintenance

What we actually "see" with the eye are the patterns of light that strike the retina, a light-sensitive layer of cells at the back of the eye. In the centre of the retina is the macula, where the light rays are most highly focused and visual acuity is highest. This central portion of retina contains a yellow pigment

called the macular pigment. This pigment helps protect the sensitive receptors in the retina, particularly from the potentially harmful effects of blue light.

Plants must expose their leaves to the direct sun to conduct photosynthesis, and they protect themselves from the harmful effects of the sun's radiation with chemicals called carotenoids. Similarly, our eyes receive optimal health maintenance from the antioxidant carotenoids, lutein and zeaxanthin, which make up the macular pigment. The macula is especially vulnerable to oxidative damage because it has a high metabolic rate and because the energetic radiation (short wavelength light) focused on it enhances the production of free radicals.

## Lutein

While the roles lutein and zeaxanthin play in the physiology of the eye are not completely known, the links between lutein and eye health are so strong that several national and regional health organisations have recommended the increase of dietary lutein. Lutein is believed to function in two ways: first as a filter of high-energy blue light, and second as an antioxidant that quenches light-induced free radicals and reactive oxygen species.<sup>1,2</sup>

## Zeaxanthin

Zeaxanthin, a yellow carotenoid, is a modified form of lutein. In the eye, lutein is predominant in the periphery of the macula while the concentration of zeaxanthin is greatest in the very centre. This is where conditions most favour the formation of free radicals, and zeaxanthin is thought to be an even more powerful antioxidant than lutein.<sup>2</sup>

In addition to lutein and zeaxanthin, the **Visionex™** formulation contains these three important nutritional aids to eye health:

### Bilberry Extract

The bilberry fruit is rich in antioxidant anthocyanosides and has been shown to help maintain healthy capillaries, including those in the eye.<sup>3</sup>

### Vitamin C

Vitamin C provides additional antioxidant protection, especially to the lens of the eye, where the concentration of vitamin C in the lens is 20 times that found in the blood.<sup>4</sup>

### Zinc

Zinc appears to provide an additive effect to antioxidants in promoting good visual acuity.<sup>5</sup>

The comprehensive formulation of **Visionex** is designed to support long-term eye health, especially when combined with preventive measures against exposure of the eyes to harmful environmental influences.

**Visionex** is laboratory tested and quality guaranteed. It meets British Pharmacopoeia specifications for potency, uniformity and disintegration where applicable.

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

EACH TABLET CONTAINS:	
VITAMIN C (FROM CALCIUM ASCORBATE 156 mg; POTASSIUM ASCORBATE 106 mg; MAGNESIUM ASCORBATE MONOHYDRATE 47 mg; ZINC ASCORBATE 3.1 mg)	250 mg
ZINC CITRATE (EQUIV 5.0 mg ZINC)	15.6 mg
VACCINIUM MYRTILLUS (BILBERRY) EXTRACT EQUIV FRESH FRUIT	25.0 mg
LUTEIN	2.5 g
ZEAXANTHIN	5.0 mg
	1.0 mg

### References

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Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

# USANA



## Optimisers Micronutrition

### Visionex™

- A unique and comprehensive formulation of ingredients to maintain eye health
- Guaranteed levels of lutein and zeaxanthin, important antioxidant components of the macula of the eye
- Includes vitamin C, bilberry extract and zinc for additional support of healthy eyes

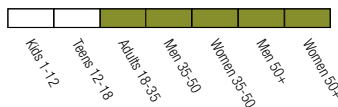




ITEM# 126  
AUST L 134630

# Ginkgo-PS™

Supports acute memory function and cognition



**Ginkgo-PS™** is a combination of Ginkgo biloba extract with lecithin, rich in phosphatidylserine (PS) which may assist in the maintenance of peripheral blood circulation.

USANA's **Ginkgo-PS** combines two powerful ingredients to assist in the maintenance or improvement of well-being. The herb Ginkgo biloba has been used for thousands of years in Traditional Chinese Medicine and is in wide use today as it has a number of beneficial properties that may assist in the maintenance of peripheral circulation.

Ginkgo extract contains a mix of bioflavonoids, which provide antioxidant activity. Its most important role, however, is in the maintenance of blood circulation throughout the body. The ginkgolides and bilobalides in Ginkgo extract promote blood circulation.

## Phosphatidylserine (PS)

Phosphatidylserine, or PS, is derived from lecithin, which is found in every cell of the body and is essential to proper cell function in general. PS also increases the fluidity of the membrane and improves the entry of nutrients and the exit of wastes in the cell.<sup>1</sup>

Over 25 human clinical studies have been done on PS, including at least 12 double-blind placebo-controlled trials.<sup>2-4</sup>

PS can be obtained in very small amounts from foods like fish, rice, soy products and leafy green vegetables. Soy lecithin is one of the best sources of PS - a component found in highest concentration in the cell membranes of brain tissue.

## Why Ginkgo-PS™?

USANA is the only major manufacturer to combine Ginkgo biloba and phosphatidylserine-enriched lecithin into a single product. The high quality of our Ginkgo extract and the combination with PS gives **Ginkgo-PS** clear advantages.

USANA uses only standardised Ginkgo biloba extract containing a minimum of 24% ginkgo flavonglycosides and 6% ginkgolides and bilobolides for consistent potency.

**Ginkgo-PS** is laboratory tested and potency guaranteed. It meets British Pharmacopoeia specifications for uniformity and disintegration where applicable.

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

<b>EACH TABLET CONTAINS:</b>	
GINKGO BILOBA EXTRACT	1.25 g
EQUIV DRY LEAF	
STANDARDISED TO	
GINKGOFLAVONGLYCOSIDES	6 mg
GINKGOLIDES AND BILOBALIDES	1.5 mg
SOY LECITHIN	125 mg

Contains glucose.

USANA



Optimisers  
Micronutrition

Ginkgo-PS™

- Combines standardised, high-potency Ginkgo biloba extract, plus phosphatidylserine
- Helps to maintain healthy peripheral blood circulation
- Vegetarian safe

References

1. Toffano, G, Battistella, A and P. Orlando. Clin. Trials. J. 1987; 24: 18-24.
2. Crook, Psychopharmacol Bul. 1992. 28:61-66.
3. Crook, Neurology, 1991. 41:644-49.
4. Crook, T and Badderly, B, The Memory Cure, 1998. Pocket Books: New York. pp.64-69.

Vitamins should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

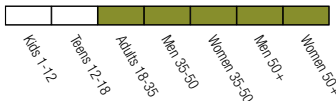






# HepaPlus®

Comprehensive liver-support formula featuring the InCelligence® Detox-Support Complex



A healthy lifestyle coupled with a supplement such as USANA's **HepaPlus** with the unique InCelligence Detox-Support Complex is a great way to maintain healthy liver function and balance the body's natural detoxification processes.

The liver is the body's second largest organ and the largest gland. Everything we eat, breathe and absorb through our skin is filtered through the liver, which performs many complex functions crucial for life. It manufactures many important proteins; assists in the conversion of fats, amino acids, vitamins and minerals into more usable forms; makes important structural components, including cell membrane compounds; filters toxins from blood; and stores certain vitamins and minerals, including iron and B12. **HepaPlus** was formulated to provide a unique blend of antioxidants to help support healthy liver function.

## Milk Thistle Extract

Used as a natural remedy to support liver health for over 2,000 years, milk thistle is used by the liver to protect against oxidative stress. Additionally, it stimulates liver detoxification pathways and has strong antioxidant properties thought to help strengthen and protect liver cells.<sup>1,2</sup> As an antioxidant, milk thistle helps increase the amount and the activity of several antioxidant enzyme systems that are involved in the detoxification process, such as SOD (superoxide dismutase) and the glutathione peroxidase system. The active phytochemicals in milk thistle may also stimulate protein synthesis in liver cells, which helps to regenerate them.<sup>1-5</sup>

## Alpha Lipoic Acid

Alpha lipoic acid is easily transported across cell membranes to provide support to the important enzymes both inside and outside the cell. As ALA is both water- and oil-soluble, it is thought to help regenerate both water- and oil-soluble antioxidants.

## Turmeric Extract

Turmeric, the powdered root of the plant *Curcuma longa* L., is a member of the ginger family native to

India and Southeast Asia. It contains curcumin and related compounds known as curcuminoids, which have significant antioxidant properties.<sup>6-9</sup>

## Choline

Choline is an essential nutrient related to the water-soluble B-complex vitamins. It is synthesised in the body, as well as consumed in the diet, and is necessary for the function of every cell. Choline plays a major role in membrane structure and integrity, lipid and cholesterol transport, and brain function. It is a constituent of phosphatidylcholine, which is a component of cell walls and membranes. Choline is also involved in fat and cholesterol metabolism and transport, and aids in fat metabolism and transport away from the liver.

