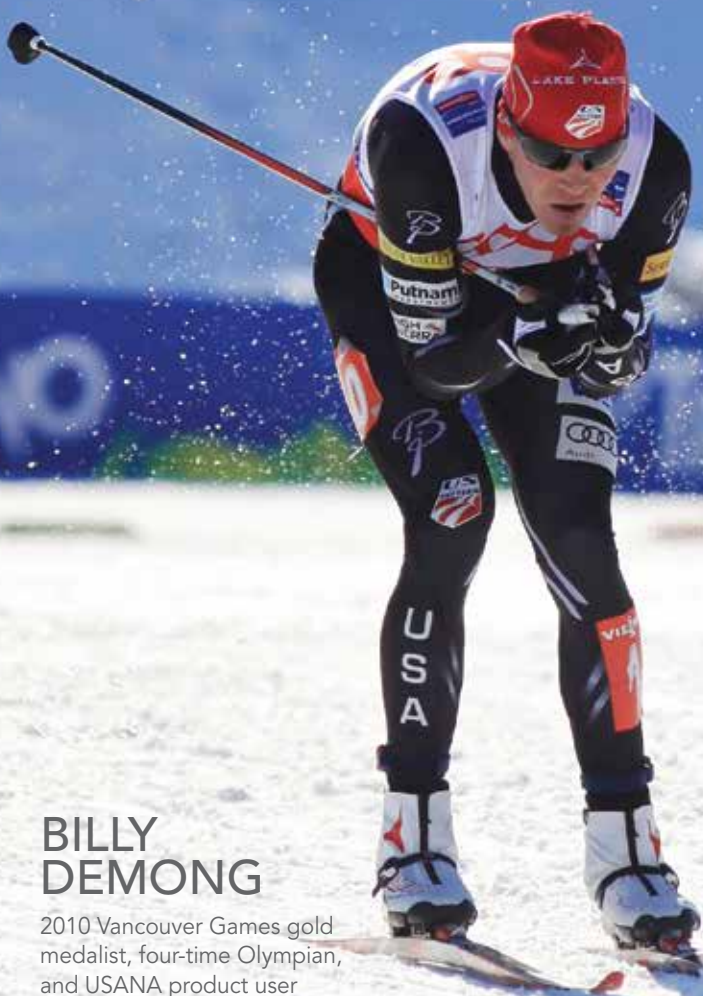


FALL & WINTER 2013



BILLY DEMONG

2010 Vancouver Games gold medalist, four-time Olympian, and USANA product user

your **health.** your **life.** your **way.**



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6

A young woman with long, wavy brown hair is leaning over a desk, smiling warmly as she looks at a laptop screen. She is holding a silver credit card in her right hand. The background is softly blurred, showing what appears to be an office or home workspace with some furniture and a lamp.

AUTO ORDER

Your Health—Delivered

SAVE 10% ON ALL YOUR
USANA® PRODUCTS.

Auto Order is an automatic shipment of products conveniently delivered to your home every four weeks. And the best part? With Auto Order, you'll never pay full price again!

• • •
USANA.com
• • •

Auto Orders receive 10 percent off the Preferred Price.

A young woman with long, wavy brown hair is leaning over a desk, smiling warmly as she looks at a laptop screen. She is holding a silver credit card in her right hand. The background is softly blurred, showing what appears to be an office or home workspace with warm lighting.

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A young woman with long, dark brown hair is leaning over a desk, smiling warmly as she looks at a laptop screen. She is holding a silver credit card in her right hand. The background is softly blurred, showing what appears to be an office or home workspace with some furniture and another person's arm visible in the distance.

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EVERYTHING
WE DO HELPS YOU
LOVE LIFE
AND LIVE IT. TM



Simple. Easy. **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, and choose the products that are right for you. Because we believe everyone has the right to be an individual.



TWO OF A KIND FOR A ONE OF A KIND

Helping you build a strong foundation for exceptional health, the Essentials provide a comprehensive spectrum of the necessary vitamins and minerals adults need every day for optimal health and energy levels. Potency guaranteed!



THE ESSENTIALS™

Item #101

When taken together, **Mega Antioxidant** and **Chelated Mineral** build a superior foundation for a healthy lifestyle. Order the **Essentials** together and save more than 10 percent!

Preferred Price \$45.45



CHELATED MINERAL

Item #102

Supplies essential minerals that play many important roles in the body.

Preferred Price \$15.50

MYHP



MEGA ANTIOXIDANT

Item #103

Provides essential vitamins that support virtually every body system and supplies a wide range of antioxidants to fight cell-damaging oxidative stress.*

Preferred Price \$35.45

MYHP

*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.

NOW Kosher Certified

Sometimes following the strict guidelines of a kosher diet can be tricky. USANA's Essentials Kosher provide the same nutritional foundation as the regular Essentials, all while following the restrictions related to the ingredient sourcing and manufacturing of kosher products.



... Item #101
... Preferred Price \$45.45

YOU LIKE US! YOU REALLY LIKE US!

ConsumerLab.com conducted an independent survey of more than 10,000 supplement users, and USANA came out as your **#1 favorite brand in the direct sales channel based on customer satisfaction.**

Thanks! We like you a lot too.

Visit bit.ly/usanaconsumerlab to learn more.



your health. your life. your way.



HEALTHPAK™

Provides a full daily dose of the **USANA® Essentials (MegaAntioxidant and Chelated Mineral)**, as well as **Active Calcium™** and USANA's unique **AO Booster™** for added antioxidant protection.*

10 USANA



*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.

your **health.** your **life.** your **way.** 11

Your Health, Your Way, Starts **WITH MYHEALTHPAK™**

Whether you're climbing the corporate ladder and need to keep your immune system strong and your mind focused, or you're an active, outdoorsy type who needs healthy joints and energy to play all day, **MyHealthPak** gives you tailored nutrition to suit your specific needs.*



MYHEALTHPAK™

Item #107

Create your customized pack today
at USANAmhp.com.

