



your health. your life. your way.™



FOR HEALTH. FOR LIFE. FOR ALL.

USANA HEALTH SCIENCES WAS FOUNDED IN 1992, SO YOU COULD SAY WE'VE BEEN AROUND THE BLOCK. THAT'S A GOOD THING. OUR LONGEVITY IN THE WELLNESS INDUSTRY GIVES US—AND YOU—AN UNBEATABLE EDGE WHEN IT COMES TO LIVING YOUR LIFE, YOUR WAY. WE HAVE EXPERIENCE IN CREATING EXCEPTIONAL PRODUCTS THAT SUPPORT YOUR HEALTH, AND WE'VE BUILT ON THAT EXPERIENCE TO CREATE A COMPANY THAT'S A FORCE TO BE RECKONED WITH, WORLDWIDE.

WE'RE DEDICATED TO YOU, AND WE PROVE IT EVERY DAY. HOW? BY FOCUSING ON WHAT MATTERS.

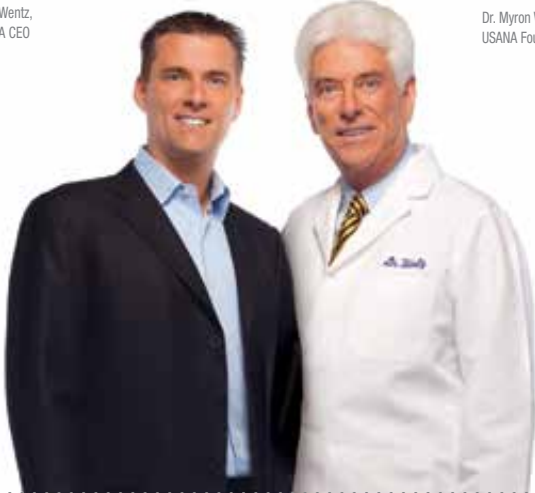
We've got top-notch manufacturing facilities, our own scientists and research and development team, and the highest standards for our nutritional products. We have an award-winning compensation plan, an award-winning communication department that produces award-winning sales tools, and award-winning products. We don't like to brag, but we come pretty highly recommended.

You're probably wondering: How did we get to be so awesome?

Easy. We were founded by an actual scientist—not a corporate suit.

USANA's founder, Dr. Myron Wentz, is an internationally recognized microbiologist, immunologist, and pioneer in infectious disease diagnosis. In 1974, he founded Gull Laboratories to develop viral diagnostics, and his greatest successes during this time included the first commercially available diagnostic test for Epstein-Barr virus, better known as the virus that causes mononucleosis.

Dave Wentz,
USANA CEO



Dr. Myron Wentz,
USANA Founder

But success was never Dr. Wentz' only aim. Instead, he centered his life around a dream—a dream dating back all the way to his teenage years, when his father died at the age of 57 from heart disease. From that defining moment, Dr. Wentz made the decision to dream big; to dream of a world free from pain and suffering. A world free from disease.

And he founded USANA Health Sciences to help further his dream by providing people all over the world with the most advanced supplements science can produce.

This is why USANA is a company based on continuous product innovation. This is why our products are of the highest quality. This is why we have stringent manufacturing processes, ongoing scientific research, and an insatiable drive to produce exceptional products. This is why USANA is trusted by professional athletes and Olympians, but also everyday people who believe health is a vital part of a long, happy life.

This is why USANA is not just another direct selling business.

We're in the business of changing lives for the better. And we're really, really good at it.



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FIVE REASONS TO MAKE USANA YOURS

NUTRITION FOR YOU, DESIGNED BY YOU.

Everyone is different. So why take the same supplements as the next guy? USANA always has you in mind, from the True Health Assessment and Companion to MyHealthPak™ and our whole line of Optimizers. Choose the nutritionals that work for you and then get back to living your life.

TOTAL FREEDOM.

Want extra time to do the things you love? How about some extra cash? Maybe you want the chance to be a part of something larger than yourself, or maybe you're just interested in being the healthiest person you can be. Maybe you simply want the chance to live life on your own terms. Whatever kind of freedom you're looking for—USANA can help you achieve it.

UNLIMITED ENERGY.

When USANA Associates, employees, and the management team get together, the passion is electrifying. And that's not just us talking. USANA's International Convention, the biggest USANA event each year, has earned four Stevie Awards for Best Live Event. And at USANA events like Super Saturdays, XRCs, retreats, and trainings, you'll feel camaraderie that can only come from being a part of the USANA family.

WE HAVE EXTRAORDINARY FRIENDS.

Lots of them. The amazingly high standards we set for our products have attracted more than 600 professional and Olympic athletes to our nutritionals and energy and diet lines. Their health is their life, and they trust their health to USANA. There's no reason you shouldn't.

ENDLESS POSSIBILITIES.

USANA is an award-winning leader in network marketing and the health and wellness industries. With operations in 19 markets around the globe, your future with USANA is in your hands. There are no limits to where your USANA business can take you. Whatever you want to do, whatever your goals, USANA can help you succeed.

THE USANA STANDARD



For more information, scan here:



FROM USANA TO YOU

The supplement industry is often given a lot of slack. The Food and Drug Administration (FDA) doesn't hold dietary supplements to the same quality standard as pharmaceuticals so many products just aren't what they say they are. The USANA Standard says that's not good enough. **NSF International has certified our good manufacturing practices, and USANA products meet the stringent requirements of both Informed-Choice and HFL Sport Science.** Plus, we guarantee that our supplements contain exactly what's listed on the label.

But that's not all. Part of having such high standards is having a variety of government agencies periodically drop in to inspect our manufacturing facility. **They stop by to make sure we're meeting the highest standards while we produce our products, and they require strict adherence to certain procedures and documentation.** For example, in order to offer products to our Australian Preferred Customers and Associates, we've been meeting the rigorous guidelines of the Australian Therapeutic Goods Administration for years. And USANA also already adheres to a more rigorous quality assurance program in the manufacture of its nutritional supplements by complying with pharmaceutical-level Good Manufacturing Practices, or GMPs.

Did we stop there? Nope. **In 2011, USANA took everything a step further. Our manufacturing facility became a registered FDA Drug Establishment.** Because USANA has been voluntarily adhering to these FDA standards for years, no changes needed to be made to our manufacturing processes in order to comply with the scrutiny of FDA Drug Establishment Registration.

Now, this may have you wondering: what about other supplement companies? Do they meet these standards? It's hard to say. Other supplement companies are only required to follow the FDA's less stringent dietary supplement standards. And while some other companies out there can say they manufacture their

products in a registered FDA Drug Establishment, many of them outsource the responsibility of manufacturing to a third party vendor. USANA is different in that we take the responsibility of creating the highest-quality supplements upon ourselves. We manufacture the majority of our products in-house at our own state-of-the-art facility in Salt Lake City, Utah. **We want to make sure we know exactly what's going into our products so you can trust you're getting the best of the best.**

The amazing quality of our manufacturing processes is just one more way USANA shows its commitment to creating the highest quality products on the market.

