

Ingredient Glossary

USANA's Active Nutrition line combines high-quality ingredients to support your wellness goals and activate your full life. Learn about the synergistic ingredients in this line of daily nutritional products formulated to supplement healthy digestion, support metabolic health, and fuel your day with optimal energy.

APPLE POWDER:

Fruit powder derived from whole apples. This source of antioxidants and vitamin C work together with the fibre matrix contributing to gut health maintenance via microbial community modulation.

BLUEBERRY POWDER:

Fruit powder derived from whole blueberries. It provides important phytochemicals and antioxidants for cell nourishment and gut health maintenance.

BROMELAIN:

A digestive enzyme found in the fruit and stem of the pineapple. It naturally supports comfortable digestion by assisting the breakdown of protein in our food.

BROWN RICE CRISPS:

A complex carbohydrate source formed from whole grains. They add a crunchy texture and are packed with fibre, helping you feel fuller longer.

CANE SUGAR:

Derived directly from sugar cane, this sweetener provides a quick burst of energy as the body converts it into glucose to replenish normal levels in muscle and other tissue.

CALCIUM:

A life-dependent mineral with an electrical charge. Responsible for helping build and maintain strong bones. It's also a powerful contributor to muscle function, stimulating contraction.

CHICKPEA PROTEIN:

A high-quality, plant-based protein source from the legume family. This dense, low-calorie superfood is packed with fibre, supporting appetite control and digestive benefits.

CINNAMON BARK EXTRACT:

Also known as cassia bark, this extract contains powerful super-antioxidants called polyphenols that mitigate oxidative stress. This fragrant compound can aid digestion and calm the gut when ingested after a meal.*

DANDELION ROOT EXTRACT:

Extract from the root of the dandelion. It supports the microbiome and feeds beneficial gut bacteria, helping to break down and digest food.

DEHYDRATED APPLE CIDER VINEGAR:

Powder made from apple cider vinegar. A combination of acids and bacteria found in apple cider vinegar support digestion and weight maintenance through blood sugar regulation.

FLAXSEED:

A seed rich in healthy omega-3 fatty acids and fibre. Milled into a powder, it provides essential nutrition and a digestible, gluten-, soy-, and dairy-free source of vegetable protein.

FRUCTOOLIGOSACCHARIDE:

Low calorie, alternative sweetener and prebiotic. It supports a balance of important bacteria in the digestive tract.

FRUCTOSA:

A monosaccharide and a natural sugar found in fruits and vegetables. It helps maintain blood glucose and replenish glycogen to the liver and muscles.

GINGER ROOT POWDER:

Powder made from dried, fresh ginger. The main antioxidant, gingerol, is a bioactive compound that contributes to many of ginger's digestive supporting properties. The root powder optimises digestion and assists the flow of food through the digestive tract.

GREEN TEA LEAF EXTRACT (CAMELLIA SINENSIS) WITH HIGH EGCG:**

A plant compound high in active catechins, plant polyphenols, and antioxidants. It can optimise the breakdown of fatty tissue to support metabolism.

**Epigallocatechin gallate (EGCG) is a powerful catechin that supports the secretion of hormones to help convert fat tissue into energy.*

GUM ACACIA:

A source of prebiotic soluble fibre from the sap of the Acacia Senegal tree. It takes on a gel-like consistency in the intestines to support the transport of food during digestion.

INULIN:

A prebiotic fibre naturally found in many fruits and vegetables. It helps feed natural beneficial gut bacteria and establishes a balance of Bifidobacterium in the intestines. It can also enable the body to better absorb nutrients.

ISOLATED SOY PROTEIN:

A plant-based protein source isolated from soy beans. It's a complete protein, which means it contains all of the essential amino acids (EAA) the body cannot make and must derive from food.

MAGNESIUM:

An important mineral and electrolyte that helps maintain healthy hydration levels and supports concentration, mental clarity, and mood. It's also a powerful contributor to muscle function, stimulating normal relaxation.

MODIFIED TAPIOCA STARCH:

A naturally gluten-free flour extracted from cassava root, a tuber native to South America. This resistant starch can be fermented by intestinal bacteria stimulating beneficial bacterial growth and SCFA production. Additionally, this binding agent improves texture and moisture content.

LICORICE ROOT POWDER:

Powder derived from the root of the licorice plant. Licorice root has been shown to help with occasional and digestive discomfort in the stomach, as well as promote healthy digestion.

MONK FRUIT JUICE CONCENTRATE:

A natural fruit juice 15-20 times sweeter than sugar and does not impact blood sugar levels.

MONK FRUIT EXTRACT:

Extract derived from the juice of monk fruit. It is 150-200 times sweeter than sugar. It is also considered to have antioxidant properties.

NATURAL PEANUT BUTTER:

A source of plant-derived protein, fibre, and monounsaturated fats made from freshly ground peanuts. It contains minerals like magnesium, zinc, and phosphorus.