*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.



"USANA's MyHealthPak is not only a great way to help make sure I meet my specific nutritional needs — it's the best."

—Billy Demong



BILLY DEMONG

The pictured athlete is either an Associate or dedicated user who has received compensation for his/her partnership and/or complimentary USANA products.

PERSONALIZED NUTRITION:

Cut from the Mold of Your Lifestyle

.....

You are unique, and you need a personalized health regimen that works just 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 patent pend-

ing **True Health Assessment** is here to guide you.

This new approach to your health is fast, easy, and totally personalized! It's the ultimate guide to customizing your nutrition to your needs. It's as easy as 1-2-3!



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.

Assess Yourself

.....

1 **Step One:** Log on to truehealthassessment.com, or download the free app to your iPad by visiting truehealthassessment.com/ipad. You will be asked a series of health-related questions, from diet and exercise to lifestyle choices and nutrition preferences. No need to worry about wrong answers—this is all about you and what you want out of your customized health plan.

2 **Step Two:** Once you complete the assessment, you will receive a complete personalized nutrition program, a top health risk factors assessment, and a lifestyle plan. This information includes activity, diet, toxic burden, biometrics and genetics, and stress.

3 **Step Three:** Now that you know how to get on the right track, you can use the **True Health Companion**, a web health management system, to help you monitor your health goals and progress. With this extra support, you'll never forget to make your health a priority.

TrueHealth
COMPANION

Essentials for YOUR FUTURE FAMILY

Good nutrition plays a critical role in everyone's health, but it is especially important for children, even before they're born. If you're pregnant or looking to get pregnant, USANA offers a prenatal Essentials to help give you and your family a healthy head start.

The USANA BabyCare Prenatal Essentials pack is a convenient dosage of essential, top-quality vitamins and minerals, making it easy for you to start making the right choices for your health and the health of your future children.

The healthy habits you start now pave the way to an entire lifetime of proper nutrition.

BABYCARÉ PRENATAL ESSENTIALS™

Item #151

Includes BabyCare Prenatal Mega Antioxidant and Chelated Mineral with iron!

Preferred Price \$45.45

Made in the USA



The pictured athlete is either an Associate or dedicated user who has received compensation for his/her partnership and/or complimentary USANA products.

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.



KIM CLIJSTERS

Winner of 41 singles titles and 11 doubles titles



*"As an athlete, I understand the importance of nutrition, and as a mother-to-be, I understand the importance of giving my child a healthy start. **USANA's BabyCare Prenatal Essentials** helps me do just that."*

—Kim Clijsters

THE BEST NUTRITION FOR YOUR FAMILY

BODY ROX™

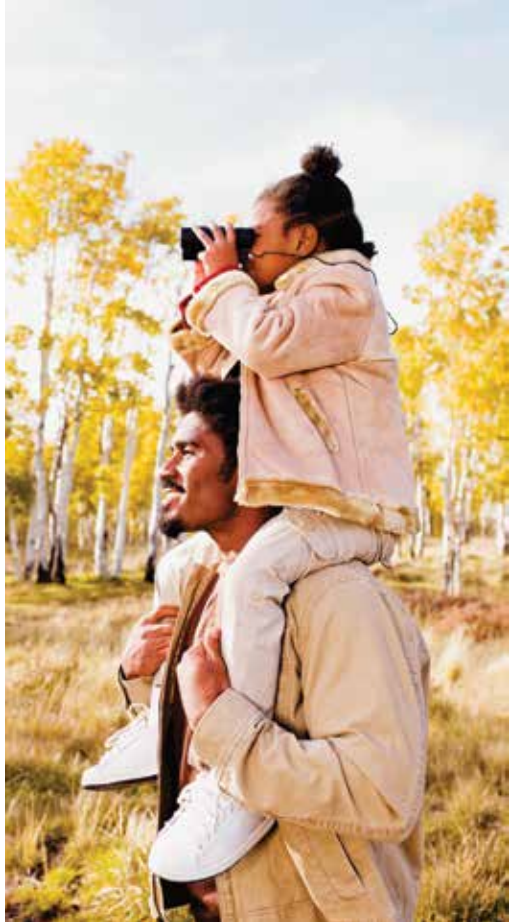
Item #104

Between late-night cram sessions, school activities, and a hectic social life, teenagers can't afford to slow down. Give them the nutrition they need to be at their best every day, in and out of the classroom.*

With a tasty, fruit-flavored coating!

Preferred Price \$22.50

MYHP



USANIMALS™

Item #105

Be sure your little animals get the nutrients they need. USANA's fun and easy-to-eat chewables provide excellent nutritional support for children ages 24 months to 12 years old.*

Kids will love the delicious wild berry flavor!

Preferred Price \$13.95

*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.

BiOmega™ Jr.

Nutrition is a key component in getting a child off to a smart start, but omega-3 fatty acids 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 (docosahexaenoic acid) and EPA (eicosapentaenoic acid) they need for healthy minds and bodies. And, this delicious orange-pineapple flavored gel is fun for kids—they can eat it straight out of the package or mixed with cold, creamy foods.*

Fortified with vitamin D!



BIOMEGA™ JR.