## Why HepaPlus®?

The unique formulation of **HepaPlus** helps to combat oxidative stress in the liver with a powerful blend of antioxidants, including green tea extract and broccoli concentrate. With close to 200mg of high-quality, highly bioavailable milk thistle extract contained in a daily dosage, **HepaPlus** provides comprehensive support for the liver and in the maintenance of general well-being.

USANA's **HepaPlus** employs breakthrough Nutritional Hybrid Technology to bring you this unique formulation with the bilayer tablet, which allows two unique formulations to be combined into one tablet while remaining distinctly separated, and ensures formulation stability.

**HepaPlus** is laboratory tested and quality guaranteed. It meets British Pharmacopoeia specifications for potency, uniformity and disintegration where applicable.

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

EACH TABLET CONTAINS:	
SILYBUM MARIANUM (MILK THISTLE) FRUIT EXTRACT	80 mg
EQUIVALENT TO DRY FRUIT	5.6 g
STANDARDISED TO SILYMARIN	64 mg
OLEA EUROPAEA (OLIVE) FRUIT EXTRACT*	15 mg
EQUIVALENT TO FRESH FRUIT	675 mg
CAMELLIA SINENSIS (GREEN TEA) LEAF EXTRACT	15 mg
EQUIVALENT TO DRY LEAF	420 mg
CHOLINE BITARTRATE	125 mg
R,S-ALPHA-LIPOIC ACID	67 mg
CYSTINE	55 mg
BRASSICA OLERACEA VAR. ITALICA (BROCCOLI) FLOWER POWDER	25 mg
INOSITOL	25 mg
CURCUMIN†	1.35 mg
BIOTIN	75 µg

\*USANA OLIVOL™ PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

†FROM MERIVA® BIOAVAILABLE CURCUMIN. MERIVA® IS A TRADEMARK OF INDENA S.p.A

USANA



Optimisers  
Micronutrition  
Digestive Health

### HepaPlus®

- Liver tonic
- Supports healthy liver function and normal detoxification processes
- Provides a unique blend of antioxidants
- Helps maintain general health and well-being
- Vegetarian safe
- Incorporates the Science of InCelligence

#### References

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ITEM# 108

# USANA Probiotic

Probiotic food supplement for digestive and immune health



Everything you ingest must go through your digestive system, which, in turn, provides all the micro- and macronutrients your body's cells need to function properly. Therefore, maintaining your digestive health is crucial for maintaining your overall health. USANA's **USANA Probiotic** supplement supports digestive health with a unique blend of probiotics that helps to maintain a healthy balance of beneficial bacteria in your gut.

## Importance of Digestive Health

If the body is deficient in any essential nutrients, immune function can be compromised and the potential for developing a number of health concerns is significantly higher. Because the digestive system is responsible for breaking down and absorbing the vitamins and minerals from food and nutritional supplements, maintaining digestive health is an important factor in optimising nutrient intake and defending against deficiency-related illness.

Similarly, if the body is unable to effectively eliminate waste, the effects can range from embarrassing and unpleasant to dangerous and extremely painful. Not only does a healthy digestive system greatly reduce the likelihood of physical discomfort from gas, constipation, bloating or occasional diarrhoea, it also facilitates consistent waste elimination from the body through the regular passing of stools and normalisation of stool consistency.

To keep everything working smoothly, it is vital that you drink plenty of water, exercise, and consume a healthy diet with plenty of fibre from fruits, vegetables and whole grains. In addition to eating a healthy diet, adding probiotics to your diet can help create an ideal environment for healthy digestion.

## Probiotics Promote Balance

Your gut is host to both beneficial and potentially harmful bacteria. When balanced properly, these bacteria, also known as microflora, aid healthy digestion. Stress, illness, antibiotics and/or medicines,

poor diet and hydration, lack of rest and harmful environmental conditions, however, may endanger the fine balance of the intestinal flora. This imbalance can result in the reduction of beneficial bacteria in the gut, which can lead to digestive concerns that may not only be physically uncomfortable but also possibly harmful to your health.

The Food and Agriculture Organisation of the United Nations defines probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host." Probiotic dietary supplements replenish beneficial microflora, which can help restore a proper microbial equilibrium in the gut and aid good digestion.

## Plus Immune Function

More immune cells are concentrated in the gut than in any other region of the body. Not only are friendly bacteria vital to the proper development of the immune system, recent research also suggests that probiotics help sustain healthy immune function by promoting healthy bacterial growth and preventing the introduction of harmful bacteria strains.<sup>1,2</sup>

## Why USANA Probiotic?

The beneficial effects of one strain of probiotic do not necessarily hold true for others, or even for different varieties of the same species or strain. Sufficient quantity of high-quality bacteria strains must survive stomach acidity and enter the intestinal tract alive to be effective. **USANA Probiotic** features a unique 50/50 mixture of Bifidobacterium, BB-12® and Lactobacillus rhamnosus GG, LGG® - two strains of probiotic bacteria that have been clinically proven to survive transit through the acidic environment of the stomach, and promote a natural balance of beneficial microflora in the gut.<sup>3†</sup>

## Using USANA Probiotic

**USANA Probiotic** employs an advanced delivery system that guarantees the product will provide viable probiotics for at least 18 months when stored at room temperature. Refrigeration may prolong shelf life even further. It is also easy to use. Simply take **USANA Probiotic** alone or add one serving (one stick pack) of the mildly sweet, powdered formulation to **Nutrimeal™**, **Fibergy™**, cold beverages or foods every one or two days to assist your digestive health.

According to the Food Authority of New South Wales, Australia has one of the highest allergy prevalence rates in the world, and high incidence of food allergies and intolerance is concerning. Since there is currently no cure for food allergies, experts suggest that the only successful way to manage a food allergy or intolerance is to avoid the foods containing the particular allergen or food component.<sup>4</sup> **USANA Probiotic** is formulated without gluten or dairy which is beneficial to those suffering with gluten and dairy intolerances.

**USANA Probiotic** does not contain any added sugars and is sweetened with Mannitol, a simple sugar alcohol commonly found in fruits and vegetables.<sup>5</sup> It has a pleasant taste and after-taste, and has only two calories per serve. This makes it a suitable option for those who are concerned about their calorie intake.

DIRECTIONS: ADD THE CONTENTS OF ONE STICK PACK TO WATER, NUTRIMEAL™, OR OTHER FAVOURITE COLD BEVERAGE AND DRINK IMMEDIATELY. TAKE ONE STICK PACK EVERY 1-2 DAYS, OR AS NEEDED, TO MAINTAIN HEALTHY INTESTINAL BALANCE OF GOOD BACTERIA.

NUTRITIONAL INFORMATION		
SERVINGS PER PACKAGE: 14		
SERVING SIZE: 1 STICK PACK (1 g)		
	QUANTITY PER SERVING†	QUANTITY PER 100 g‡
Energy	9 kJ (2 Cal)	917 kJ (219 Cal)
Protein	0 g	2 g
Fat, Total	0 g	0 g
— Saturated	0 g	0 g
— Trans	0 g	0 g
Cholesterol	0 g	0 g
Carbohydrate	0.935 g	93.5 g
— Sugars	0 g	0 g
Dietary Fibre, total	0.3 g	28 g
Sodium	0 mg	0 mg
† AVERAGE QUANTITIES		

INGREDIENTS: Mannitol, Inulin, Lactobacillus rhamnosus LGG® and Bifidobacterium (BB-12®) strains, Silicon Dioxide.

STORE AT ROOM TEMPERATURE (25°C).

## References

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2. Rautava S, et al. Pediatric Research 2006;60(2):222–225.
3. Myllyluoma E, et al. Dig Liver Dis 2007;39(6):516–23.
4. NSW Food Authority (<http://www.foodauthority.nsw.gov.au/consumers/problems-with-food/allergy-and-intolerance/>)
5. <http://pubchem.ncbi.nlm.nih.gov/summary/summary.cgi?cid=6251#x395>

†BB-12® is a registered trademark of Chr. Hansen.

LGG® is a registered trademark of Valio Ltd.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

# USANA



Optimisers  
Micronutrition  
Digestive Health

## USANA Probiotic

- A digestive health formula containing 12 billion viable bacteria per serving
- Contains two specific probiotic strains, Bifidobacterium BB-12® and Lactobacillus Rhamnosus LGG®
- Clinically proven to survive transit through the acidic environment of the stomach and reach the intestine alive
- Helps to maintain healthy gut flora
- Unique formula to guarantee viable bacteria throughout shelf life when stored at room temperature
- Dairy-free, gluten-free, vegetarian safe and contains no added sugar.





# REV<sup>3</sup>

## Energy Surge™ Pack

All the power of Rev3 Energy  
in a convenient stick pack

ITEM# 139 / 939

**REV<sup>3</sup> Energy Surge™ Pack** is all the power of an energy drink - refined.

With an advanced formula developed by USANA's nutritional experts, **REV<sup>3</sup> Energy** is a superior healthy alternative to energy drinks.