ORGANIC AGAVE INULIN:

A prebiotic fibre derived from the blue agave plant. It helps feed naturally beneficial gut bacteria such as Bifidobacterium. It also supports short-chain fatty acid (SCFA) production, which can support gut health and normal systemic processes. It is also a natural alternative sweetener.

PEANUT FLOUR:

It is high in protein and fibre, and lower in fat and saturated fat. It is used as low-carbohydrate alternative to other flours.

PEANUT OIL:

Considered one of the healthiest oils—both cholesterol-free and high in unsaturated fats.

PEANUTS:

A legume rich both in fibre and protein, and packed with antioxidants, iron, and magnesium. Provides a source of satiating healthy fats and is naturally low in carbohydrates.

PEPPERMINT LEAF EXTRACT:

Extract used for its refreshing aroma and digestive benefits to calm and relax the digestive tract, as well as alleviate occasional bloating and gas.

PINEAPPLE POWDER:

Fruit powder made from freeze-dried pineapple fruit. It is a natural source of bromelain, which aids digestion and maintains a healthy gut.

PLATYCODON ROOT EXTRACT (*PLATYCODON GRANDIFLORUM*):

Derived from root of the balloon flower, it assists in optimising normal fat breakdown. It is found in traditional Chinese medicine, and is often used to support healthy bodyweight and the use of fat tissue for fuel.

POTASSIUM:

A mineral necessary to support fluid balance. This electrolyte helps allow nerve impulses to fire and contributes to the body's ability to retain proper amounts of water for hydration.

PROPRIETARY PROBIOTIC BLEND (*LACTOBACILLUS RHAMNOSUS* LLG®, *BIFIDOBACTERIUM*®):

A combination of two of the most studied strains of active probiotic bacteria shown to help balance the digestive system and colonise the intestines.

RASPBERRY POWDER:

Fruit powder derived from whole raspberries. It provides important phytochemicals and antioxidants, particularly anthocyanins, supporting gut and overall health. It is a powerful additive, consisting of vitamins and minerals.

SODIUM:

This essential mineral imparts an electrical charge to fluids in the body. At adequate levels, it helps conduct nerve impulses in the brain and nervous system and helps transport nutrients through the gut. It supports healthy muscle and nerve function.

SOLUBLE CORN FIBRE:

A valuable source of soluble fibre derived from corn. It supports healthy blood glucose control.

STEVIOLE GLYCOSIDES:

Purified extract of the sweet substance from the stevia leaf. This natural sweetener is calorie-free with a glycaemic index and glycaemic load of zero.

STEVIA REB M:

A refined extract naturally derived from the sweetest part of the stevia plant. It is 200–300 times sweeter than sugar and provides a calorie-free alternative to traditional sweeteners.

SUGARCANE FIBRE:

A prebiotic fibre that feeds the gut bacteria helping to break down food.

SUNFLOWER LECITHIN:

An ingredient made from the gum portion of dehydrated sunflower. It is known for supplying choline and other essential fatty acids and has been shown to optimise the digestive process.

SUNFLOWER OIL:

Fatty oil expressed from sunflower seeds. It is a source of linoleic and oleic acid, which provide energy and contribute to cell and tissue strength.

**USANA CITRUS BIOFLAVONOID COMPLEX
(CITRUS MAXIMA AND HESPERIDIN):**

A bioflavonoid (plant compound) complex for healthy blood glucose maintenance already in the normal range. Citrus maxima and hesperidin are derived from grapefruit and bitter orange peel extracts, and they support the breakdown of fat tissue into free fatty acids.

VITAMIN & MINERAL BLEND:

A blend of essential vitamins and minerals to support overall health. Magnesium, calcium, vitamin B12, and biotin make up this micronutrient blend to enhance the micronutrient content of our meal replacement shakes.

WATER LENTIL PROTEIN POWDER:

A plant-based, fibre-filled source of complete protein. This highly sustainable, aquatic plant from the Lemnaceae family, is loaded with antioxidants, vitamins, minerals, and essential fatty acids.

WHEY PROTEIN:

A protein source derived from dairy as a by-product of cheese. It is a complete protein, which means it contains all of the essential amino acids (EAA) the body cannot make and must derive from food. Essential amino acids are helpful in supporting athletic performance and optimising strength. It supports an optimal ratio of macronutrients in your diet by increasing protein.

WHOLE GRAIN OATS:

Vegan and gluten-free source of whole grain fibre to help increase satiety, cut cravings, and maintain digestive health/regularity.

XANTHAN GUM:

A source of soluble fibre and a thickening agent. It can contribute to healthy blood sugar levels already in the normal range.

ALL ACTIVE NUTRITION PRODUCTS ARE:

Gluten Free

Non-GMO

Made with natural ingredients

Convenient

Manufactured in-house