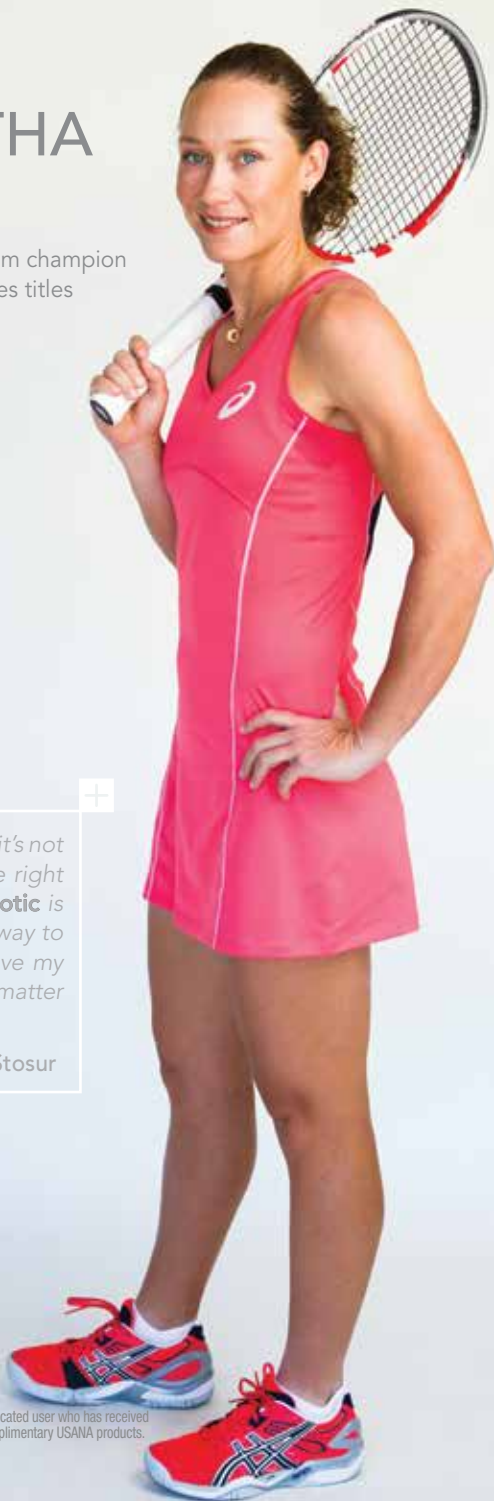
Item #144

Preferred Price \$16.95

For best results, store in the refrigerator and serve cold.

SAMANTHA STOSUR

2011 US Open Grand Slam champion
and winner of three singles titles
and 23 doubles titles



*"When I'm on the road, it's not always easy to eat the right foods. **USANA® Probiotic** is a simple, convenient way to make sure I always have my probiotics with me no matter where I'm playing."*

—Samantha Stosur

The pictured athlete is either an Associate or dedicated user who has received compensation for his/her partnership and/or complimentary USANA products.



TRULY INSPIRED

USANA's line of Sanoviv Inspired Digestion/Detox products were made to work together to support your digestive health based on the results and recommendations of USANA's collaboration with the medical professionals at Sanoviv Medical Institute.

USANA Probiotic brings balance to the belly with a blend of good bacteria—*Bifidobacterium* BB-12® and *Lactobacillus rhamnosus* LGG®—clinically shown to survive the harsh acidic environment of the stomach.*

Plus, **USANA Probiotic** is derived from vegetarian sources, has no sugar or milk, doesn't require refrigeration, and has an impressive shelf life of more than 18 months—all with a mild flavor you can mix with water or your favorite food or drink.



USANA® PROBIOTIC

Item #108

Preferred Price \$24.95

BB-12® is a registered trademark of Chr. Hansen.
LGG® is a registered trademark of Valio Ltd.

*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.

Make Your **BODY REGULAR.**

Make Your **BODY RIGHT.**



FIBERGY® PLUS

Item #226

Fibergy Plus is a flavor-free fiber blend that is perfect for mixing in nearly any liquid.