For decades, the energy drinks available to you were laden with artificial flavours, sweeteners and chemicals. USANA, as the leader in nutritional innovation, has responded by developing a healthy energy drink alternative.

### **REV<sup>3</sup>, Join the Revolution**

With a unique and proven combination of natural ingredients, the **REV<sup>3</sup> Energy Surge Pack** transforms any common beverage into a heart-thumping power plant of antioxidants, energy and flavour. Mix well, drink well! We know that you'll feel a consistent and long-lasting energy boost, without the exhaustion and crash that inevitably follows from high-sugar energy drinks.

### **REV<sup>3</sup> Energy Surge™**

#### **Cleaner**

- Crisp, all-natural taste
- Refreshing lemon-tea flavour

#### **Smarter**

- Provides smarter, more natural sources of caffeine from white, green and black teas to support mental alertness and stamina
- Teas also provide important antioxidants and phytonutrients known to be beneficial to health

#### **Stronger**

- Contains green tea, Korean ginseng and rhodiola rosea to help the body's response to stress and fatigue
- Provides nutrients necessary for maintaining healthy and efficient energy levels

#### **Why REV<sup>3</sup> Energy Surge™ Pack?**

**REV<sup>3</sup> Energy Surge Pack** is a great alternative to crash-and-burn energy drinks. A simple and convenient way to maintain your hydration. Just put the packs in your bag and you're ready to rock.

Don't settle for average energy. Join the **REVOLUTION** today!

DIRECTIONS: ADD ONE PACKET DAILY TO 410-470 ML OF WATER OR TO TASTE.

<b>EACH PACKET CONTAINS:</b>	
CALCIUM CARBONATE (EQUIV 35 mg CALCIUM)	97.2 mg
CITRIC ACID	450 mg
MALIC ACID	150 mg
RHODIOLA (RHODIOLA ROSEA L.) EXTRACT	
EQUIV DRY LEAF	1.60 g
GREEN TEA (CAMELLIA SINENSIS) EXTRACT	
EQUIV DRY LEAF	1.13 g
CONTAINING 60 mg CAFFEINE	
BLACK TEA (CAMELLIA SINENSIS) EXTRACT	
EQUIV DRY LEAF	1.88 g
CONTAINING 10 mg CAFFEINE	
WHITE TEA (CAMELLIA SINENSIS) EXTRACT	
EQUIV DRY LEAF	2.25 g
CONTAINING 10 mg CAFFEINE	
KOREAN GINSENG (PANAX GINSENG) EXTRACT	
EQUIV DRY ROOT	350 mg
CONTAINS SUGARS	

REV3 ENERGY SURGE PACK NUTRITIONAL INFORMATION		
SERVINGS PER PACKAGE: 14		
SERVING SIZE: ONE PACKER (4.25 g)		
	QUANTITY PER SERVING†	QUANTITY PER 100 g†
Energy	42 kJ (10 Cal)	900 kJ (235 Cal)
Protein	0 g	0 g
Fat, Total	0 g	0 g
— Saturated	0 g	0 g
Carbohydrate	2 g	47 g
— Sugars	2 g	47 g
Sodium	0 g	0 g
Calcium	35 mg	820 mg
† AVERAGE QUANTITIES		

INGREDIENTS: Crystalline Fructose, Honey Powder, White, Black, and Green Tea Extract Blend, Citric Acid, Natural Flavours, Rhodiola Extract, Malic Acid, Korean Ginseng Extract, Calcium Carbonate, Stevia.

Contains caffeine.  
Not recommended for children, pregnant or nursing women, or those sensitive to caffeine.  
USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

USANA

Rev3 Energy Surge™  
Pack

- A dietary supplement to help temporarily increase energy
- Hydrating alternative to crash-and-burn energy drinks
- Low calories  
10 Cal (41.8KJ) per serving
- Low sugar  
2 g per serving



JOIN THE  
REVOLUTION



ITEM# 138

# REV<sup>3</sup> Energy™ Drink

A refreshing way to recharge  
your energy levels



Cleaner. Smarter. Stronger. **REV<sup>3</sup>** Energy Drink is a superior natural energy drink with the fortitude of a supplemented sports food and a formulation that is unique to Australia and New Zealand.

## What Makes **REV<sup>3</sup>** Energy Drink Work?

**REV<sup>3</sup>** Energy Drink has unique ingredients that make it a class apart from other energy drinks on the market.

### L-Carnitine

**REV<sup>3</sup>** contains L-Carnitine, an ingredient that has an important function in energy production. L-Carnitine helps shuttle fatty acids (fats) into the mitochondria where they can be turned into energy.

### Coenzyme Q10

**REV<sup>3</sup>** also contains CoQ10, which is involved in the production of the energy required by the body.

### Magnesium

**REV<sup>3</sup>** contains magnesium which is an important mineral and enzyme cofactor. It is involved in both aerobic and anaerobic energy generation and is also vital for a number of metabolic processes in the body.

### B Vitamin Complex

**REV<sup>3</sup>** contains vitamins B1, B2, B3, B5, B6 and Biotin, which are key to supporting the body's natural energy production.

## Korean Ginseng

**REV<sup>3</sup>** contains Korean ginseng that helps with resistance to stress and fatigue. It helps the body to adapt to stress, and it's also a potent antioxidant.

## A Revolution in Energy Drinks

**REV<sup>3</sup>** is low-GI and formulated for sustained energy. With its unique formulation, **REV<sup>3</sup>** Energy Drink makes a great supplemented sports food for those with energetic and active lifestyles.

## Why **REV<sup>3</sup>** Energy Drink?

It's crisp, all-natural taste is a definite plus, along with the goodness of its natural ingredients. **REV<sup>3</sup>** has no artificial flavours, no artificial sweeteners, no artificial preservatives and no artificial colours. It contains natural green and white teas. **REV<sup>3</sup>** also includes additional vitamins, minerals and antioxidants that support energy metabolism. Now in the convenience of a can that can go with you anywhere!

Drink **REV<sup>3</sup>** – Join the Revolution!



DIRECTIONS: DRINK ONE CAN (250 ML) PER DAY.

REV3 ENERGY DRINK NUTRITIONAL INFORMATION		
SERVINGS PER CONTAINER: 1		
SERVING SIZE: 250 ML		
	QUANTITY PER SERVING <sup>a</sup>	QUANTITY PER 100 g <sup>a</sup>
Energy	272 kJ(65 Cal)	109 kJ (26 Cal)
Protein	0 g	0 g
Fat, Total	0 g	0 g
- Saturated	0 g	0 g
Carbohydrate	16 g	6.4 g
- Sugars	16 g	6.4 g
Sodium	0 mg	0 mg
Thiamin	1.5 mg (136% RDI*)	0.6 mg
Riboflavin	1.7 mg (100% RDI*)	0.68 mg
Niacin	20 mg (200% RDI*)	8 mg
Vitamin B6	3 mg (188% RDI*)	1.2 mg
Biotin	50 µg (167% RDI*)	20 µg
Pantothenic Acid	3.4 mg (68% RDI*)	1.36 mg
Magnesium	50 mg (16% RDI*)	20 mg
Choline	7 mg	2.8 mg
Ubiquinone	5 mg	2 mg
L-Carnitine	60 mg	24 mg
Korean Ginseng	50 mg	20 mg
Green and White Tea	150 mg	60 mg
Extract Blend		
* RECOMMENDED DIETARY INTAKE (AUST/NZ)		
† AVERAGE QUANTITIES		

INGREDIENTS: Water, Crystalline Fructose, Evaporated Cane juice Syrup, Natural flavor, Acidity Regulators (Calcium Malate, Citric Acid, Malic Acid), Mineral (Magnesium Citrate), Natural Vegetable Juice, Green tea extract (Camellia Sinensis, leaf), Preservative (Potassium Sorbate), L-Carnitine Fumarate, Korean ginseng (Panax Ginseng, Root), Ubiquinone, Vitamins [Nicotinamide (Niacin), Choline Chloride (Choline), Calcium Pantothenate (vitamin B5), Pyridoxine hydrochloride (vitamin B6), Riboflavin (vitamin B2), Thiamin Hydrochloride (vitamin B1), Biotin], White Tea Extract (Camellia Sinesis, Leaf), Aloe Vera (Aloe Vera, Leaf), Grape Seed Extract (Vitis Vinifera, Seed), Acerola Extract (Malpighia Punicifolia, Fruit), Pomegranate Extract (Punica Granatum, Fruit), Stabiliser (Calcium Hydrogen Phosphate).