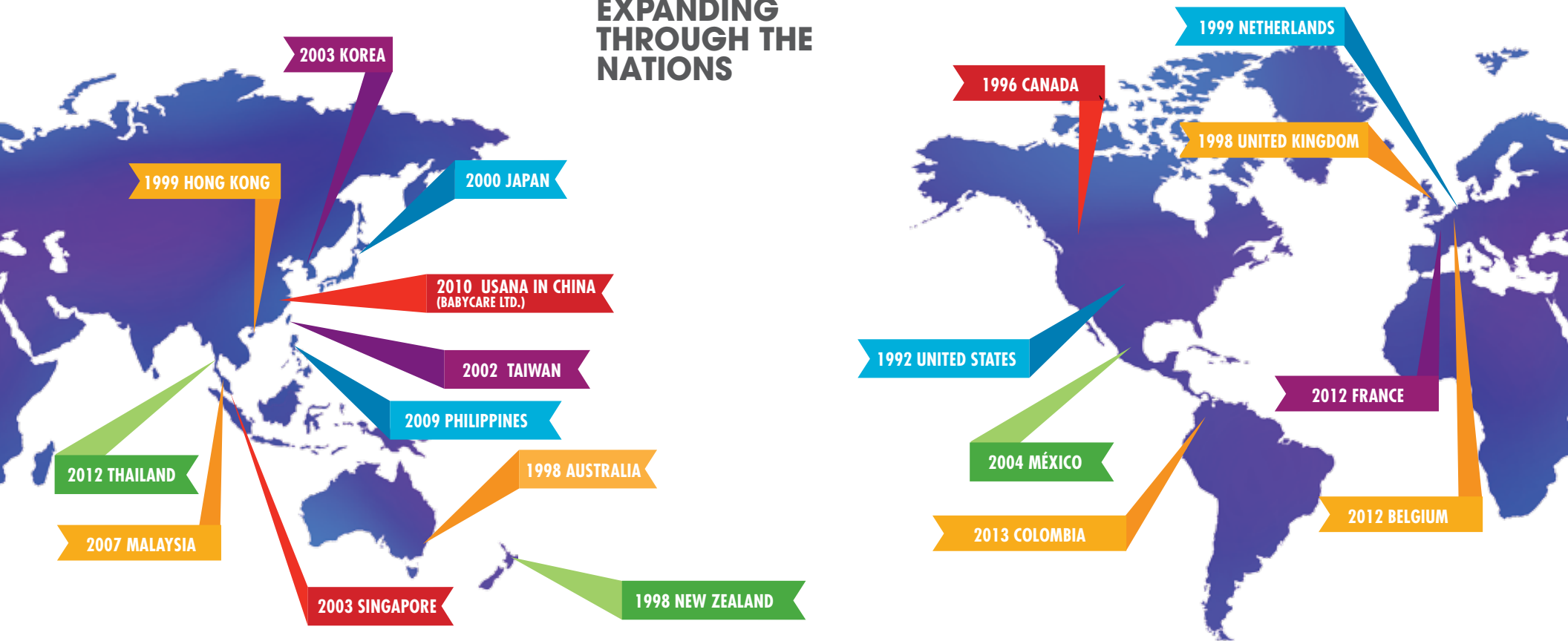


"I am not a nutrition expert, but I can trust USANA because they manufacture most of their products in their own state-of-the-art facilities, and they are the heart of the company. USANA uses the best ingredients with strict specifications in purity, identity, composition, quality, and strength. It feels great to be able to feel confident about the products I give my children."

Andrea Equihua Gasca
Michigan, USA
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.

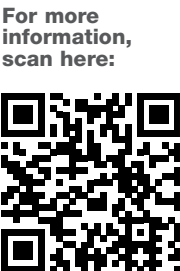
EXPANDING THROUGH THE NATIONS



600+ ATHLETES.
ONE USANA.



Whether looking to increase their energy or maintain their health, hundreds of athletes around the globe trust USANA Health Sciences for their nutritional supplement needs. The quality nutrition they get from USANA products comes with a guarantee that what's on the label is in the product—and nothing else.



USANA SPONSORED ATHLETES

The pictured/named athletes or celebrities are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.

Win totals and stats current as of May 2013



Timothy Bradley, Jr.

- Current World Boxing Organization champion
- 30–0 with 12 knockouts in his professional career
- Former World Boxing Organization and two-time World Boxing Committee light welterweight champion



Ariane Lavigne

- Member of Canada's National Snowboard Team
- 2011 FIS Nor-Am Cup champion
- 2011 Slalom Canadian champion



Meb Keflezighi

- Four-time NCAA champion
- 2009 ING NYC Marathon champion
- 2004 Summer Games silver medalist, 2009 XC champion, and 2012 Summer Games Olympian



Meaghan Mikkelson Reid

- 2010 Winter Games gold medalist
- 2012 IIHF World Championships gold medalist
- 2001, 2008, and 2009 IIHF World Championships silver medalist



Crystal Manning, Triple Jumper

- 2011 USA Outdoor runner-up
- 2007 Big 12 champion
- Four-time NCAA All-American



Tyler McGill

- Gold medalist in 4x100 metre medley at 2012 Summer Games
- Bronze medalist in 100 metre butterfly at 2011 World Aquatics championships
- Member of two world champion relay teams for the U.S.



Gina Grain

- 2008 Summer Games Olympian
- 2006 Track Championship silver medalist
- U.S. Pro Tour Championship winner
- Seven-time Canadian National champion



Melanie McQuaid

- Three-time XTERRA world champion
- 2011 ITU Cross Triathlon world champion
- Seven-time Canadian National XTERRA Championship winner
- 2010 European XTERRA Championship winner



Antonin Decarie

- World Boxing Council International Boxing champion
- Fights in the Welterweight division
- One of Canada's top boxers
- 27–2 with 8 knockouts



Conor Dwyer, Swimmer

- 2012 Summer Games gold medalist
- 2011 World Championships gold medalist
- 2011 Pan American gold medalist and three-time silver medalist



Nikola Girke

- Three-time CYA's Female Sailor of the Year
- Formula Experience Women world champion
- Competed in 2004, 2008, and 2012 Summer Games



Charlie Davies

- Played on U.S. National Team
- Played for Hammarby, Sochaux, and DC United
- Has appeared on Team USA 16 times and has four international goals
- Plays striker for Danish Superliga Randers FC



Austin Trout

- WBA Light Middleweight world champion
- 26–1 with 14 knockouts
- 2004 U.S. National Amateur Welterweight champion



Billy Demong

- 2010 Winter Games gold medalist
- First American to win a gold medal in a Nordic event
- Silver medalist in the team large hill event
- Four-time Olympian



Grete Eliassen

- 2011 Female Skier of the Year
- Only woman to medal in the first X Games slopestyle and halfpipe events
- Won two gold, two silver, and two bronze medals at the X Games between 2005 and 2011
- Set woman's world jump record at 31 feet

USANA AND THE WTA: A PERFECT MATCH

The Official Supplement Supplier of



Zheng Jie

Zheng Jie has taken home four singles titles and 14 doubles titles—including one from the Australian Open and one from Wimbledon.

Sloane Stephens

Stephens has been labeled a "Rising Star" within the WTA and is currently ranked in the top 20 in the world in women's tennis. In 2013, she reached the semifinals of the Australian Open by defeating the number one player in the world, Serena Williams.

Liezel Huber

Huber has had a 20-year professional career and has long been one of the best doubles players in the world. She's won 53 doubles titles, including 7 Grand Slams.