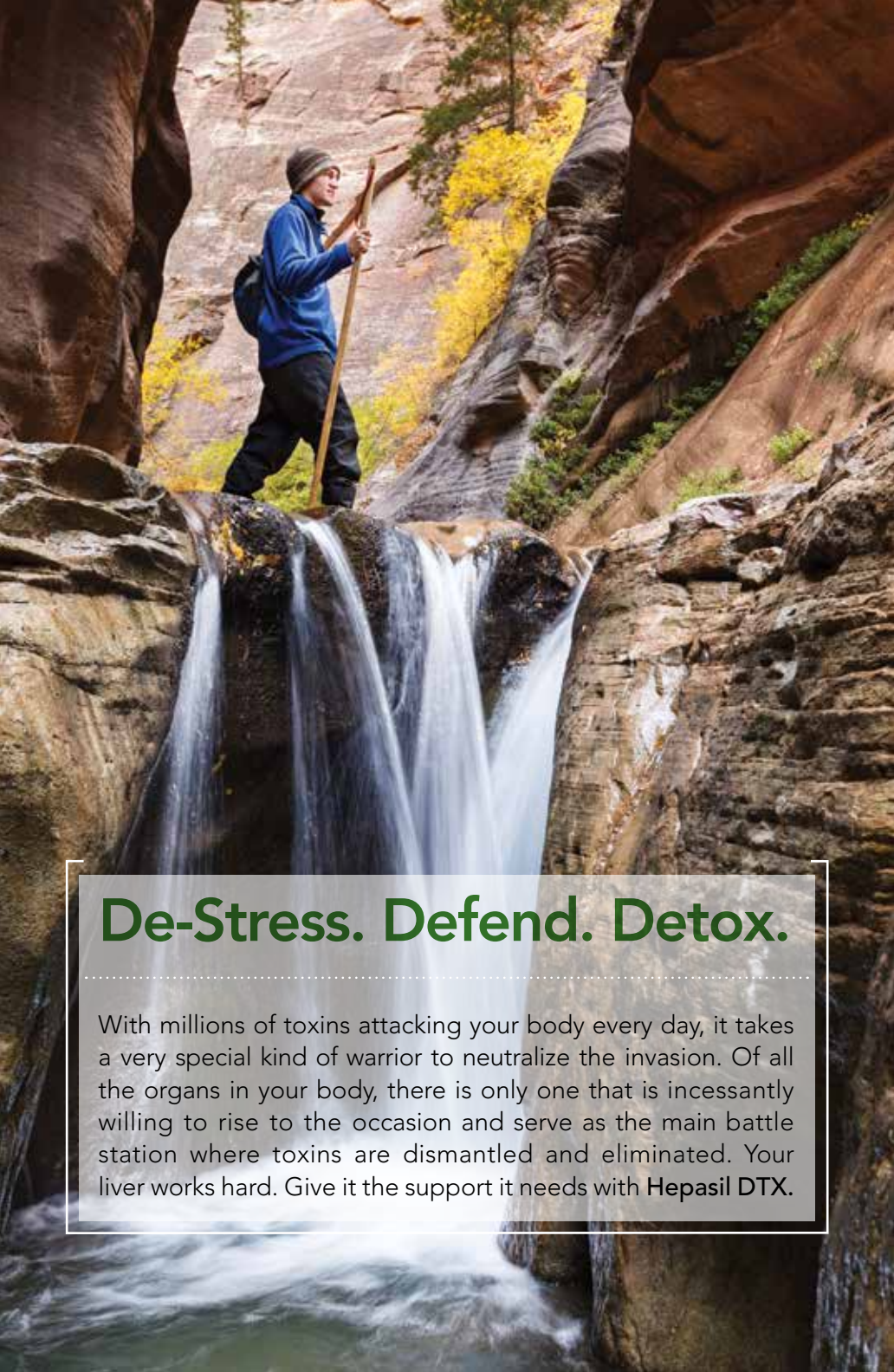
Preferred Price \$29.95





Are you one of the 10 percent of Americans who get the recommended 21–38 grams of fiber in your daily diet? If you are, perhaps you're aware of how great it is for your digestive tract, or maybe you've found that it leaves you feeling full, making it easy to skip unhealthy snacks. If you're not, whether it's for a slimmer figure or pure digestive health, discover for yourself why fiber is fantastic.





De-Stress. Defend. Detox.

With millions of toxins attacking your body every day, it takes a very special kind of warrior to neutralize the invasion. Of all the organs in your body, there is only one that is incessantly willing to rise to the occasion and serve as the main battle station where toxins are dismantled and eliminated. Your liver works hard. Give it the support it needs with **Hepasil DTX**.



USANA® DIGESTIVE ENZYME

Item #111

A broad range of enzymes to support efficient digestive health, so you can make sure you're getting the most from your healthy diet. Enzyme supplements are especially important as we age and our natural enzyme production decreases.*

Preferred Price \$29.95

HEPASIL DTX™

Item #135

Powerful antioxidant specifically designed to support optimal liver function and help it deal with the huge amounts of oxidative stress generated through our body's natural detoxification processes.*

Preferred Price \$32.50

MYHP **HYBRID**
(USANA and MyoGen are trademarks)



*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.



Keeping You Young at Heart

At the heart of longevity lie the basics of health—diet and exercise. But when it comes to the preservation of heart health, there's nothing wrong with a little extra reinforcement.



PROFLAVANOL® C¹⁰⁰

Item #110

With Proflavanol C¹⁰⁰, one plus one equals so much more than two. When bioflavonoids taken from grape seed extract combine with high-potency vitamin C, you get a powerhouse supplement that helps support the health of your immune and cardiovascular system, as well as youthful-looking skin.*

With a delicious grape-flavored coating!

Preferred Price \$38.95



COQUINONE® 30

Item #123

As we age, our bodies slow down the production of coenzyme Q10, which is critical for generating the energy needed to power our cells, especially those in the energy-hungry heart and brain. Supplementing with ample amounts of CoQ10 every day can help keep your body feeling youthful, healthy, and energized.*

Preferred Price \$37.95



Proflavanol® C²⁰⁰ is available exclusively in MyHealthPak™.



CoQuinone® 100 is available exclusively in MyHealthPak.

*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.

Remember What Matters to You

Occasional forgetfulness can be infuriating, regardless of how minimal, and there are many factors that can affect your memory. Normal aging, diet, sleeping patterns, and stress all play a part in the memory function of your brain. **Ginkgo-PS** was created by USANA specifically for the purpose of helping support healthy mental and cognitive function.*

GINKGO-PS™

Item #126

Designed to support acute memory function and cognition.*

Preferred Price \$32.94



*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.



A Good Eye for Healthy Living

Pollution, dry air, sunlight, and other environmental factors assault the sensitive tissues of your eyes all year. Support the health of your eyes from the inside out with **Visionex**.

VISIONEX®

Item #134

Designed to help maintain healthy visual performance and protect the delicate tissues of the eye from photo-oxidation.*

Preferred Price \$29.95



Visionex® DS is available exclusively in MyHealthPak™.

your health. your life. your way.

KEEPING THE LIFE IN YOUR LIFESTYLE

Staying active is the key to lifelong vitality. But with all the physical activities we perform, the deterioration of joint health is a common issue among adults. Don't let joint trouble slow you down. **Procosa** is USANA's groundbreaking supplement for joint health, designed to keep your joints moving and help you keep doing the things you love.*

Procosa is formulated with potent Meriva®† bioavailable curcumin, which supplies a concentrated amount of this strong joint-supporting antioxidant so you can pop fewer pills.



PROCOSA®

Item #131

Delivers vegetarian glucosamine to help maintain healthy cartilage and joints.*

Preferred Price \$27.50

MYHP

† Meriva is a trademark of Indena S.p.A.

You'll Feel it in **YOUR BONES**

Bones are your body's primary foundation—not to be taken for granted. Support them, as they've supported you, and give your bones the nutrition they need.*

ACTIVE CALCIUM™

Item #120

USANA's comprehensive bone health formula for adults.*

Preferred Price \$17.95



ACTIVE CALCIUM™ CHEWABLE

Item #121

Your personal bone health formula in a chewable tablet for adolescents and adults. Also works great as an antacid for occasional heartburn.*

Preferred Price \$23.95



*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.

GROW WISER, NOT OLDER

Okay, so you'll get older—there's nothing we can do about that. But if you eat right, exercise, and take supplements made to support your own personal needs, you may not feel older. These specialized nutritionals are designed for those over the age of 40.