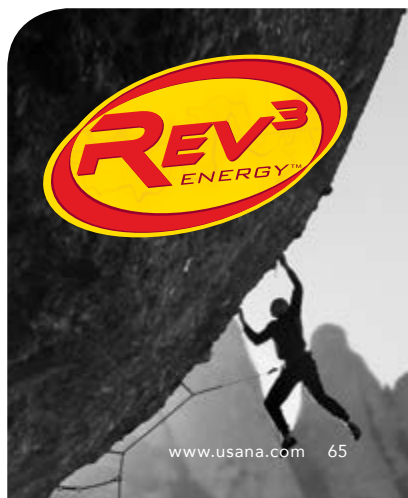
# USANA

## REV<sup>3</sup> Energy™ Drink

- Contains L-Carnitine, CoQ10 and B Vitamin Complex, key to energy production
- Magnesium is also vital for a number of metabolic processes in the body
- Korean ginseng helps with resistance to stress and fatigue
- Low GI and formulated for sustained energy
- No artificial flavours, sweeteners, preservatives or colours
- A great supplemented sports food

Not suitable for children under 15 years of age or pregnant women. Should only be used under medical or dietetic supervision. Consult your physician if you are taking prescription drugs or have a medical condition.

Not a sole source of nutrition, should be consumed in conjunction with a nutritious diet. Should be used in conjunction with an appropriate physical training or exercise program.





## USANA® Foods

USANA® Foods offer great-tasting nutritious alternatives as a daily snack or meal replacement drink. Formulated as low-GI, and nutritionally balanced, USANA Foods provide vital nutrients to complement your diet, giving you sustained energy throughout the day.

Many of the chronic degenerative diseases that plague today's world are caused or exacerbated by the deterioration of the modern diet. To promote lifelong good health, you need good nutrition, which includes both micronutrients (vitamins, minerals, antioxidants and other compounds we consume in small amounts) and macronutrients (carbohydrates, proteins and beneficial fats).

When your body lacks these vital nutrients, it does not function properly.

USANA® Foods were developed to take the guesswork out of proper nutrition by providing great-tasting, high-quality macronutrients your body needs to feel great and maintain optimal performance of all body systems. These convenient, low-GI foods can be used along with the

Essential Nutrition and Optimisers to complete your healthy diet.

## The Right Macronutrients

It is vital that your diet includes the right types of each class of macronutrients:

- The right carbohydrates are carbohydrates that have a low-GI. Whole grains are carbohydrates that are high in dietary fibre and supply additional healthy trace elements and phytonutrients, as well as energy.
- A healthy diet includes a variety of high-quality protein sources, including complete proteins, which contain all of the essential amino acids.
- Beneficial fats are high in essential fatty acids and low in saturated fatty acids. No more than 10% of your total daily calories should be derived from saturated fat.

## The Importance of a Low-Fat High-Fibre Diet

Diets low in saturated fat and cholesterol, and rich in fruits, vegetables and grain products that contain some types of fibre, particularly soluble fibre, have many health benefits. Unfortunately, many people only manage one-half to two-thirds of the fibre necessary for optimal health.<sup>1</sup> The positive impact of a high-fibre diet is increased when there is a concurrent reduction in the amount of saturated fat consumed.<sup>2</sup>

## Trans Fatty Acids and Your Health

Trans-fatty acids, or trans fats, are created when food manufacturers turn vegetable oil into solid fat, like shortening and hard margarine, to increase the shelf life of foods. Trans fat behaves like saturated fat, clogging arteries and increasing LDL-Cholesterol (bad cholesterol) levels. Trans fat may also reduce HDL-Cholesterol (good cholesterol) levels. The health risks posed by this dangerous fat have prompted many regulatory agencies to require that food manufacturers list trans fat amounts on all nutritional labels. All USANA Foods have been analysed and do not contain trans fats.

## Glycaemic Index: What it Means for You

The glycaemic index (GI) is a way of measuring the rate at which carbohydrates are broken down and appear in the blood as simple sugars. Those foods that result in a rapid rise in blood sugar often have a high-GI. Carbohydrates that are broken down slowly and cause only a moderate, controlled increase in blood sugar often have a low-GI. Some carbohydrates fall in between. High-GI foods provide quick energy, but it is usually short-lived and hunger soon returns. This crash stimulates many emergency responses in our body chemistry, stressing our organs.

Most convenience foods and many highly refined products on the market today are high-GI. Low-GI foods provide greater satiety and sustained energy. By virtue of their slow digestion and absorption, low-GI foods can help control appetite and delay hunger.

## USANA® Foods

**USANA® Foods** are delicious, healthy sources of low-GI carbohydrates, complete proteins and beneficial fats. All **USANA Foods** have also been analysed and can be labelled as containing no trans fats. **SoyaMax™**, based on high-quality soy protein, provides complete and balanced amino acids. Some **USANA Foods**, such as **Fibergy™ Plus**, are low-fat, high-fibre foods.

The **USANA Foods** drinks are easy to take with you, providing a convenient way to maintain a healthy body with a busy lifestyle.

## USANA® Foods and the Glycaemic Index

The glycaemic index ranks foods on a scale from 0 to 100. Typically, glycaemic index is categorised as follows: Low-glycaemic index: 55 or less • Medium-glycaemic index: 56 to 69 • High-glycaemic index: 70 or more

The glycaemic index of **Nutrimeal™** drink mix has been independently certified as 25.

### References

1. Munoz KA, et al., *Pediatr*, 1997; 100:323-29.
2. Lampe JW, *Am J Clin Nutr*, 1999; 70(S):475S-90S.



# Nutrimeal™

**Nutrimeal™** is a low-GI formulated meal replacement drink and a quality source of protein, carbohydrates, dietary fibre and many micronutrients. Diets low in saturated fat and cholesterol, and rich in fruits, vegetables and grain products that contain some types of dietary fibre, provide many health benefits. Each serving of **Nutrimeal** contains 8 grams of dietary fibre.

## The Benefits of Soy and Whey Protein

Each serving of **Dutch Chocolate** and **Wild Strawberry Nutrimeal** provides 15 grams of soy, whey and other proteins. **French Vanilla Nutrimeal** provides 15 grams of protein mostly from soy. Soy protein is a complete protein, containing all of the essential amino acids in optimal ratios and in a highly digestible form. Whey protein, which is also easily digestible, is an excellent source of amino acids essential for building a healthy body.

## Low-GI Formula

**Nutrimeal** has been formulated with a low-GI of 25, to help reduce carbohydrate cravings and deliver sustained energy throughout the day.

DIRECTIONS: ADD THREE (3) SCOOPS OF NUTRIMEAL TO 290–340 ML OF COLD WATER TO TASTE. BLEND OR SHAKE.

**Dutch Chocolate Nutrimeal**  
ITEM# 210



**French Vanilla Nutrimeal**  
ITEM# 211



**Wild Strawberry Nutrimeal**  
ITEM# 212



DUTCH CHOCOLATE NUTRIMEAL NUTRITIONAL INFORMATION					
SERVINGS PER CONTAINER: 9					
SERVING SIZE: 3 SCOOPS (60 g)					
	QUANTITY PER SERVING*	QUANTITY PER 100 g†		QUANTITY PER SERVING*	QUANTITY PER 100 g†
Energy kJ (Cal)	1070 kJ (256 Cal)	1780 kJ (426 Cal)	Vitamin E	3.5 mg (35% RDI*)	5.8 mg
Protein	15 g	25 g	Vitamin C	10.3 mg (26% RDI*)	17.2 mg
Fat, Total	7.4 g	12.3 g	Thiamin	0.3 mg (27% RDI*)	0.5 mg
- Saturated	1 g	1.7 g	Riboflavin	0.5 mg (29% RDI*)	0.83 mg
- Trans	0 g	0 g	Niacin	3.3 mg (33% RDI*)	5.6 mg
- Polyunsaturated	0.7 g	1.2 g	Vitamin B6	0.4 mg (25% RDI*)	0.67 mg
- Monounsaturated	5.5 g	9.2 g	Folate	68 µg (34% RDI*)	113 µg
Cholesterol	0 mg	0 mg	Vitamin B12	0.5 µg (25% RDI*)	0.83 µg
Carbohydrate	32 g	53.7 g	Calcium	338 mg (42% RDI*)	563 mg
- Sugars	17.2 g	28.7 g	Phosphorus	302 mg (30% RDI*)	503 mg
Dietary Fibre, Total	8.2 g	13.6 g	Iron	4.8 mg (40% RDI*)	8 mg
- Soluble Fibre	2.8 g	4.7 g	Magnesium	107 mg (33% RDI*)	178 mg
- Insoluble Fibre	5 g	8.3 g	Zinc	3.7 mg (31% RDI*)	6.2 mg
Sodium	418 mg	696 mg	Iodine	41 µg (27% RDI*)	68 µg
Potassium	598 mg	996 mg	Glycemic Index	25 [Low]	25 [Low]
Vitamin A	192 µg (26% RDI*)	320 µg			
Vitamin D	2.5 µg (25% RDI*)	4.2 µg			

\* RECOMMENDED DIETARY INTAKE (AUST/NZ)  
† AVERAGE QUANTITIES

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein], Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Cocoa (Processed with Alkali), Soy Fibre, Cane Fibre, Natural Flavours, Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Oligofructose, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Prune Powder, Milk Protein (Sodium Caseinate), Sea Salt, Inulin, Emulsifier (Soy Lecithin), Anti Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Cholecalciferol (Vitamin D), Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12)].