Kim Clijsters

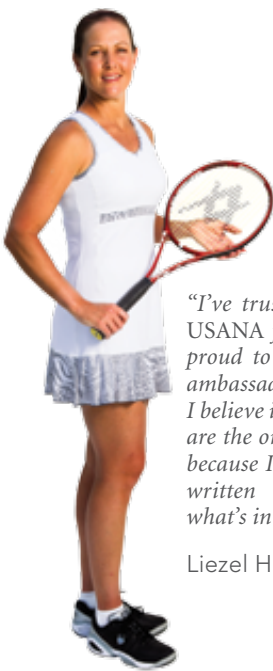
Clijsters has won more than 500 matches during her storied career. She has 41 singles titles, including four Grand Slam Titles and 11 doubles titles. She was named the 2005 and 2010 WTA Player of the Year.

Samantha Stosur

Stosur won the 2011 US Open. In addition, she has won a total of 26 titles, three singles and 23 doubles—with several wins at Grand Slam events—during her 13 years on tour.

Aleksandra Wozniak

Wozniak is currently the number one ranked WTA player in Canada. She has represented Canada in the Fed Cup since 2004 and has won Tennis Canada's Best Female Athlete of the Year on multiple occasions.



"I've trusted my health to USANA for years, and I'm proud to serve as a brand ambassador for a company I believe in. Its supplements are the only ones that I use because I know that what's written on the label is what's in the pill."

Liezel Huber





For more information, scan here:



DR. MEHMET OZ'S FOUNDATION, HEALTHCORPS, AND USANA CELEBRATE A YEAR OF CHARITY

What an "Ozsome" year! In 2012, HealthCorps, the organization founded by America's favorite doctor, teamed up with USANA Health Sciences Inc. to create a health and philanthropic winning combination. It wasn't just a common goal that brought together the dynamic duo of Dr. Mehmet Oz's HealthCorps and USANA, but also a dual, driving force to make the world a happier, healthier place.

USANA's mission lines up perfectly with that of HealthCorps—the charitable foundation created by world-renowned Cardiothoracic Surgeon and two-time

Emmy Award-winning Talk Show Host of the three-time Emmy Award-winning *The Dr. Oz Show*, Dr. Mehmet Oz, and his wife, producer, writer, and TV news contributor, Lisa Oz.

HealthCorps was established to fight against teenage obesity, one of the most pressing health issues in the United States. With teen mentoring, HealthCorps teaches young people how to become educated consumers and make healthy food choices.

The relationship is a natural fit, with HealthCorps and USANA having a shared interest in spreading health.

In March of 2013, Dr. Mehmet Oz came to Salt Lake City on behalf of HealthCorps to tour USANA's manufacturing facilities and personally thank USANA for its continued support of HealthCorps.

During his visit, Dr. Mehmet Oz stated, "I want to applaud you. It comes back to the reality that how you do anything is how you do everything. And every single thing that I saw today was fantastic, which is why USANA as a company is where it is. And that's why I take pride in the relationship that our team at HealthCorps has with USANA."

USANA and HealthCorps will continue to leverage resources with a goal of generating the maximum impact on the lives of teens. The objective of the relationship is to create the healthiest families on earth.

"We feel the power of this relationship," explains Dave Wentz, USANA CEO. "We can do a lot more working together than we can apart."



USANA PARTNERS WITH LINUS PAULING INSTITUTE

USANA Health Sciences and the Linus Pauling Institute (LPI) have worked together to better determine the role that vitamins, minerals, and antioxidants play in promoting optimal health. LPI, one of the nation's first Centers of Excellence for Research on Complementary and Alternative Medicine, has been a world leader in the science of micronutrition. USANA hopes to continue to support research at LPI to leverage the true synergy between basic and applied research in human nutrition.



TEAMED WITH TOSH

The Orthopedic Specialty Hospital (TOSH), located in Murray, Utah, is one of the country's premier facilities for orthopedic surgical care, rehabilitation and physical therapy, sports performance training, and nutrition counseling.

Through TOSH's collaborative relationship with USANA, the hospital has been able to streamline a series of studies being conducted in young athletes, athletes recovering from anterior cruciate ligament (ACL) surgery, patients with knee osteoarthritis, and patients recovering from knee replacement surgery. These studies, funded in part by both USANA and the Intermountain Research and Medical Foundation, are well on their way to making real, positive differences in the lives of others.



USANA TRUE HEALTH FOUNDATION

The USANA True Health Foundation began operations in 2012. Dr. Myron Wentz, USANA's founder, and USANA CEO Dave Wentz, created the Foundation to enable the USANA family to expand their ongoing charitable efforts.

Your donation to the Foundation will go to one of three areas: Area of Greatest Need, the Sanoviv Medical Assistance Program, or Children's Hunger Fund. You are welcome to select which area you would like your donation to benefit. USANA has pledged to cover all other costs associated with the functioning of this Foundation, so every dollar you give goes directly to those who need it most.*



SANOVIV

Dr. Myron Wentz opened Sanoviv Medical Institute in 2000. Sanoviv is a cutting-edge medical facility located in Baja California, México that combines state-of-the-art technology with an integrative approach to healing.

For more information, please visit sanoviv.com.

Stevie Award Winner:
SALES & CUSTOMER SERVICE
Customer Service
Department of the Year
2 wins since 2012



THE HEALTHY HOME
HITS #2 ON
THE NEW YORK TIMES
BEST SELLERS LIST
May 2011



Dr. Myron Wentz receives the
ALBERT EINSTEIN AWARD
for Outstanding Achievement
in the Life Sciences
2007



Outside Magazine:
BEST PLACES TO WORK
4 wins since 2009



Forbes.com names
Dave Wentz One of America's
MOST POWERFUL
CEOs 40 & Under
2009



USANA RECEIVES A
PROGRESSIVE MANUFACTURING 100 AWARD
IN INNOVATION MASTERY
2011

#1 FAVORITE BRAND IN THE DIRECT SALES CHANNEL
BASED ON CUSTOMER SATISFACTION

BASED ON A SURVEY
OF MORE THAN 10,000
SUPPLEMENT USERS



BEST OF STATE

Dietary Supplement
10 wins since 2003
Personal Care Products/Cosmetics—Sense™
5 wins since 2007
Health/Nutrition Beverage—Rev3 Energy®
5 wins since 2009
Science/Technology—Research and Development
2012
Health/Nutrition Product
3 wins since 2009

Recognizing that the health of the environment is an important factor in human health, USANA strives to reduce its environmental impact through the USANA Green program. USANA's actions include the following:

- Publicly reporting greenhouse gas emissions as a Founding Member of The Climate Registry
- Moving to recyclable materials in product packaging
- Cutting energy use in company facilities and operations
- Recycling efforts to include sorting and recycling of USANA's solid waste
- Saving more than 3.4 million gallons of water with xeriscaping



GREEN



Look. **We get it.** Direct sales is different. It's not the status quo. **It's not for everyone, and that's okay.** But if you're independent. If you're adventurous. If you enjoy a challenge. **If you go for what you want and don't care what other people think, because you know it doesn't matter.**

Then USANA is your company. We're your path, your gateway to a future unbounded by the rules and regulations society has created.

It's simple, really. We offer an escape. With USANA, there are no time cards or office birthday parties or dress codes or cubicles or awkward elevator chitchat about the weather. There's no morning commute and no evening rush hour. **There's only freedom to do what you want, when you want.**

BECAUSE EVERYTHING WE DO HELPS YOU LOVE LIFE AND LIVE IT. YOUR WAY.