PHYTOESTRIN™

Item #129

Mood swings, hot flashes, and night sweats. If that sounds familiar, it may be time to try an all-natural supplement to ease the transition into menopause.*

Preferred Price \$19.94

MYHP

PALMETTO PLUS™

Item #128

Designed for men concerned with maintaining healthy prostate function.*

Preferred Price \$21.95 **MYHP**





Giving You the Rest of **YOUR DREAMS**

PURE REST™

Item #141

A fast-acting, orange-flavored melatonin supplement designed to help give you the rest you so greatly deserve and defend your body against free-radical damage.*

Contains no animal ingredients.

Preferred Price \$14.95



*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.

NOT JUST ANOTHER FISH IN THE SEA

Because we take pride in separating ourselves from the rest of the pack—just like you.

USANA's BiOmega stands apart because it not only provides optimally balanced, concentrated omega-3s, but also because it contains added vitamin D to help ensure you get more of this important nutrient. And with added lemon flavoring, there's no fishy aftertaste.

By taking BiOmega as part of a balanced diet, you can be sure you are getting the right amount of pure, safe omega-3s you need every day.

Food for Thought

Current studies show that the diet and nutrition choices we make not only have an affect on the way we look and feel, but also on the way we think. Specific fatty acids are vital to brain health because they are instrumental in maintaining cell membrane fluidity and permeability, thereby improving the communication among brain cells.



BIOMEGA™

Item #122

Produced from cold-water, deep-sea fish, and rich in omega-3 fatty acids. Provides EPA and DHA for cardiovascular and joint health support as well as neurological and intellectual development.*

Preferred Price \$19.95



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BRETT FRASER

Competed in the 2012 Summer
Games, Swims for the Cayman
Islands, and USANA product user

Your Personal LEMON-AID

For immune support when you need it most, rely on **Booster C 600™**.

A delicious **lemon-berry** flavored powder that can be taken straight or mixed with water, **Booster C 600** comes in convenient single-serving stick packs, so they easily fit into your busy life. So whether you're working in a bustling, crowded office every day, traveling hundreds of miles every week, or attending huge parties every month, your personal immunity boost can be carried with you wherever you go.*

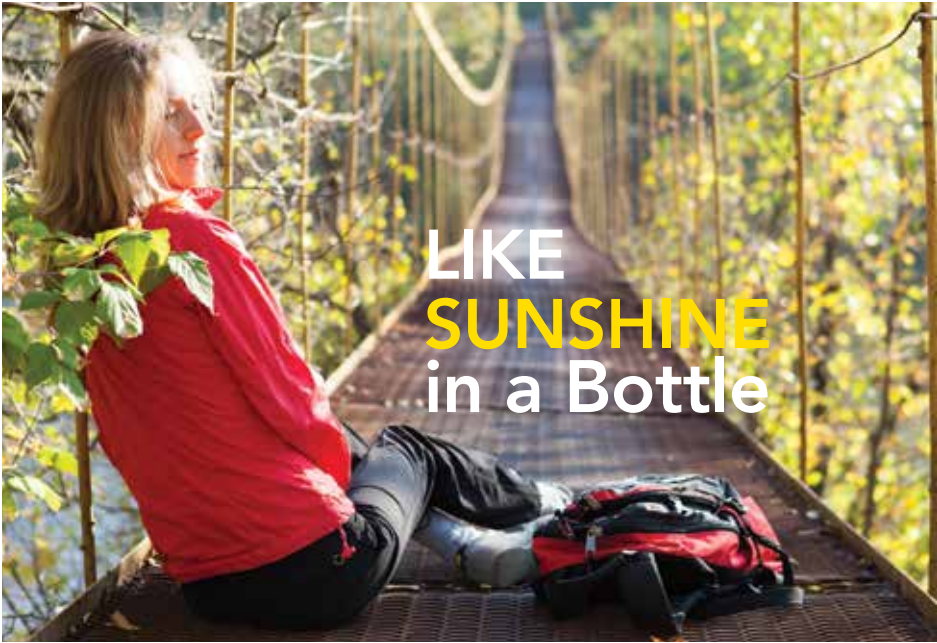


BOOSTER C 600™

Item #143

Preferred Price \$29.50





Everyone loves the sun. But we don't always have time to soak up all that the sun has to offer, particularly during the winter months. That's where vitamin D comes in.



VITAMIN D

Item #109

A safe and easy way to get 2,000 IU of maximum strength vitamin D to support optimal bone mineralization and cellular health.*

Preferred Price \$19.95



*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.

GET REVVED

What separates Rev3 from other energy drinks?

- Free from added preservatives and is an all-natural, vitamin and antioxidant-enhanced beverage with a proprietary energy complex that is safe and effective.
- Has a total low-glycemic load that is three to four times lower than traditional energy drinks.
- Contains no artificial flavors, artificial sweeteners, artificial preservatives, or artificial colors.
- Contains all-natural caffeine from antioxidant-rich green and white tea.
- Replaces vitamins B1, B2, and B6, which may be depleted during exercise.





Rev3 Energy®

This powerful energy drink packs a clean, crisp taste and is the smart source of that extra oomph you need to push through your workout...or the afternoon.

REV3 ENERGY® DRINK

Item #138

(12 cans)

Preferred Price \$29.95

REV3 ENERGY® SURGE PACK

Item #139

(14 stick packs with free chalk bag)

Preferred Price \$29.95

REV3 ENERGY® SURGE PACK REFILL

Item #139

(28 stick packs)

Preferred Price \$52.95



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.

your health. your life. your way. 39

A DELICIOUS CONVENIENCE





Little Snacks. BIG NUTRITION.

USANA believes in making superior products to meet all your individual health needs. Which is why we've developed all sorts of yummy snacks and meal replacements for when your busy lifestyle needs a nudge in a...healthier direction.

Choosing USANA means choosing health. Choosing life. So go ahead and indulge. And then get back to what matters most.