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

## FRENCH VANILLA NUTRIMEAL

### NUTRITIONAL INFORMATION

SERVINGS PER CONTAINER: 9

SERVING SIZE: 3 SCOOPS (60 g)

	Quantity per serving**	Quantity per 100 g**
Energy	1082 kJ (259 Cal)	1804 kJ (432 Cal)
Protein	15 g	25 g
Fat, Total	7.4 g	12.3 g
- Saturated	0.8 g	1.3 g
- Trans	0 g	0 g
- Polyunsaturated	0.8 g	1.3 g
- Monounsaturated	5.6 g	9.3 g
Cholesterol	0 mg	0 mg
Carbohydrate	33 g	55 g
- Sugars	18 g	30 g
Dietary Fibre, Total	8.3 g	13.8 g
- Soluble Fibre	2.8 g	4.7 g
- Insoluble Fibre	5.2 g	8.7 g
Sodium	316 mg	527 mg
Potassium	461 mg	768 mg
Vitamin A	193 µg (26% RDI*)	322 µg
Vitamin D	2.5 µg (25% RDI*)	4.2 µg
Vitamin E	3.5 mg (35% RDI*)	5.8 mg
Vitamin C	10.1 mg (25% RDI*)	16.8 mg
Thiamin	0.3 mg (27% RDI*)	0.5 mg
Riboflavin	0.5 mg (29% RDI*)	0.8 mg
Niacin	2.6 mg (26% RDI*)	4.3 mg
Vitamin B6	0.4 mg (25% RDI*)	0.67 mg
Folate	81 µg (41% RDI*)	135 µg
Vitamin B12	0.5 µg (25% RDI*)	0.8 µg
Calcium	312 mg (39% RDI*)	520 mg
Phosphorus	323 mg (32% RDI*)	538 mg
Iron	4.8 mg (40% RDI*)	8 mg
Magnesium	92 mg (29% RDI*)	153 mg
Zinc	3.4 mg (28% RDI*)	5.7 mg
Iodine	40 µg (26% RDI*)	67 µg
Glycemic Index	25 [Low]	25 [Low]

\* Recommended Dietary Intake (Aust/NZ)

\*\* Average Quantities

## WILD STRAWBERRY NUTRIMEAL

### NUTRITIONAL INFORMATION

SERVINGS PER CONTAINER: 9

SERVING SIZE: 3 SCOOPS (60 g)

	Quantity per serving**	Quantity per 100 g**
Energy	1068 kJ (256 Cal)	1781 kJ (427 Cal)
Protein	15 g	25 g
Fat, Total	7.3 g	12.2 g
- Saturated	0.8 g	1.3 g
- Trans	0 g	0 g
- Polyunsaturated	0.7 g	1.2 g
- Monounsaturated	5.7 g	9.5 g
Cholesterol	0 mg	0 mg
Carbohydrate	33 g	55 g
- Sugars	18 g	30 g
Dietary Fibre, Total	8 g	13.3 g
- Soluble Fibre	4 g	6.7 g
- Insoluble Fibre	4 g	6.7 g
Sodium	427 mg	712 mg
Potassium	495 mg	825 mg
Vitamin A	192 µg (26% RDI*)	320 µg
Vitamin D	2.5 µg (25% RDI*)	4.2 µg
Vitamin E	3.5 mg (35% RDI*)	5.8 mg
Vitamin C	13.8 mg (35% RDI*)	23 mg
Thiamin	0.3 mg (27% RDI*)	0.5 mg
Riboflavin	0.5 mg (29% RDI*)	0.83 mg
Niacin	2.6 mg (26% RDI*)	4.3 mg
Vitamin B6	0.4 mg (25% RDI*)	0.67 mg
Folate	69 µg (35% RDI*)	115 µg
Vitamin B12	0.5 µg (25% RDI*)	0.83 µg
Calcium	352 mg (44% RDI*)	587 mg
Phosphorus	283 mg (28% RDI*)	472 mg
Iron	4.8 mg (40% RDI*)	8 mg
Magnesium	88 mg (28% RDI*)	147 mg
Zinc	3.5 mg (29% RDI*)	5.8 mg
Iodine	41 µg (27% RDI*)	68 µg
Glycemic Index	25 [Low]	25 [Low]

\* Recommended Dietary Intake (Aust/NZ)

\*\* Average Quantities

Ingredients: Soy Protein Isolate, Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Soy Fibre, Cane Fibre, Natural Flavours, Gums [Gum Arabic, Xanthan Gum, Cellulose Gum (Sodium Carboxymethylcellulose)], Oligofructose, Prune Powder, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Milk Protein (Sodium Caseinate), Inulin, Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Sea Salt, Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Thiamine Hydrochloride (Vitamin B1), Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk.

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

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein), Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Soy Fibre, Cane Fibre, Strawberry Powder, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Prune Powder, Natural Flavours, Inulin, Oligofructose, Colour (Beet Red), Milk Protein (Sodium Caseinate), Sea Salt, Flavour Enhancer (Citric Acid), Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Flavour Enhancer (Malic Acid), Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamine Hydrochloride (Vitamin B1), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)].

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

# USANA

## USANA® Foods Macronutrition

### Nutrimeal™

- A quality source of protein, carbohydrates, dietary fibre and many micronutrients with a new, great taste
- Provides 8 g of dietary fibre per serving
- Clinically tested as low-GI of 25
- Available in three great-tasting flavours: French Vanilla, Dutch Chocolate and Wild Strawberry



# Nutrimeal™ Joins GI Symbol Program



USANA's top selling **Nutrimeal™** product has been independently tested as low-GI using approved methodology (Australian Standard, Glycaemic Index of Foods AS4694-2007). It is in fact one of the lowest GI meal replacement products on the market.

The GI value is a ranking of carbohydrates according to their effect on blood glucose levels. The type of carbohydrates you consume play an important role in your health. When making healthy food choices it's important that they are low-GI, low in saturated fat and high in dietary fibre.

We are pleased that **Nutrimeal** is part of the GI Symbol Program (GISP), which means that **Nutrimeal** meets the GISP's nutrition criteria for energy, carbohydrate, saturated fat, sodium and fibre content. GISP is a food selection guidance program run by glycaemic index Foundation in Australia. Eligibility is based on glycaemic index value and nutritional criteria set by glycaemic index Foundation.

Nutritionally balanced, **Nutrimeal** provides quality macronutrients, and delivers sustained energy throughout the day.

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



# SoyaMax™

## SoyaMax™: the Healthy Protein

Like animal protein, soy protein provides all the essential amino acids. However, it contains very little fat and no cholesterol.

**SoyaMax™** is formulated with soy protein isolate, which contains essential minerals such as potassium, calcium and iron.

With one of the highest concentrations of soy protein available today, **SoyaMax** also has a low fat content and is naturally low-GI. Each serving contains 24 grams of soy protein and only 1 gram of fat. **SoyaMax** is an outstanding source of low-fat, cholesterol-free, vegetarian protein, and is easily digestible. All soy in **USANA® Foods** is from non-genetically modified organisms (non-GMO).

DIRECTIONS: SIMPLY ADD ONE (1) OR TWO (2) SCOOPS OF **SOYAMAX** TO MIXED **NUTRIMEAL™**, **FIBERGY™**, OR TO 225 ML OF JUICE, OR YOUR FAVOURITE BEVERAGE. MIX TO TASTE.

SOYAMAX NUTRITIONAL INFORMATION		
SERVING SIZE: 29 g (2 SCOOPS)		
SERVINGS PER PACKAGE: 14		
	QUANTITY PER 100 g*	QUANTITY PER SERVING (29 g)*
Energy	1657 kJ (396 Cal)	483 kJ (115 Cal)
Protein	82.8 g	24 g
Total Fat	5.1 g	1.5 g
Saturated Fat	1.4 g	0.4 g
Trans Fat	0 g	0 g
Monounsaturated	2.75 g	0.8 g
Polyunsaturated	1.0 g	0.3 g
Cholesterol	0 mg	0 mg
Total Carbohydrate	5.2 g	1.5 g
Sugars	4.1 g	1.2 g
Dietary Fibre	0 g	0 g
Sodium	772 mg	224 mg
Potassium	862 mg	250 mg
Folic Acid	190 µg	55 µg
Calcium	124 mg	36 mg
Iron	15.2 mg	4.4 mg
* AVERAGE QUANTITIES		

**INGREDIENTS:** SOY PROTEIN ISOLATE (NON-GMO SOYBEAN), VANILLA FLAVOUR, BANANA FLAVOUR.

**CONTAINS:** SOYBEANS.

\*FOR OUR CUSTOMERS WITH SENSITIVITY TO DAIRY AND GLUTEN, NO DAIRY OR GLUTEN INGREDIENTS ARE IN THIS PRODUCT. HOWEVER, SOYAMAX IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER PRODUCTS THAT DO CONTAIN DAIRY AND GLUTEN.