YOUR HEALTH

TAKE CHARGE

Countless studies have shown that the key to a longer health span lies in choosing a lifestyle that supports optimal health. And luckily, you're in control. **Youthful vitality, no matter your age, comes as a result of the positive choices you make daily to protect your body's cells.** Things like diet, quality supplementation, exercise, proper hydration, and skin care all impact our ability to live life to its full potential.

These positive health choices take on more importance when we're confronted with the realities of the world around us.

Public health scientists have found new evidence of the threats to our cellular health posed by our toxic environment. The air we breathe, water we drink, and foods we eat contain substances that may be damaging to our cells. Any tissue that is exposed to the environment, including the skin and the linings of the respiratory and gastrointestinal passages, may be especially vulnerable.

"The human body is made of cells, and those cells work together to sustain your life," USANA founder and chairman Dr. Myron Wentz says.

Other medical professionals concur on the importance of supplementation. Many researchers believe supplementary antioxidants are necessary for aiding the body's normal defense systems in combating free radicals.

"My father started USANA Health Sciences with a focused vision of freeing the world from pain and suffering," USANA CEO Dave Wentz says. "He envisioned a world where people experienced physical health, emotional well-being, and financial stability. He wanted to give his family and families of

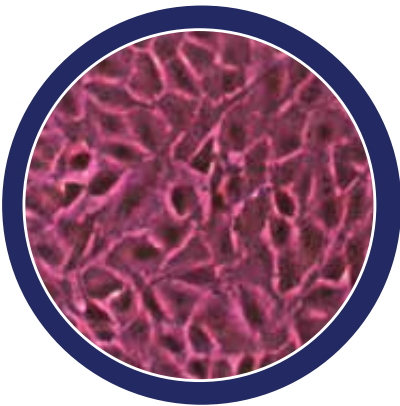
thousands of others the means to enjoy life to its fullest in happiness and health."

You are in charge of your happiness and health. It starts with the healthy choices you make. Currently, hundreds of thousands of families around the world are supplementing their diets with USANA products, and making the positive choice to pursue a healthier tomorrow.

For more information, scan here:

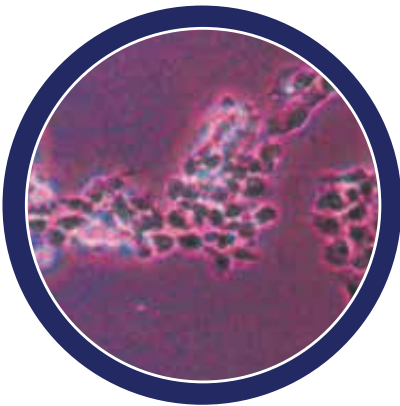


UNDER THE MICROSCOPE



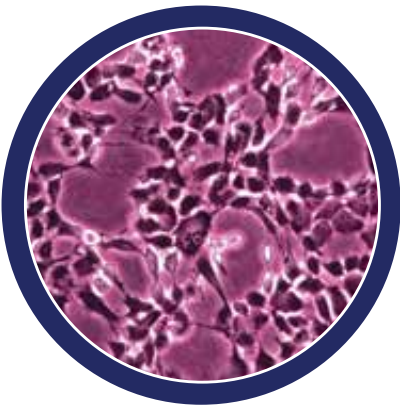
Healthy human cells in culture

Laboratory experience and analysis indicate that certain types of healthy cells in culture may survive indefinitely when "nutriented" properly and protected from harmful toxins.



Cells after adding digested products from a fatty meal

Cellular damage is caused by oxidized lipids from fatty food. Consider that such damage could occur throughout the body.



Similar cells when antioxidants are introduced

Antioxidants provide a marked improvement in inhibiting cellular damage from oxidizable foods. Healthier eating habits and proper nutrition are your first line of defense.

TODAY'S HEALTH REALITY

Living a life you love begins with great health. But today's unfortunate reality is that many people's lives are plagued by the leading causes of premature death.

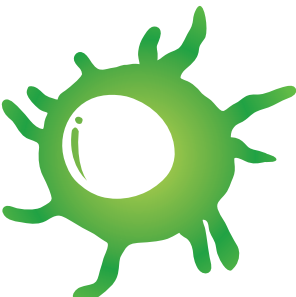
The majority of these degenerative diseases are caused by poor lifestyle choices. But it's never too late to make a change for the better.

DIABETES IS THE LEADING CAUSE OF kidney failure, non-traumatic lower limb amputations, and new cases of blindness among adults in the USA, and it is a major cause of heart disease and stroke.¹

**CARDIOVASCULAR
DISEASE**
(17.3 MILLION*)



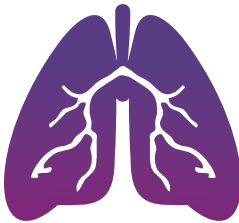
CANCER
(7.5 MILLION*)



STROKE
(6.1 MILLION*)



**RESPIRATORY
DISEASE**
(4.2 MILLION*)



DIABETES
(1.2 MILLION*)



*Annual worldwide figures; World Health Organization. Global Health Observatory Data Repository. Retrieved May 2012 from <http://apps.who.int/ghodata/?vid=10012>

1. http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf

ESSENTIAL HEALTH

TRUE HEALTH—IT'S ESSENTIAL

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!



HealthPak™

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

Chelated Mineral

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

Mega Antioxidant

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

Essentials™

Mega Antioxidant and Chelated Mineral comprise the USANA Essentials for adults. This duo delivers a broad range of vitamins, minerals, and antioxidants to support the health of your entire body from the cell up.

NOW KOSHER CERTIFIED



Sometimes following the strict guidelines of a kosher diet can be tricky. USANA offers a Kosher Essentials that provides a strong nutritional foundation similar to the regular Essentials, all while following the restrictions related to the ingredient sourcing and manufacturing of kosher products.



“When it comes to a healthy lifestyle, we always recommend the USANA Essentials or HealthPak for a strong foundation of health. We passionately believe we are all created to thrive, and that begins with optimal nutrition. Choose USANA’s first-class science and experience a life that thrives!”

Dustin & Melissa Fields
Washington, USA
USANA Associates

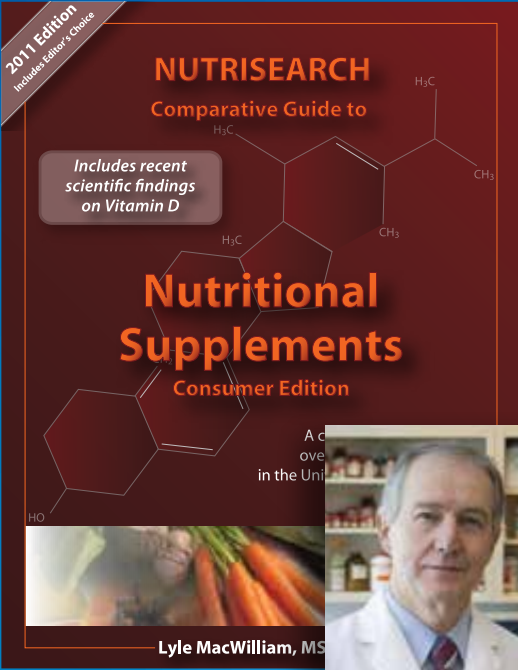
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BEST OF THE BEST

“Now in its 5th edition, the *NutriSearch Comparative Guide to Nutritional Supplements* compares more than 1,600 nutritional products in North America to an independent nutritional benchmark developed from the individual recommendations of 12 recognized nutritional authorities.