GO NUTS 'N' BERRIES™

Item #234

Salty and sweet—two opposite ends of the taste spectrum. But no one is going to stop us from combining the saltiness of peanuts and almonds with the sweetness of antioxidant-rich raisins and dried cranberries. Trust us—you'll thank us once you get a taste of this salty sweet treat!

Gluten free, soy free, vegan friendly.*

Preferred Price \$28.95

* For our customers sensitive to gluten: No gluten-containing ingredients are used in Go Nuts 'n' Berries. However, Go Nuts 'n' Berries is produced in a facility that manufactures other foods that do contain gluten.

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.

Science Meets **DELICIOUS**

Eat healthy. It's easy! **Nutrimeal** shakes are nutritionally balanced meal replacements that provide a healthy ratio of carbs, proteins, and beneficial fats to help maintain and support health and an ideal weight. Their low-glycemic formulas are designed to deliver sustained energy and help curb cravings.

WHY 'WHEY'T?

Athletes have benefitted from the lean-muscle building property of whey protein for years, and now you can too!* Whey protein is known for its ability to support muscle growth, and Chocolate Whey **Nutrimeal** contains a healthy balance of proteins, carbs, and fats.

CHOCOLATE WHEY **NUTRIMEAL™**

Item #202

Gluten free[†]

Preferred Price \$29.95



[†]For our customers sensitive to gluten: No gluten-containing ingredients are used in Chocolate Whey Nutrimeal. However, Chocolate Whey Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

NUTRIMEAL™

Try all three flavors!

DUTCH CHOCOLATE

Item #210

Protein blend

Gluten free**

Preferred Price \$27.95

FRENCH VANILLA

Item #211

Soy blend

Gluten free**

Preferred Price \$27.95

WILD STRAWBERRY

Item #212

Protein blend

Gluten free**

Preferred Price \$27.95



**For our customers sensitive to gluten: No gluten-containing ingredients are used in Dutch Chocolate, Wild Strawberry, and French Vanilla Nutrimeal. However, they are produced in a facility that manufactures other foods that do contain gluten.

*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.

NUTRIMEAL™ FREE

Nutrimeal Free is a plant-based, nutritious source of protein that is pleasantly delicious and far from overbearing. If you're in the mood to blend it with a handful of your favorite fruits or vegetables, go right ahead! Mix it your way. The mild, agreeable flavor complements just about anything you can think up.

NUTRIMEAL™ FREE

Item #209

Preferred Price
\$29.95





NUTRIMEAL FREE IS { Fructose free
Soy free[†]
Dairy free[†]
Gluten free[†]
Vegetarian Friendly

[†]For our customers sensitive to gluten: No gluten-containing ingredients are used in Nutrimeal Free. However, it is produced in a facility that manufactures other foods that do contain gluten.

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

your **health.** your **life.** your **way.** 47

USANA'S DELICIOUS PROTEIN SNACKS





Have you ever been tempted to reach for a not-so-healthy snack, only to hesitate when you thought of your waistline? Achieving an ideal weight doesn't mean you have to deprive yourself. These delectable snacks will give you all the indulgence you crave with some extra benefits to boot. Each of them is low glycemic and packed with protein so they'll fill you up without spiking your blood sugar. They're a healthier—and tastier—alternative to high-sugar snacks.



Yumm!

All three of USANA's delicious protein snacks are formulated without gluten, which makes them a good option for those who have gluten intolerances.* Gluten refers to protein found in wheat, rye, and barley. And, the new baked technology USANA utilizes to create these snacks gives all three of them a better flavor, texture, and taste.



ChocoChip™

Item #235



This soft and chewy chocolate chip protein snack will give you the same comfort as your home-baked snacks, without the guilt.

Protein: 11 g
Calories: 160
Fat: 5 g

Preferred Price \$29.95

*For our customers sensitive to gluten: No gluten-containing ingredients are used in these products. However, these products are produced in a facility that manufactures other foods that do contain gluten.

Peanutty Bliss™

Item #236

When you want big peanut butter flavor, reach for this delicious protein snack loaded with rich peanut butter chips and topped with an amazingly smooth peanut butter icing.

Protein: 11 g

Calories: 160

Fat: 6 g

Preferred Price \$29.95



Fudge Delite™

Item #237

This luxurious, soft-baked protein snack will give you all the chocolaty taste you've been craving with rich chocolate chips baked right in.

Protein: 12 g

Calories: 180

Fat: 6 g

Preferred Price \$29.95







Ask the Expert

"Unlike other weight-loss programs, **RESET™** actually works. With **USANA's** scientifically developed meal plan and a moderate amount of exercise, **RESET** is a terrific way to come to a greater understanding of healthy living."

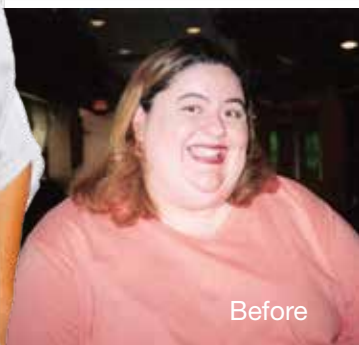
—**Kathy Kaehler**

CELEBRITY FITNESS TRAINER

The individual pictured is either a distributor of USANA products or a dedicated user who has received compensation for his/her partnership and/or complimentary USANA products.

POSITIVE CHOICES. POSITIVE RESULTS.

After



Before

LOST MORE
THAN
320
POUNDS

"USANA's RESET weight-management program has changed my life. With delicious Nutrimeal™ shakes and Nutrition Bars, along with the HealthPak™, I've been able to fuel my new body right. Now, I can't wait to see what my future holds. If I can do it, so can you. USANA can help."

—Hattie Montgomery



It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA RESET 5-Day Kit are FOODS, not DRUGS.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight-loss results. Results will vary.

Results not typical. The average weight loss with RESET is 4.5–5 lb. in five days.

*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.

It's no secret that the key to effective weight loss is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes can often seem like an insurmountable task. With that in mind, USANA scientists developed the **RESET** weight-management system, complete with low-glycemic meal replacements that are designed to help you make a clean break from fatty, high-glycemic foods and start making better choices for your health.

