



A Happier, Healthier
You

USANA
THE CELLULAR NUTRITION COMPANY





Welcome TO USANA

We're excited to be in your corner as you take your healthy lifestyle to the next level. Along with consistently taking your USANA® supplements, establishing healthy habits on a daily basis is the best way to change for the better.

Whatever your end goal, let's go over some of the small, daily activities you can focus on as you strive to establish the habits your body will love you for.



Eat a Healthy, Balanced Diet

Healthy eating isn't about extreme diets or drastic, unrealistic changes. It's a lifestyle built on consistent, daily actions. It's filling your kitchen with healthier choices and choosing the right foods to give your body the fuel it needs to perform at its best.

We recommend eating a low-glycemic diet. The glycemic index (GI) measures the effect particular foods have on your blood glucose levels. Foods with a low GI can help you maintain consistent energy levels throughout the day.

Check out the included **Low-Glycemic Shopping Guide** for ideas on the best low-glycemic foods to include in your diet.

BUILDING HEALTHY LIFESTYLE HABITS

Holistic health incorporates six main principles:

- Eating a healthy, balanced diet
- Sleep
- Managing stress
- Regular exercise
- A consistent skincare routine
- Taking your supplements daily

Top Three

HEALTHY EATING TIPS

- **AIM FOR** half of your meal to contain fruits and vegetables. The other half should consist of lean protein and low GI carbohydrates.
- **BE AWARE** of serving sizes. The amount you eat is just as important as what you eat.
- **DON'T FORGET** to hydrate. Your water intake plays a big role in healthy digestion. It's recommended to drink about eight cups of water every day.

Sleep

The way you feel throughout the day depends in part on how you sleep. Not only does your body physically recover when you sleep, but getting the recommended 7–9 hours of quality sleep every night can also help protect your mind, body, and overall quality of life.

Establish a relaxing bedtime routine to get the most out of your sleep, and try to keep a consistent sleep schedule—even if it means waking up early on the weekends.

Manage Your Stress

Stress is a fact of life. Finding a way to positively handle it is just as much a healthy habit as eating well, exercising, and taking your supplements.

If you're feeling stressed, excuse yourself and take a quick walk, find a place to sit quietly for a few minutes, laugh at the latest viral video, or hit the gym. Just make sure to take time for yourself at least once a day.

Exercise

You know exercise improves your body, but it also improves your mind. It keeps you sharp and is a natural mood booster. Win-win!

If you already have a consistent exercise routine, great! Remember to mix it up to work different muscles and keep your body guessing. This also keeps your mind engaged. And if you miss a day or two, don't sweat it. Good health is a marathon, not a sprint.

If you're just getting into a workout routine or you can't get to the gym every day, check out the included **Working Out with USANA Guide** for some easy workouts you can start today.

Skincare

Beauty is more than skin deep. Take good care of your skin by eating well, creating a habit of supplementation, drinking lots of water, and choosing a skincare regimen that is right for your skin type.

Supplementation

Taking high-quality, science-based supplements daily is an easy way to fill in the gaps in your diet and ensure your body gets all the nutrients it needs. And like any habit, the key is consistency. The only way to experience real benefits is to make sure you take your supplements as directed every day. It's easy. It only takes 30 seconds, twice a day to get the optimal nutritional foundation you need to live your healthiest life.



WHAT TO EXPECT WITH YOUR PRODUCTS

DO I NEED TO TAKE THE RECOMMENDED DOSE OF SUPPLEMENTS EVERY DAY TO EXPERIENCE THE BENEFITS?

Yes. USANA has a team of more than 60 scientists who have formulated the ideal amount of nutrients your body needs to fill in the gaps left by your diet. With just a few supplements, you can easily get all the nutrients you need to maintain great health every day.

WHY DO I NEED TO TAKE MY SUPPLEMENTS WITH FOOD?

Taking your USANA supplements with food allows for optimal absorption and will help reduce possible digestive distress. Always take your supplements with food.

WHY IS MY PEE BRIGHT YELLOW?

This is a sign that your body is getting rid of extra vitamin B2 (riboflavin). Vitamin B2 is a water-soluble vitamin, which means your body cannot store it and it needs to be obtained daily through food and supplementation.

HOW WILL STARTING A NEW SKINCARE ROUTINE CHANGE THE LOOK OF MY SKIN?

You'll start to notice radiant, younger-looking skin within two to four weeks. But just like when you start any new skincare routine, you may experience temporary breakouts or blemishes. Just be patient as those blemishes tend to go away within one to two weeks.

WILL CHANGING MY DIET IMPACT MY DIGESTIVE SYSTEM?

If you begin to eat more wholesome, fiber-rich foods, you may experience a natural detoxification effect—especially if you also begin to drink more water. This is normal, and your body will regulate itself as it gets used to the foods it needs to work at its best.

HOW TO MAINTAIN YOUR HEALTHY LIFESTYLE

As with most things in life, consistency is key. You're not going to see lasting benefits of your healthier lifestyle unless you keep it up, and habits don't mean anything unless they are maintained.

USANA is here as a resource.

You now have access to an active and engaging community of Independent USANA Associates and product users, healthy living resources, and premium products that will help you live a healthier lifestyle every day.

Consistency Made Easy

By setting up an Auto Order, you'll never have to worry about running out of your supplements and keeping up your healthy habits. And you'll receive an additional 10% savings—on top of Preferred Pricing—on these orders.

Sign up for an Auto Order the next time you purchase products through your Independent USANA Associate.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.





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We believe in being active, and that includes on social media. Follow us to get more lifestyle tips and guides, motivation, product information, or to connect with others who strive to live a healthy lifestyle every day.

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If you love USANA, there's an easy way to help pay for your products (*or even earn extra cash*), simply by sharing what you love. Talk to your local independent USANA Associate to get started with your own USANA business today.

USANA HEALTH SCIENCES

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