“The guide recently awarded USANA its highest distinction possible—the NutriSearch Gold Medal of Achievement™—and selected USANA as its Editor’s Choice for the second time.”

—Lyle MacWilliam, BSc, MSc, FP, former Canadian Member of Parliament, and Member of the Legislative Assembly for British Columbia



Powerful polyphenolic antioxidants found in olives are not available from other dietary sources. USANA's patented Olivol®—Olive Fruit Extract contains a high concentration of these unique antioxidants, delivering many of the health benefits associated with olive fruit and olive oil consumption, including supporting cardiovascular health.

FOR EVERYONE

CREATING A FOUNDATION

By Christine Wood, M.D., USANA Scientific Advisory Council, practising pediatrician, author of *How to Get Kids to Eat Great and Love It!* and kidseatgreat.com

Proper nutrition before and during pregnancy can influence a baby's health throughout his or her life, and it plays a role in everything from future appetite and metabolism to intelligence and temperament.

Healthful diets with adequate folate may reduce a woman's risk of having a child

with a brain or spinal cord birth defect. But there are many other nutrients to consider during pregnancy and breast-feeding. Omega-3 fatty acids have been linked to brain and eye health, and iodine to neurocognitive development. Adequate vitamin D supports bone development and immunity. And iron is important for supporting the mother's red blood cell formation and for ensuring the baby has adequate iron stores for the first few months of life.

A comprehensive prenatal nutrition program includes a wide range of USANA products: USANA BabyCare

Prenatal Essentials™, BiOmega™, Active Calcium™ Chewable, and, for most women, USANA's Vitamin D supplement (pregnant women should monitor their vitamin D levels and aim for around 40–60 ng/mL). Knowing that the USANA BabyCare Prenatal Essentials provide safe levels of nutrients for a healthy pregnancy and for a baby's optimal growth and development, along with USANA's guaranteed quality, purity, and potency, should give moms and moms-to-be confidence that they are providing an excellent start for their baby's future health.



BabyCare Prenatal Pack

A convenient dose of essential, top-quality vitamins and minerals. Pack includes Mega Antioxidant and Chelated Mineral with added iron.



BodyRox™

A comprehensive range of vitamins, minerals, and antioxidants to help busy teens stay healthy and energized.



MYHP



Usanimals™

A tasty wild-berry chewable that provides balanced nutritional support for growing children.



BiOmega™ Jr.

A delicious burst of omega-3 fatty acids and vitamin D for healthy minds and bodies.

USANA FOR ALL GENERATIONS

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 line of Essentials that will give you and your family a healthy head start.

To provide children's bodies with adequate amounts of all the essential nutrients, parents should implement a well-balanced, proactive nutritional plan that includes high-quality vitamin and mineral supplements in addition to a healthy diet.



"There is not another company out there that puts the time, money, or effort into making quality products like USANA does. I'm thankful we found USANA before we started a family. We have two healthy USANA babies and one on the way. As a mother, you want nothing but the best for yourself during pregnancy, and with USANA, you know you will always have the best."

Jaclyn & Brian Bohlke
Texas, USA
USANA Associates

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Source: Office of Dietary Supplements. National Institutes of Health. 2012. <http://ods.od.nih.gov/>

YOU'D HAVE TO EAT APPROXIMATELY 22,000 CALORIES AND SPEND MORE THAN \$33 A DAY TO GET THE SAME AMOUNT OF NUTRIENTS FOUND IN A DAILY DOSE OF THE ESSENTIALS.

18.5 medium oranges
Vitamin C (1300 mg)

80 medium bananas
B6 (32 mg)

44 large eggs
Vitamin D (1800 IU)

4.3 cups cooked spinach
Folate (1000 mcg)

7 oz. cooked clams
B12 (200 mcg)

2 lb. bag sunflower seeds and quart corn oil
Vitamin E (400 IU)

3 oz. olive oil
Olivol® (30 mg)



5 chicken breasts
Zinc (20 mg)

1 serving of yogurt
Calcium (270 mg)

2.5 cups black beans
Magnesium (300 mg)

9 oz. baked cod
Iodine (300 mcg)

The information provided herein is intended for educational and personal use only. Information on nutrients was assembled using the best available information, but should not be considered universally applicable as nutritional content of food can vary by manufacturer, region, brand, lot, and preparation method.

YOUR HEALTH.

CARDIOVASCULAR SYSTEM

The cardiovascular system includes the heart and blood vessels. It is responsible for circulating blood, which carries nutrients, oxygen, and blood cells throughout the body.

NERVOUS SYSTEM

Consisting of the brain, spinal cord, and nerves, the nervous system collects and processes information from inside and outside the body and sends relevant commands to the muscles and glands throughout the body.

CELLULAR FUNCTION

The fundamental molecules of life, cells have unique functions in every part of the body. Our health depends on repairing and regenerating cells to keep them functioning properly.



Proflavanol® C100 Proflavanol® C200

Supports circulation, immune function, and skin health.



CoQuinone® 30 CoQuinone® 100

Supports cellular energy production and heart and healthy nerve function.



Ginkgo-PS™



Supports memory and maintains cognition and circulation.



Visionex® Visionex® DS



Supports long-term eye health and visual performance. Also supports skin health.



Booster C 600™



Supports short-term immune function.



Vitamin D



Supports bones, teeth, heart, and immune function.



BiOmega™



Supports heart, brain, skin, eye, and joints. Important for healthy pregnancies.



Available in MyHealthPak™



Products that offer antioxidant activity



Kosher product

HYBRID

State-of-the-art manufacturing process featuring bilayer tableting

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.

AN INNOVATIVE APPROACH TO PERSONALIZED NUTRITION



TrueHealth™
ASSESSMENT

Understanding your health is the key to maintaining your health. The USANA True Health Assessment helps you do just that. In less than 15 minutes, this innovative tool will provide you with detailed, easy-to-read health reports that will help you get the most out of your nutritional regimen.

For more information, scan here:



YOUR WAY.

SKELETAL SYSTEM

Bones, cartilage, and connective tissues make up the skeletal system. This important framework of the body provides us with support, allows for a wide range of movement, and protects internal organs.

ENDOCRINE SYSTEM

The endocrine system is a group of glands that regulates body processes by producing hormones, the chemical messengers in the body. These hormones affect various glands in the body.

DIGESTIVE SYSTEM

From the mouth to the colon, the digestive system includes all the organs involved in breaking food down into forms that are useable by the body to properly remove waste and toxins.



Active Calcium Chewable™



Promotes strong bones and teeth. Can also be used as an antacid.



Active Calcium™



Promotes strong bones and teeth.



Procosa®



Supports joints and connective tissues.



Palmetto Plus™



Designed for men to help support prostate health.



Pure Rest™

Supports restful sleep and immune function.



PhytoEstrin™



Designed for women to help support temporary relief from perimenopausal symptoms. Formulated to help support bone and heart health.



Fibergy® Plus

Supports digestion, promotes regularity, and keeps you feeling fuller longer after meals. May reduce the risk of heart disease.[†]



Digestive Enzyme

Supports digestion and temporary relief from gas and bloating. Assists with nutrient absorption and supports the normal elimination of toxins from the G.I. tract.



Hepasil DTX™

Supports healthy normal detoxification processes in the liver.



USANA® Probiotic

Supports healthy digestion, immune function, and maintains regularity.