USANA®

## USANA® Foods Macronutrition

### SoyaMax™

- SoyaMax™ contains 24 g of soy protein per serving
- Contains a high-quality soy protein isolate
- Naturally low-GI
- Vegetarian safe

Mild Vanilla SoyaMax  
ITEM# 200







# Fibergy™ Plus

## A flavourless fibre blend

Dietary fibre intake provides many health benefits. The weight of clinical evidence strongly indicates that consumption of dietary fibre, from food or fibre supplements, has many beneficial effects on overall health.<sup>1</sup>

Increasing the intake of dietary fibre assists in the improvement of regularity. Fibre supplements play an important role in helping individuals achieve fibre intakes approaching recommended guidance levels.

USANA's unique formula, **Fibergy™ Plus**, contains psyllium – a dietary fibre that helps stimulate normal bowel regularity; as well as inulin – a prebiotic that helps promote growth of healthy bacteria in the digestive tract. The fibre content in **Fibergy Plus** comes from multiple sources. Consuming multiple sources of dietary fibre is important because different types of fibre provide specific benefits and serve unique purposes within the body.

### Psyllium

Psyllium is a rich source of soluble fibre, and a bulking agent. It has been widely used to promote bowel movement. A serving of **Fibergy Plus** supplies 4 grams of psyllium.

### Inulin

Inulin is a prebiotic that promotes the growth of bifidobacteria in the digestive tract. It is a special type of nondigestible fibre that serves as fertiliser for healthy bacteria in the digestive system, which in turn assists in the absorption of nutrients and the breakdown of foods. A serving of **Fibergy Plus** supplies 3 grams of inulin.

### Why Fibergy™ Plus?

The dietary fibre in **Fibergy Plus** promotes good digestive health, and aids in normal bowel regularity, which helps move waste and toxins out of the colon. If undigested food material and metabolic waste build up due to slow elimination, they may contribute to other health problems.

The high-fibre formula of **Fibergy Plus** makes it simple to add the benefits of fibre to your daily diet.

**Fibergy Plus** is a flavourless fibre blend which provides 12 grams of soluble and insoluble fibre in each serving – that's more than twice the amount of many other fibre products available on the market! It is formulated using natural ingredients and without added gluten, soy or dairy.\* Each pack comes with 28 serves.

Fibergy Plus  
ITEM# 226



DIRECTIONS: MIX 1 LEVEL TABLESPOON (APPROX. 14 g) INTO 290 - 340 ML OF JUICE OR WATER; OR COMBINE 2 HEAPED TEASPOONS (APPROX. 7 g) WITH USANA NUTRIMEAL™. FOR BEST RESULTS, MIX IN A BLENDERBOTTLE™ FOR 45 SECONDS. ENJOY IMMEDIATELY.

CAUTION: this food should be consumed by adding it to at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

If you are taking any medications (prescription and/or over-the-counter) take this product at least 2 hours before or 2 hours after your medication.

FIBERGY PLUS NUTRITIONAL INFORMATION		
SERVINGS PER PACKAGE: 28		
SERVING SIZE: 14 g		
	QUANTITY PER SERVING†	QUANTITY PER 100 g†
Energy	134 kJ (32 Cal)	957 kJ (229 Cal)
Protein	0.2 g	1.4 g
Fat, Total	0.1 g	0.7 g
— Saturated	0 g	0 g
Carbohydrate	12 g	85 g
— Sugars	0.5 g	3.6 g
Dietary Fibre, total	12 g	85 g
Soluble Fibre	8 g	57 g
Insoluble Fibre	4 g	29 g
Sodium	23 mg	164 mg
Potassium	11 mg	79 mg
Psyllium	4 g	29 g
Inulin	3 g	21 g
† AVERAGE QUANTITIES		

Ingredients: Psyllium, Inulin, Cane Fibre, Gum Arabic, Rice Bran, Citrus Pectin, Flaxseed Meal, Citric Acid, Natural Flavour.

\*No dairy, soy, or gluten-containing ingredients are used in this product. However, USANA Fibergy Plus is produced in a facility that manufactures other foods that do contain dairy, soy, and gluten.

Produced on equipment that also processes: Wheat, Peanuts, Tree Nuts, Egg, Sesame, and Shellfish.

USANA®

USANA® Foods  
Macronutrition

Fibergy™ Plus

- Contains 12 g of dietary fibre per serving
- Promotes good digestive health
- Formulated without gluten, dairy or soy\*
- Natural source of dietary fibre

References

1. Anderson JW et al, Health benefits of dietary fibre. Nutrition Reviews, 2009; Vol.67(4):188-205





## Sensé™ Beautiful Science

### Your Next Step in Total Body Health

When skin ages, it naturally begins to show visible signs of ageing as it loses moisture, collagen and elastin, and as the natural cell-renewal process slows down. These natural processes are further exacerbated by environmental factors such as pollution, smoke and sunlight, which are major sources of free radicals that lead to premature ageing.

To maintain healthy, youthful-looking skin, USANA's scientists developed an advanced line of premium skin care products that support the skin at the most basic level. As USANA® Nutritionals support healthy hair and skin from within, Sensé™ skin care products protect and revitalise when applied directly to the skin. In Sensé™, the disciplines of nutrition, health and dermatological science are harmoniously combined, united by the idea that healthy skin begins within the cell, working outward to reveal skin that is soft, smooth and refined.

Sensé™ offers a unique line of products that are suitable for all skin types. We invite you to experience this inspired approach to skin care where you will discover a healthier, more radiant appearance through truly beautiful science™.

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### Truly beautiful science™

**Sensé** uses the newest technologies available to create products that maintain the skin's appearance and help you look your best.

### Patented, Self-Preserving Formulas

Experience the peace of mind of never having to put harsh chemical preservatives on your skin again. **Sensé** has revolutionised the science of skin care with groundbreaking, self-preserving formulations. A unique, patented blend of botanicals and active ingredients keep every **Sensé** product fresh, without the need for added parabens or harsh chemical preservatives.

### Dermal Surface Renewal™ (DSR) Technology

As the skin ages, lines and wrinkles begin to form as the natural cell-renewal process slows down. DSR technology, USANA's anti-ageing technology, can help diminish the signs of ageing today and keep skin looking young and luminous tomorrow. This extraordinary formulation can be found in **Perfecting Essence**, **Serum Intensive**, **Night Renewal** and **Eye Nourisher**.

### Regenisomes™

The sun's rays cause up to 90% of the damage we see to our skin. Regenisomes supply enzymes that assist the body's natural process of renewing cells that have been damaged by sun exposure. Maintain a healthy radiance with light-activated photosomes and sunscreen protection, found in **Daytime Protective Emulsion**. Revitalise the skin with penetrating ultrasomes, found in **Eye Nourisher** and **Night Renewal**.

### Proflavanol-T™ and Proteo-C™

Revitalise your skin with two powerful complexes that defend skin against elements that accelerate the visible signs of ageing. **Proflavanol-T™** provides optimal support for skin and hair cells with concentrated nutrients. **Proteo-C™** is an advanced formulation of water-soluble and lipid-soluble forms of vitamin C enhanced with moisturising proline and glycine to counteract the appearance of fine lines and wrinkles caused by damaging free radicals. **Proflavanol-T** and **Proteo-C** are the beauty solution for the modern world.

### Natural Botanicals

Many **Sensé** products contain a proven firming complex of coneflower and gotu kola. These, and many other botanicals and plant extracts, will help you rediscover younger, healthy looking skin - naturally.

All **Sensé** products are manufactured at our own facility in environmentally controlled clean rooms and are thoroughly tested to ensure purity and safety.

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. The 'Sensé' and 'Sensé - beautiful science' trademarks are the property of USANA Health Sciences, Inc.



## The Daily 3-Step Program for Healthy Skin

### Step 1: Cleanse

#### Gentle Daily Cleanser

- Gently cleanses without drying
- Leaves skin moist and supple
- Contains pure-plant extracts

This mild, soap-free formula washes away surface dirt and impurities without drying or irritating the skin. Enhanced with green tea extract, **Gentle Daily Cleanser** defends against harsh environmental elements while it soothes and moisturises with aloe and clary sage.

Item # 300



### Step 2: Tone

#### Hydrating Toner

- Restores proper pH balance
- Contains revitalising plant extracts
- Non-drying formula safe for all skin types

Wipe away lingering surface impurities after cleansing and restore skin's pH balance with this gentle revitalising toner. The gotu kola and coneflower in **Hydrating Toner** refine and brighten skin's appearance while green tea and whole grape extracts help calm oxidative stress caused by environmental influences.