The benefits of **RESET** go beyond weight loss. Consisting of three simple phases, this program will not only help you shed pounds, but it will assist you in making positive changes to your overall lifestyle.*

THE 5-DAY RESET™ KIT

Item #251

Preferred Price \$110.95

Learn more about Hattie's amazing transformation at bit.ly/HattieUSANA.

 @hattiemarie28





Capture the **GLOW OF HEALTH** with Sensé™

Dedicated to those searching for health and beauty, USANA created Sensé beautiful science®, a comprehensive approach to skin care. Each product is developed with groundbreaking, patented Self-Preserving Technology, meaning they stay fresh naturally. With regular use, skin is visibly transformed.

Made from pure botanical extracts and topical nutrition complexes, Sensé is formulated to revitalize individual cells, where healthy skin begins. When cells are properly nourished and protected, you can expect beautiful results.

Anti Aging Technologies

DSR™ (Dermal Surface Renewal) TECHNOLOGY

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

REGENISOMES™

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

Topical Nutrition

PROFLAVANOL T® ANTIOXIDANT COMPLEX

- whole-grape and green tea extracts combat free radicals
 - vitamin E maintains skin's moisture
-

PROTEO-C® VITAMIN C COMPLEX

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



Experience It All!

DELUXE PACK—

Item #350

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

Preferred Price \$149.95



ULTIMATE Beauty Regimen

a.m.

Gentle Daily Cleanser
Hydrating Toner
Daytime Protective Emulsion SPF 15
Eye Nourisher

Your choice of:

- Perfecting Essence or
Serum Intensive
-

p.m.

Gentle Daily Cleanser
Hydrating Toner
Night Renewal Crème
Eye Nourisher

Your choice of:

- Perfecting Essence or
Serum Intensive
-

2–3 times per week

Rice Bran Polisher
Nutritious Crème Masque

the **BASICS**

If you want healthy, glowing skin, start with the Sensé™ basics—a 3-step program developed by USANA scientists. Beautiful skin simply starts with the basics.

1 CLEANSE

GENTLE DAILY CLEANSER

Item #300

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

Preferred Price \$14.95

2 TONE

HYDRATING TONER

Item #301

After cleansing, restore skin's pH balance with this gentle, revitalizing toner.

Preferred Price \$12.95





3 REPLENISH

DAYTIME PROTECTIVE EMULSION

with broad spectrum SPF 15

Item #302

Restore and protect against aging with this light-weight moisturizer enriched with light-activated Regenisomes™.

Preferred Price \$32.50

NIGHT RENEWAL CRÈME

Item #303

Mend the look of aging and wake up to hydrated skin with this overnight treatment.

Preferred Price \$29.95

BASIC PACK

Item #351

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

Preferred Price \$74.95



the ENHANCERS

PERFECTING ESSENCE

Item #305

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

Preferred Price \$42.50

SERUM INTENSIVE

Item #304

This age-defying serum dramatically minimizes the appearance of fine lines and wrinkles, and helps retexturize skin's surface.

Preferred Price \$36.95



EYE NOURISHER

Item #306

Give special care to the delicate skin around the eyes with this lightweight moisturizing complex.

Preferred Price \$21.95

RICE BRAN POLISHER

Item #307

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

Preferred Price \$12.95



NUTRITIOUS CRÈME MASQUE

Item #308

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

Preferred Price \$15.95

Sensé™

BODY CARE

RADIATE HEALTH FROM HEAD TO TOE.

The Sensé Body Care collection is a bright, fresh-scented line free of added chemical preservatives.



ENERGIZING SHOWER GEL

Item #311

Revitalize skin with this soap-free cleansing gel enhanced with an invigorating tangerine fragrance.

Preferred Price \$13.95

REVITALIZING SHAMPOO

Item #312

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

Preferred Price \$13.95

NOURISHING CONDITIONER

Item #313

Moisturize and strengthen hair with a conditioner enriched with vitamins C and E for manageability and shine.

Preferred Price \$14.95



FIRMING BODY NOURISHER

Item #314

Moisturize and tone skin with the exclusive hydroxy complex in this firming body lotion.

Preferred Price \$19.95

HAIR & BODY PACK

Item #354

All your necessary body care in one pack, so you always look radiant from head to toe.