[†]The development of heart disease depends on many factors, including high LDL cholesterol and high blood pressure. Soluble fiber from foods such as Fibergy Plus, as part of a diet low in saturated fat and cholesterol, may help reduce the risk of heart disease. One serving of Fibergy Plus supplies the body with 2.9 grams of the soluble fiber from psyllium necessary per day to have this effect.

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CREATED BY YOU.

You are unique. You deserve a personalized approach to health that is tailored to your individual needs. MyHealthPak™ allows you to design your own AM and PM nutritional supplement packs: start with the Essentials™ and then customize your pack with a selection of Optimizers.



“As a certified health coach, I know that high-quality supplementation is one of the easiest things people can do to improve their overall state of well-being. Beyond being easy, MyHealthPak™ is convenient, affordable, and, most importantly, effective.

Being able to personalize AM and PM supplement packs to our own individual needs is revolutionary, with the best products in the industry no less.”

Elizabeth Rider
Montana, USA
USANA Associate



SCIENCE MEETS DELICIOUS



KATHY KAEHLER

Celebrity trainer, creator of Sunday Set-up™, and USANA spokesperson

“Healthy living starts with good choices, from what we put in our bodies to how we move them. That’s why I rely on USANA® Foods, from RESET™ to Nutrimeal™. I get the balanced energy that I need, and I know they’re scientifically developed with superior nutrition so you can live healthier.”



Chocolate Whey

French Vanilla

Dutch Chocolate

Nutrimeal™ Free

Wild Strawberry

Nutrimeal™

Nutrimeal shakes are gluten-free* nutritionally balanced meal replacements that provide a healthy ratio of carbs, proteins, and beneficial fats to help support optimal health and an ideal weight. Their low-glycemic formulas are designed to deliver sustained energy and control hunger.

Chocolate Whey Nutrimeal™

Rich in potassium and developed for those sensitive to wheat, soy, or gluten, Chocolate Whey Nutrimeal is a delicious, convenient “whey” to get the protein you need to build a healthy body.

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.

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.



Fudge Delite

Choco Chip

Peanutty Bliss



Go Nuts ‘n’ Berries

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 bite of this salty sweet treat!

*For our customers sensitive to gluten: No gluten containing ingredients are used in this product. However, Chocolate Whey and French Vanilla Nutrimeals are produced in a facility that manufactures other foods that do contain gluten.



PATRICK FOLGER
LOST 50 POUNDS IN 90 DAYS

BETTER RESULTS BY RESET™

Developed by USANA scientists, RESET is a nutritionally balanced program to help you maintain good health and an ideal weight. The RESET program is simple—it combines the benefits of a low-glycemic diet, complete nutrition, and an active lifestyle in three easy-to-follow phases: the 5-day Jumpstart, Transform, and Maintain.

The benefits of RESET go beyond weight loss. This program will not only help you shed pounds, but it will assist you in making positive changes to your overall lifestyle.† **Start your transformation today.**



JOCELYN ADAMCZYK
LOST 51.4 POUNDS IN 90 DAYS



†Individual results may vary. RESET weight-management program lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. in five days. 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, lactating, have allergies, are taking medications, or are under the care of a physician. Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.

For more information, scan here:



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BE BEAUTIFUL

sensé

beautiful science®

Sensé beautiful science® is a complete face and body care collection without added chemical preservatives. Its patented Self-Preserving Technology combines purifying botanicals in protective liquid crystals, so each product stays fresh naturally. Skin looks younger and healthier.

ASHLAN GORSE

E! Entertainment
News correspondent

“I love Sensé. The entire line is amazing. The Eye Nourisher is a dream and has saved me on many morning shoots!”



A long-time fan of Sensé products, Ashlan Gorse has been compensated for use of her name and likeness in marketing materials.



No Added
Chemical
Preservatives

THE FOUNDATION OF BEAUTY IS THE HEALTH OF YOUR CELLS

Developed by USANA Health Sciences, Sensé products are formulated to properly nourish and hydrate your skin’s cells, for younger looking, healthy skin. The Sensé beauty regimen is designed to be a comprehensive approach to skin and hair care, incorporating the latest developments in Topical Nutrition and Anti Aging Technology.

BODY CARE FOR THE ENTIRE FAMILY

Radiate health from head to toe with the Sensé body care collection.



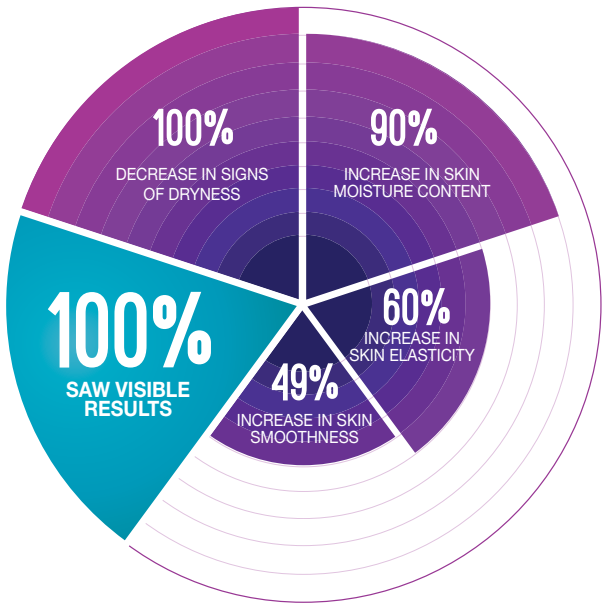
SENSÉ. SCIENCE-BASED. RESULTS-FOCUSED.

The Deluxe Pack features the full range of facial products. In an eight-week clinical study, Deluxe Pack users experienced a decrease in the appearance of fine lines, wrinkles, and dryness, and increased smoothness, elasticity, and moisture. All that in just eight weeks, with visible results in as few as two.

For more information, scan here:



8-WEEK CLINICAL TEST RESULTS



Topical nutrition

Proflavanol-T® Antioxidant Complex

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

Proteo-C® Vitamin C Complex

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



Anti Aging Technologies

DSR™ (Dermal Surface Renewal) Technology

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

Regenisomes™

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



“USANA supplements ensure you’re giving your body the proper internal nutrients it needs for healthy, glowing skin. Sensé further enhances that effect through exclusive topical nutrition complexes such as Proteo-C.”

Amy Chalmers is an internationally qualified dermal therapist, product formulator, researcher, and USANA consultant. She embraces cutting-edge natural alternatives for restoring beautiful skin and is gaining recognition as the founder of Natural Skin Solutions in Vancouver, British Columbia, Canada.



GREAT FOR MEN, TOO!

“I didn’t think much about caring for my skin before I was introduced to USANA. I am a guy and felt like it wasn’t for me. However, after learning about the science behind Sensé’s skin care products and the importance of skin care for overall health, I decided to give the products a shot. Not only does my skin feel better, it looks better. Whether it’s after a sweaty workout or a typical workday, I trust my skin to Sensé to give me the nutrients I need for optimal skin health.”

J Leman
Illinois, USA
USANA Associate

ASSOCIATE WITH SMART

Everyone wants to be smart. And sure, everyone is smart in their own way. But science smarts? That takes a special breed of people—people who are curious about the world and who want to make it better through scientific discovery.

USANA scientists are certainly special, and they’re supremely smart. Our research and development team is made up of talented chemists, molecular and cellular biologists, nutritional biochemists, pharmacists, and sports science experts. Working together in our very own high-tech laboratories, they meticulously test, study, and research our products and develop new ones based on the latest in nutritional scientific discoveries.