Item # 301

## Step 3: Replenish – AM

### Daytime Protective Emulsion

- Day moisturiser
- Delivers intensive, all-day moisture
- Contains **Regenisomes™**

Restore moisture and support the skin's natural cell renewal process with this lightweight moisturiser enriched with light-activated **Regenisomes**. Many natural plant extracts boost **Daytime Protective Emulsion's** benefits: aloe delivers concentrated moisture, plankton guards against the drying effects of the sun, gotu kola and coneflower help skin look firmer, and Irish moss softens the skin.

Item # 302

## Step 3: Replenish – PM

### Night Renewal

- Night moisturiser
- Works overnight to deliver vibrant looking skin
- Delivers powerful moisturising plant extracts
- Contains **Regenisomes** and **Dermal Surface Renewal™ (DSR)** technology

Wake up to younger looking skin with this hydrating overnight crème. **Dermal Surface Renewal** technology and penetrating **Regenisomes** help combat the signs of ageing and visibly refine the skin. Whole grape and green tea extracts undo the damage of daily stress. Rich in vitamins A and E, **Night Renewal** brightens the complexion with coneflower and gotu kola and softens the skin with Irish moss, shea butter and mallow.

Item # 303

theBASICS





## Targeted solutions for your skin's individual needs

### Rice Bran Polisher

- Exfoliator
- Loosens and dissolves dead skin cells
- Reveals a fresher complexion
- Contains plant extracts

Exfoliate dead skin cells and keep your complexion looking radiant with papaya enzyme, beta-hydroxy acids and rice bran beadlets in this gentle scrub. **Rice Bran Polisher** delivers moisture with kukui nut oil, restores the skin's pH with aloe, and refreshes with whole grape and green tea extracts.

Item # 307



### Nutritious Crème Masque

- Deep-cleansing masque
- Gently removes impurities and excess oils
- Delivers intense moisturisation

**Nutritious Crème Masque** is a luxurious facial treatment that is designed to deliver intense moisture while gently drawing excess oils and impurities from the skin. Natural emollients deposit a rich blend of lipids, and pure China clay removes impurities, leaving skin feeling firm. Soybean protein hydrates the skin during the masque's application.

Item # 308

### Eye Nourisher

- Eye cream to minimise the appearance of fine lines and wrinkles
- Contains **Regenisomes™** and **DSR technology**
- Ophthalmologist-tested

Care for the delicate skin around the eye with this lightweight, moisturising complex enriched with shea butter and Irish moss to rejuvenate skin after exposure to the environment. **Eye Nourisher** also contains soy to help retain moisture, gotu kola and coneflower to brighten the skin, and whole grape and green tea extracts to provide oxidative defence.

Item # 306





## Perfecting Essence

- Illuminating lotion
- Combats multiple signs of ageing with **DSR™** technology
- Contains two skin brighteners
- Gentle enough for sensitive skin

Fight the appearance of ageing and reduce uneven skin tone and texture with this acid-free refining treatment. **DSR** technology along with the bearberry leaf and licorice root found in **Perfecting Essence** provide brightening compounds for a visible improvement in the look and feel of the skin.

**Perfecting Essence** is also free of alpha-hydroxy acids, so it is gentle enough for sensitive skin.

Item # 305

## Serum Intensive

- Refining treatment
- Combines **DSR** technology with a rich hydroxy acid complex
- Reduces appearance of fine lines and wrinkles
- Unclogs pores and provides additional moisture

This unique blend of alpha- and beta-hydroxy acids reduces the appearance of fine lines and wrinkles, unclogs pores and diminishes uneven skin tone. **DSR** technology helps keep skin looking youthful while coneflower and gotu kola provide additional firming benefits. The whole grape and green tea extracts in **Serum Intensive** also calm environmental effects on the skin. Ideal for oily skin.

Item # 304

the**ENHANCERS**





## Personal Care Products for the Entire Family

### Firming Body Nourisher

- Body moisturiser
- Sweeps away dry patches
- Nourishes and firms skin
- Contains plant extracts to soften and hydrate skin

Sweep away dry skin with this firming moisturiser. The exclusive hydroxy complex, shea butter, Irish moss and mallow in **Firming Body Nourisher** deeply hydrate as soy protein delivers vital nutrients. Coneflower and gotu kola maintain elasticity, and whole grape and green tea extracts help counteract the effects of environmental exposure.

Item # 314

### Energizing Shower Gel

- Gently cleanses without drying
- Leaves skin smooth and hydrated
- Soap-free

Wash away impurities and revitalise your skin with this soap-free cleansing gel infused with botanical extracts. **Energizing Shower Gel** moisturises skin with jojoba seed and avocado oils and softens with Irish moss and mallow.

Item # 311

### Natural Whitening Toothpaste

Fresh. Bright. Natural.

- Gentle, fluoride-free formula
- Silica lifts stains for a brighter, whiter smile
- Contains natural ingredients that fight bacteria to control bad breath
- Antioxidant and vitamin complexes help strengthen teeth and gums

**Natural Whitening Toothpaste** contains ingredients to remove plaque, clean teeth and fight bad breath—causing bacteria. It also contains silica to gently remove stains without bleach or harsh abrasives; and vegetable glycerin to moisturise gums. This refreshing mint toothpaste contains no artificial colours, flavours or sweeteners. And because not everyone needs or wants a fluoride treatment with every brushing, **Natural Whitening Toothpaste** contains no fluoride. Brush your teeth with **Natural Whitening Toothpaste** for two minutes at least twice daily.

Item # 399



## Revitalizing Shampoo

- Delivers vital nutrients to help clean and restore hair to natural softness and shine
- Promotes optimal scalp condition
- Safe for colour-treated and chemically processed hair

Cleanse your hair with this gentle shampoo that delivers vital nutrients to help restore natural softness, body and shine. The wheat protein, panthenol and vitamin E in **Revitalizing Shampoo** promote a healthy scalp, while aloe provides penetrating moisture. Safe for all hair types, including chemically processed and colour-treated hair.

Item # 312

## Nourishing Conditioner

- Provides nourishing ingredients to moisturise and strengthen hair
- Protects the hair's cuticle from damage
- Excellent for colour-treated and chemically processed hair

Moisturise, protect and strengthen hair with this conditioner enriched with vitamins C and E, hydrolysed silk and panthenol for extra manageability and shine. Wheat protein helps to mend split ends as **Nourishing Conditioner** restores moisture with aloe and soothes environmental effects with whole grape and green tea extracts. Safe for all hair types, including chemically processed and colour-treated hair.

Item # 313

Personal Care





# Sensé™

## Ingredient Glossary

Each ingredient in every Sensé™ product has been carefully selected for its ability to nourish, protect and enhance the health of the skin. The unique blends are designed using only the highest quality, most effective constituents available.

**Aleurites moluccana oil (Kukui nut)** – This carrier oil, which is readily absorbed by the skin, is extracted from the Hawaiian kukui nut tree. Rich in vitamins and essential fatty acids, it helps to moisturise and revitalise the skin.

**Allantoin** – This soothing compound can help stimulate healthy, new-tissue growth and is obtained primarily from the leaves and roots of the comfrey plant.

**Aloe barbadensis leaf juice (Aloe)** – This aloe-leaf extract is rich in amino acids, vitamins, enzymes and various mineral salts. Known for its moisture-binding effects, it is an excellent emollient that penetrates deeply to naturally balance the skin's pH.

**Alpha-Hydroxy Acids (AHAs)** – In the form of glycolic acid, malic acid, tartaric acid and lactic acid, these powerful ingredients are derived from various natural sources and have many benefits. They assist the exfoliation process, firm and moisturise, improve skin density and elasticity, and can help to mask fine to moderate wrinkles. Their small molecular size allows for deep penetration and can increase absorption of other topicals into the skin, including vitamins.

**Anthemis nobilis extract (Chamomile)** – A member of the daisy family known to have soothing and antioxidant properties, true-chamomile oil contains bisabolol as its principle component, and chamazulene, which produces its blue colour.

**Aretostaphylos uva ursi leaf extract (Bearberry)** – A leaf extract with cleansing and skin-brightening properties.

**Ascorbyl glucoside** – A vitamin C derivative and antioxidant that prevents appearance of dark spots, lightens skin and increases transparency.

**Avena sativa kernel flour (Oat)** – This fine powder helps exfoliate the skin as it absorbs excess surface oil. Also serves as an emollient and emulsifier.

**Avobenzene** – An FDA-approved sunscreen. It is the most effective absorber of UVA radiation.

**Beeswax** – A natural thickening agent and emulsifier with emollient properties.

**Bisabolol** – This active constituent is found in true (German) chamomile and also in a myrrh-type resin obtained from African trees. Known for its calming properties.

**Butylene Glycol** – A humectant: substance that promotes the retention of moisture.

**Butyrospermum parkii (Shea butter)** – These cold-pressed lipids, obtained from the fruit of the Karite tree, condition, smooth and help protect the skin from moisture loss. Has excellent penetrating, rehydrating and moisture-binding properties.

**Calendula officinalis flower extract (Marigold)** – This flavonoid-rich flower extract has natural calming and purifying properties.