Preferred Price \$65.95

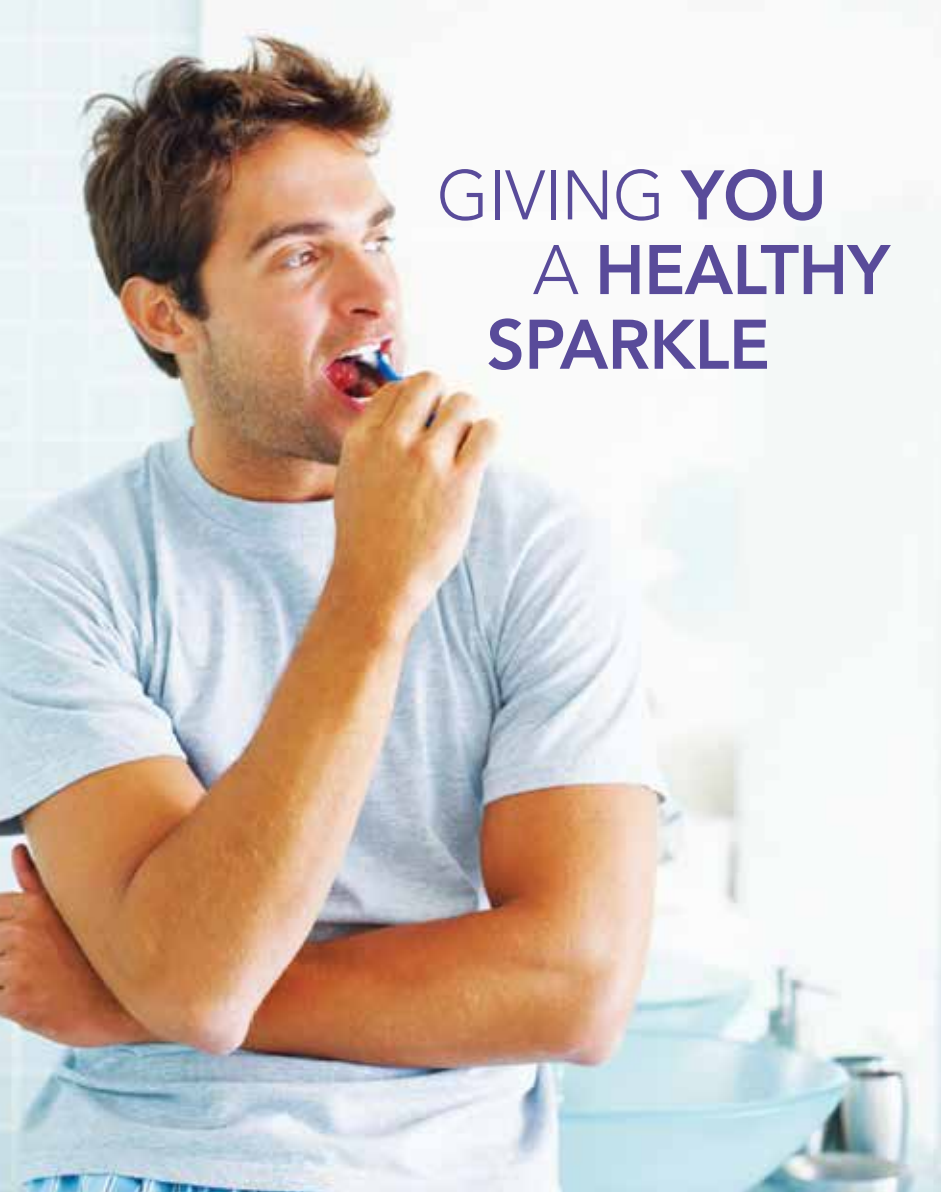


INTENSIVE HAND THERAPY

Item #315

Moisturize dry skin and the damaging effects of the environment with this concentrated hand cream. Smooth rough skin and keep cuticles soft for happy, healthy hands.

Preferred Price \$12.50



GIVING YOU A HEALTHY SPARKLE

Having a healthy, beautiful smile is about more than just brushing twice a day. Supplement your smile with **Active Calcium™** or **Active Calcium™ Chewable**, then brush those pearly whites with USANA's fluoride-free **Natural Whitening Toothpaste** for strong, healthy teeth and gums.



Fresh. Bright. Natural.

You deserve a healthier choice. That's why USANA's Natural Whitening Toothpaste is unique for what it doesn't have:

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



NATURAL WHITENING TOOTHPASTE

Item #399

USANA's Natural Whitening Toothpaste is naturally formulated to protect your beautiful smile all year round by removing plaque, cleaning teeth, and fighting the bacteria that causes bad breath.

Preferred Price \$7.50

ASSOCIATE WITH SMART.

SCIENTISTS ARE SMART.

Smart is good. But you don't have to be a scientist to be smart. Just be curious. Strive for knowledge. Learn. And associate with smart.

Have smart friends. Like USANA's scientists. They're smart. They partner with research institutions across the country to discover what our bodies need to be healthy. Then, they turn that knowledge into award-winning nutritional products for you and hundreds of thousands of people in USANA's ever-expanding global markets.

BE SMART. OR, AT LEAST, ASSOCIATE WITH SMART.

Visit USANA.com.



JENNA TEMPLETON,
USANA R&D lab associate



Testing with a Scientific Team

More than 60 USANA scientists, chemists, and microbiologists around the world are tasked with the rigorous job of testing product ingredients—starting with the raw materials when they enter the in-house manufacturing facilities. Paperwork is checked, a visual inspection is performed, and a representative material sample is collected and sent to the lab.

Every sample goes through microbiological, contamination, potency, and physical testing. Most ingredients also go through specific testing to ensure they meet United States Pharmacopeia (USP) standards for things like purity, solubility, and density to make sure what's on the label is in the product—and nothing else.

Exceeding the Standard

USANA complies with the highest standards of the nutritional supplement industry, and its Salt Lake City facility is also a U.S. Food and Drug Administration (FDA) registered facility. Although FDA guidelines for nutritional supplements don't force manufacturers to test every ingredient in every lot, USANA does. This ensures that when you receive your USANA products, you're receiving the very best supplements possible.

It isn't the industry standard. It's the USANA standard.

"This is our house. This is our business. And nobody is going to take care of it if we don't."

—DR. JOHN CUOMO

USANA's executive director of
global research and development



USANA



**BETTER
LIVING
THROUGH
USANA**

Defend Yourself

HOW DOES YOUR SNACK STACK UP?

It's not complicated—you need a tasty snack. USANA's **Go Nuts 'n' Berries Nutrition Bar** is a super delicious treat that makes it easy to add a little healthy to your day.

Try it and see for yourself!



USANA
Whole Foods Nutrition Bar

Go Nuts 'n' Berries

A Lip-Smacking, Super Healthy Nutrition Bar
Un solo bocado te brinda una deliciosa combinación de frutos secos y bayas.
Illeggero e nutriente, questo snack ti dà energia e ti mantiene sazio.

Net Cont. 30 g

- Natural
- Low glycemic
- Delicious
- Formulated without gluten†
- Convenient
- Healthy source of omega-3s
- Heart healthy*
- Wholesome

†For our customers with food allergies: no gluten, dairy, eggs, or soy are used in this product. Go Nuts 'n' Berries is manufactured on equipment that also processes products containing wheat, milk, eggs, and soybeans.

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

Assess Yourself



truehealthassessment.com

Before distributing this booklet, please fill out ID number

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(801) 954-7100 • fax (801) 954-7300

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



Item# SA519.010110

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