USANA believes in the benefits of science, and it demonstrates this belief through major investments in studies, equipment, and, of course, the manpower it takes to keep our company on the forefront of nutritional science.

At USANA, lab coats aren’t a fashion statement—they’re a necessity. And that’s smart.



Front row from left to right: Jim Eng, Howard Goldfine, Austin Winegar
Second row from left to right: Brian Dixon, Ph.D., John Cuomo, Ph.D., Jenna Templeton
Back row from left to right: Cory Telford, Sean Surbeck, Mark Brown, Mark Levy, Ph.D., Jeremy Tian, Ph.D., Erik Schneider
Not pictured: Toni McKinnon, Russ Barton, Armando Vasquez, Cory Telford, John Bosse

USANA SCIENTIFIC ADVISORY COUNCIL

The Scientific Advisory Council members were selected for their exceptional expertise in nutritional medicine and preventive nutrition. Representing Associates who are physicians and healthcare professionals throughout the world who recommend USANA to their patients, they also provide USANA with valuable insights into product applications and efficacy. USANA works with the Scientific Advisory Council on a regular basis to review formulas and get suggestions for how our customers can best incorporate our products into comprehensive lifestyle programs promoting health and wellness.



Dr. Balz Frei

Director and endowed chair at the Linus Pauling Institute, Dr. Frei is also a distinguished professor in the department of biochemistry and biophysics at Oregon State University. He received a Ph.D. in biochemistry from Swiss Federal Institute of Technology in Zürich, Switzerland.

Dr. Christine Wood

Practicing pediatrician with expertise in nutritional medicine for children, Dr. Wood is the author of *How to Get Kids to Eat Great and Love It*.

Dr. Monica Lewis

Speaker and co-author of a number of books, Dr. Lewis, along with her husband, cardiologist Dr. Gerald Lewis, wrote *Dietary Supplements, Cancer and Heart Disease* and practices holistic medicine.

Dr. Bart Moore

Board certified in family medicine and as a physician nutrition specialist, Dr. Moore is a Diplomate of the American Board of Anti-Aging Medicine, with a private practice emphasizing nutrition and prevention.

Dr. Tim Wood

Former executive vice president of research and development at USANA, Dr. Wood received a Ph.D. from Yale University and has spent more than 25 years managing research and development programs.

Dr. Peter W. Rugg (Chair)

Diplomate, American Board of Internal Medicine; and Fellow, American College of Emergency Physicians.

Dr. Heather Tick

Leading physician, speaker, and researcher specializing in holistic approaches to treating chronic pain and promoting healthy aging, Dr. Tick is the author of *Life Beyond the Carpal Tunnel*.



JOIN THE REVOLUTION

REV IT UP!

Rev3 Energy® Drink

Cleaner. Smarter. Stronger. Rev3 Energy is all the power of an energy drink—refined. With an advanced formula of antioxidants and caffeine derived from green tea, Rev3 Energy is a superior alternative to the sugary, high-calorie, crash-and-burn energy drinks currently on the market.



For more information, scan here:



WHAT SEPARATES REV3 FROM OTHER ENERGY DRINKS?

- Free from added preservatives, and is a 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.

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YOUR WEALTH

THE FUTURE OF BUSINESS IS HERE

Actually, it's been here for a while. Maybe you didn't notice it because of the lack of flash—no shining corporate monoliths shooting higher into the sky or golden parachutes floating safely to the ground. You might have been searching for another big, bold ad or a hot stock symbol. That's OK. But when you're looking for the future of business—and the present, really—you have to train your eyes away from the billboards and the TV. You won't find it there.

Try looking closely at your neighbors, friends, and family. There, in the relationships you build with people, you'll find the present and future of business, and lasting hope for the entrepreneurial spirit. The future of business isn't in a cubicle on a non-descript floor of a non-descript office building. It's in your living room, in the strength of people's convictions, and in

the vision of those looking to make a positive change.

Direct selling is the present and the future of business.

And there has never been a better time to start. The direct selling industry has been growing steadily, and there is still plenty of room for motivated individuals to experience a life of financial and time freedom. The World Federation of Direct Selling Associations (WFDSA) estimates worldwide retail sales for 2012 at \$166.8 billion, and puts the number of people participating in direct selling at 89.6 million. In North America alone, the WFDSA places sales figures at \$41 billion.

Those are staggering numbers. But the benefits the 89.6 million people are experiencing around the world are even more impressive.

- Consider that with direct selling, you have:
- **Big opportunities for growth and profit with little start-up cost and virtually no overhead.**
 - **No restrictions on education, experience, age, background, or financial status. The only restriction in direct selling is the amount of effort a given person is willing to put in.**
 - **Leveraged income, and the chance to earn money while helping others succeed—instead of earning it because others fail.**
 - **The ability to set your own schedule, and the flexibility and freedom to enjoy life.**
 - **A chance to grow as a person by overcoming challenges, achieving goals, and getting out of your comfort zone.**

While the unparalleled opportunity for growth and the extra benefits make direct selling the avenue for entrepreneurship now and in the future, it's the industry's unique ability to affect positive change that sets it apart.

That's why you'll find the future of business in the faces of people struggling to make ends meet. Single mothers and fathers looking to support their children. Couples burdened with debt. Recent college graduates wading into uncertain economic waters. Retirees looking for a financial security blanket. Direct selling gives **you** the opportunity to make money and change **your** life. But, unlike other opportunities, direct selling also allows **you** to help make positive changes in the lives of others as well.

And that's why, even without the flash, the present and future of direct selling—and the future of business in general—looks so bright.

SIX WAYS TO EARN INCOME WITH USANA



RETAIL SALES
Earn profits on the difference between Preferred Price and retail price.



WEEKLY COMMISSIONS
Earn a starting commission of up to 20% from your customers and sales volume of your team.



LIFETIME MATCHING BONUS
Sponsor new Premier Platinum PaceSetters and receive up to a 15% match of their commission volume for the life of their USANA businesses.*



INCENTIVES
Be rewarded with luxury travel, prizes, and even extra cash through USANA's generous incentive programs.



LEADERSHIP BONUS
Participate in USANA's 3% worldwide weekly bonus pool.



ELITE BONUS
Be one of USANA's top income earners and receive a portion of a quarterly \$1,000,000 bonus.†

*As long as you are commission qualified and in compliance with your Associate agreement.
†Current payout is approximately \$1,000,000 per quarter. Payout amounts vary each quarter.



DENIS WAITLEY

Waitley is an internationally renowned author, keynote speaker, consultant, and former chairman of psychology on the U.S. Olympic Committee's Sports Medicine Council

"I have devoted my career to counseling peak performers, from Super Bowl and Olympic champions to Fortune 500 corporations such as Microsoft, IBM, AT&T, and Mercedes-Benz. For many years I have focused on USANA Health Sciences, Inc., because I believe it is the very best in its industry, with enormous upside potential to enhance human wellness worldwide.

USANA leads the competition in what it takes to get on top and stay there. First, science-based, high-quality product makes USANA the brand of choice. Equally important is USANA's dominance in the personalization of its products to meet individual needs. USANA

management has capitalized on the greatest trends in global marketing: health and wellness, individual customization, direct to customer sales, and a business model offering outstanding financial incentives to its Associates."