**Camellia sinensis extract (Green Tea)** – This leaf extract contains antioxidants to intercept free radicals and ward off signs of ageing. It also has moisturising and soothing properties.

**Carbomer** – Polymeric thickener, emulsifier and suspending agent.

**Centella asiatica extract (Gotu kola)** – Contains saponins, madecassic acid, asiatic acid and asiaticosides–beneficial antioxidants that tighten the skin and increase elasticity. It is also a calming agent.

**Ceramide 3** – Biotechnologically produced, skin-identical ceramides that have been found to reduce roughness, increase water content and protect healthy skin against irritant-induced dermatitis.

**Chondrus crispus (Carrageenan)** – Irish moss extract with good emollient and hydrating properties. Serves as a skin softener.

**Citrus aurantium dulcis peel extract (Orange peel)** – Obtained from the pressing of orange peels, this aromatic essential oil has cleansing qualities that leave the skin refreshed.

**Cyclomethicone** – A silicone oil with good emollience. It has strong moisturisation and humectant properties.

**Decyl Glucoside** – A cleanser made from corn- and vegetable-glycerin sugars that releases skin surface tension so impurities can easily be rinsed away.

**Dicaprylyl Maleate** – Derived from fatty acids. Contains an emollient agent and moisturiser to provide a smooth feel to the skin.

**Diisopropyl Dimer Dilinoleate** – A substantive skin-conditioning agent that is rich in essential fatty acids. Helps to provide long-lasting hydration to the skin.

**Dipotassium Glycyrrhizate** – Significantly increases brightness of skin; also works with other ingredients to help skin maintain its supple and soft appearance.

**Echinacea purpurea extract** – A popular herb derived from the purple coneflower. Known for its firming and calming properties.

**Ginkgo biloba extract** – This Chinese herb has been valued for centuries for its restorative qualities. Helps to maintain youthful-looking skin.

**Glucosamine HCL** – A strong, plant-source derivative that is free of alpha-hydroxy acids. It is both a calming skin exfoliant and skin-renewal booster. It has powerful, clinically proven abilities to support cell renewal. It also helps firm the skin both immediately and over the long term.

**Glycerin** – A vegetable-based, natural water-binding humectant that is non-irritating. Used in personal care products as a softening agent, moisturiser and emollient.

**Glycine** – This amino acid is an essential element in the production of DNA and collagen. A strong moisturiser and skin-conditioning agent, it aids synthesis of nucleic and other amino acids in the skin, a quality that helps stabilise vitamin C so it remains available to the epidermis. Helps control the skin's pH balance.

**Glycine soja protein (Soybean)** – Rich in specific isoflavones – powerful antioxidants and skin brighteners – and saponins, which cleanse and purify the skin. Contains phytosterols that are believed to improve collagen concentration while they counter the negative affects of surfactants.

**Glycolic Acid** – Found naturally in sugar cane and sugar beets, this highly effective AHA helps to slough dead skin cells. Reduces the appearance of fine lines and wrinkles.

**Glycoproteins** – Water-binding moisturisers that improve the skin's texture.

**Glycyrrhiza glabra extract (Licorice)** – This herb has been shown to be a soothing yet powerful antioxidant and natural skin brightener.

**Hexanediol** – An excellent moisturising ingredient to optimise skin moisture level; also works as part of the self-preserving technology because of its superb anti-microbial activity.

**Humulus Lupulus (Hops) Extract** – Highly effective botanic extract to tighten, moisturise and cleanse skin; also helps skin look firm.

**Kaolin** – A pure, delicate, white-powdered clay that absorbs oil and water. Firms the skin by removing excess oil.

**Lactic Acid** – A naturally occurring AHA, found in milk and honey, that is an effective exfoliant with powerful moisturising properties.

**Laureth-7** – An emulsifier.

**Lavandula angustifolia extract (Lavender)** – Contains many effective constituents to soothe and promote healthy skin.

**Lotus corniculatus extract (Birdsfoot Treefoil)** – The extract of this perennial yellow flower is a natural emollient and moisturiser. Can also soothe the skin.

**Magnesium Ascorbyl Phosphate** – A highly effective, water-soluble vitamin C derivative that has firming, brightening and antioxidant properties.

**Mangifera indica butter (Mango)** – Mango seed butter is cold pressed from the seed of the mango tree. It is an excellent lubricator and skin moisturiser.

**Melissa officinalis extract (Balm Mint)** – Made from dried leaves and flowers, this extract contains essential oils known for their soothing, calming and toning properties.

**MMP Inhibitors** – Reduce the activity of enzymes (MMPs) in the skin that break down the skin's extracellular matrix. They maintain a firm and elastic intercellular matrix to slow the signs of ageing.

**Morus alba extract (Mulberry bark)** – A powerful skin brightener.

**Neopentyl Glycol Dicaprylate/Dicaprate** – Used as a lubricating emollient and thickening agent. It soothes and softens the skin.

**Octyl Palmitate** – An emollient.

**Oryzanol** – A derivative of rice-bran oil, it is an antioxidant and helps maintain the skin's pH balance.

**Panax ginseng extract** – A perennial herb containing saponins, polysaccharides, sterols, vitamins and minerals that have a moisturising and calming effect on the skin.

## Ingredient Glossary



# Sense™ Ingredient Glossary

**Panthenol & Pantothenic Acid** – Panthenol is a pro-vitamin of the B complex, and is used as a humectant and calming agent. Pantothenic acid is a water-soluble form of vitamin B5. Both help eliminate patches of dry skin and help provide fullness to the skin through their water-binding properties. They can also accelerate cell reproduction in the deeper epidermal layers.

**Papain** – Collected from the green fruit of the papaya tree, this enzyme has the ability to digest dead tissue without affecting the surrounding live tissue. On the skin, it dissolves dead skin cells as it softens and brightens.

**PEG-7 Glyceryl Cocoate** – A self-emulsifying sugar extract that acts as a mild emollient and cleanser that leaves the skin soft.

**Photosomes** – Fast-acting, light-activated enzymes that revitalise and rejuvenate the skin.

**Plankton extract** – Photolyase is an enzyme obtained from sea plankton and is known to protect the skin from the drying effects of exposure to the sun's rays. It also has calming properties and is considered a cell revitaliser that enhances the complexion.

**Polyacrylamide** – A polymeric thickener.

**Polycyceryl-4 Isostearate** – A rich emollient.

**Polysorbate 20** – An emulsifier.

**Proline** – An amino acid that is known for its moisturising properties; it also helps provide firmness and elasticity to the skin.

**Prunus amygdalus dulcis (Sweet Almond Oil)** – An excellent, naturally derived emollient that contains many essential fatty acids to soften dry skin.

**Quillaja saponaria bark extract (Soapwort)** – A mild, naturally foaming substance obtained from the dried inner bark of the tree that is rich in saponins, mild cleansing agents.

**Retinyl Palmitate (Vitamin A)** – A nourishing, non-irritating version of vitamin A that is shown to increase skin elasticity, thicken the epidermis and normalise dry, parched skin.

**Rosmarinus officinalis leaf extract (Rosemary)** – Obtained by steamed distillation of the flowering tops, this extract contains flavonoids, tannins and other active compounds known for their purifying and toning effects. It is excellent for use in hair care.

**Salicylic Acid** – A lipid-soluble, beta-hydroxy acid with effective exfoliating properties. Good for acne-prone and sensitive skin.

**Sodium PCA** – A moisture-binding and moisture-balancing element absorbed quickly into the skin.

**Squalane** – Naturally derived from olive oil, this ingredient provides softness while replacing necessary oils and moisturising the skin.

**Stearyl Alcohol** – A non-drying emollient and thickener that provides a protective barrier to the skin.

**Sucrose Cocoate** – A mild, high-foaming cleanser that is very gentle on the skin.

**Symphytum officinale extract (Comfrey)** – A root extract that is a calming emollient.

**Tartaric Acid** – Found in grapes and other fruits, this AHA is used as an exfoliating agent.

**Tetrahexyldecyl Ascorbate** – A highly effective, lipid-soluble form of vitamin C known for its free-radical fighting properties. It helps reverse mild wrinkles and age spots.

**Tocopherol & Tocopherol Acetate (Vitamin E)** – Tocopherol is the scientific name for vitamin E. Tocopherol Acetate is a lipid-soluble version of vitamin E. Natural vitamin E is used as a powerful antioxidant, especially when combined with gamma oryzanol, to soothe and moisturise the skin.

**Ultrasones** – Slow-acting, non-light-activated enzymes that revitalise and rejuvenate the skin.

**Vitis vinifera extract (Whole Grape Extract)** – This flavonoid-rich, whole-grape extract contains proanthocyanidins from the grape skin, fruit and seeds that provide powerful oxidative defence for the skin.

**Xanthan Gum** – A thickener and emulsifier.

**Yeast Extract** – Breaks down excessive oils and stimulates the skin's immune system cells to work harder.



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