PAUL ZANE PILZER

Pilzer is an economist, social entrepreneur, professor, public servant, and author of nine best-selling books and dozens of scholarly publications.

"With direct selling, the headaches of traditional business ownership are virtually eliminated. This business offers low startup costs, has no employees or insurance expenses, and the overhead is practically nonexistent. The direct selling business model also utilizes new technologies...which help make it easier than ever to own a business."

USANA VOTED "#1 Distributor's Choice"
For Best Network Marketing Company by MLM Insider for 16 consecutive years

BEST

Nutritional Company
in Network Marketing
Weight Loss Company
in Network Marketing
Compensation Plan
in Network Marketing—Binary
2012



OPEN BUSINESS FOR UNDERSTANDING YOUR USANA BUSINESS

The USANA business opportunity operates under a simple premise: when you successfully share USANA's products and the USANA business with others, you get paid for your efforts.

HOW IT WORKS

STEP 1: OPEN YOUR BUSINESS CENTER(S)

When you join USANA, you'll open one **Business Center** or three Business Centers, based on whether you'd like to start a small business or a large business. You'll earn commissions on your product sales through your Business Center(s).

STEP 2: SHARE USANA

Your USANA business is based on a binary compensation plan, which means you'll begin building your business with a left and a right side. You'll earn weekly commissions based on the total number of **points** you and your team collect on each side of your business—this is called **Group Sales Volume**, and it includes sales from both Associates and **Preferred Customers** on your team.

The amount you earn from your USANA business will be in direct proportion to your ability to share USANA's wellness products with other like-minded people, as well as your ability to build a team of Associates who, like you, share USANA's products with others and build strong teams of their own.

STEP 3: MAKE THE MOST OF IT

Leverage the income you make through your USANA business in a number of ways.

DOUBLE YOUR COMMISSIONS BY OPENING THREE BUSINESS CENTERS



As you build Business Centers two and three, you are simultaneously building Business Center one without additional effort because the Group Sales Volume in your second and third Business Centers rolls up to your first Business Center.

ROLLOVER



You are paid out each week on the Group Sales Volume that is the same, or matched, on both your left and right sides. But what about the rest? It becomes rollover for your next check (up to 5,000). Continue to build both sides of your business evenly to take full advantage of the work of you and your team members.

ADDITIONAL BUSINESS CENTERS (FIGURE A)



As you continue to grow your USANA business, you can qualify for Additional Business Centers, which allow you to increase your income potential. Whenever you **maximize a Business Center**, you earn an Additional Business Center. There are no limits to the number of Additional Business Centers you can earn, which means there are no limits to how big your business can grow.

BUSINESS CENTER:

Your storefront. Think of opening a Business Center like opening a physical location for your business. The more Business Centers you have, the more money you can potentially make.



POINTS:

Each USANA product has a point value. This is different from the dollar amount. Points contribute to your overall volume, which determines your commission.



=POINTS

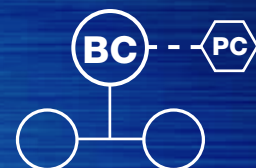
GROUP SALES VOLUME:

The cumulative volume of sales (in points) you and your team earn. This is tallied every week, and there is no limit to the number of people in your organization from whom you can earn Group Sales Volume. There are also no monthly Group Sales Volume requirements.



PREFERRED CUSTOMER (PC):

A USANA customer who receives **Preferred Pricing** on USANA's products, but is not eligible to receive commissions when they share USANA with others. Orders by Preferred Customers in your team add to your total Group Volume each week.



HOW DO I GET PAID?



You will earn commissions based on where the Group Sales Volume on the left and right sides of your Business Center match. Find where the Group Sales Volume on your left side matches the Group Sales Volume on your right side, and multiply it by 20 percent (or .2). This total equals your Commission Points for the week. Points are converted into your country's currency.



MAXIMIZE A BUSINESS CENTER:

Accumulate 5,000 points in Group Sales Volume, current and rollover, in both of your Business Center's sides in a single week.



"What sets USANA apart from everyone else, first and foremost, is their relentless pursuit to always be the best at every level. From one man's vision and the best corporate leadership you could ask for, to the science-based, top-rated products, to a highly lucrative pay plan that anyone can profit from, USANA truly is the 'King of the Mountain!'"

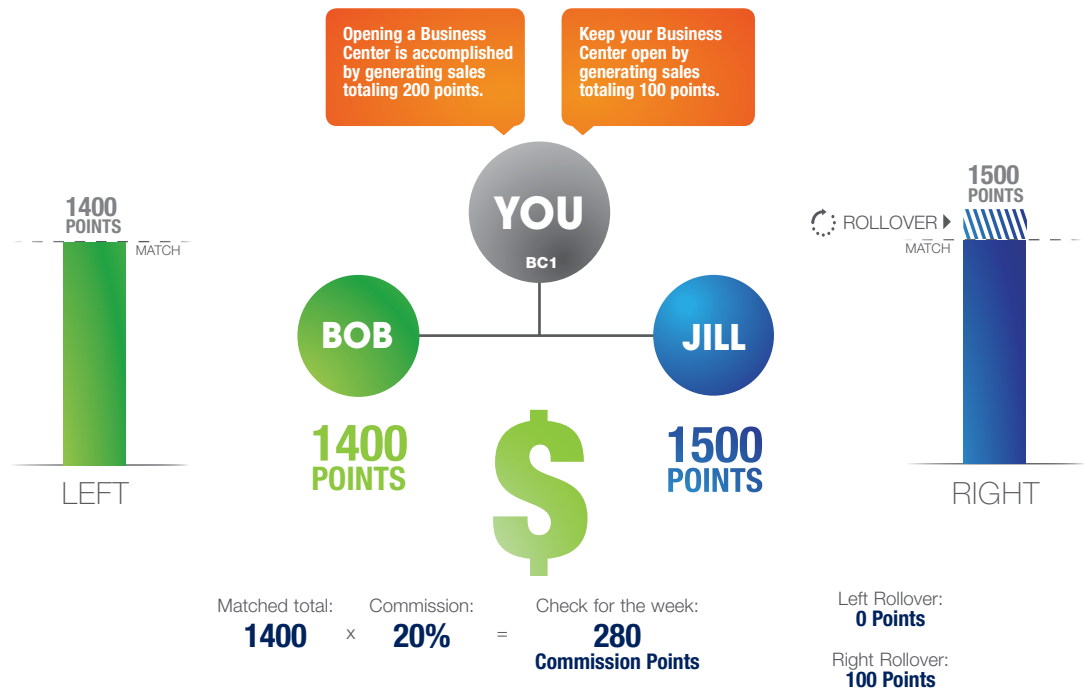
Michael & Michelle Ward,
Texas, USA,
USANA Associates



"I spend time with successful entrepreneurs of all different business backgrounds, and I can say with utmost confidence that USANA is the smartest business I know of for people who want to create true freedom. There's no other business that provides the foundation for lifestyle and time freedom like USANA does."

Kate Northrup Moller,
Maine, USA,
USANA Associate

1 BUSINESS CENTER



POTENTIAL WEEKLY INCOME
BASED ON YOUR EFFORTS

With USANA, you're paid on any matched Group Sales Volume (starting at 125 points) from your left and right sides. This chart shows a few examples to help you visualize the potential growth of your USANA business.

Remember, take any matched Group Sales Volume from your left and right sides, multiply it by .2 (or 20 percent) and you'll see the Commission Points you'll earn for that week!

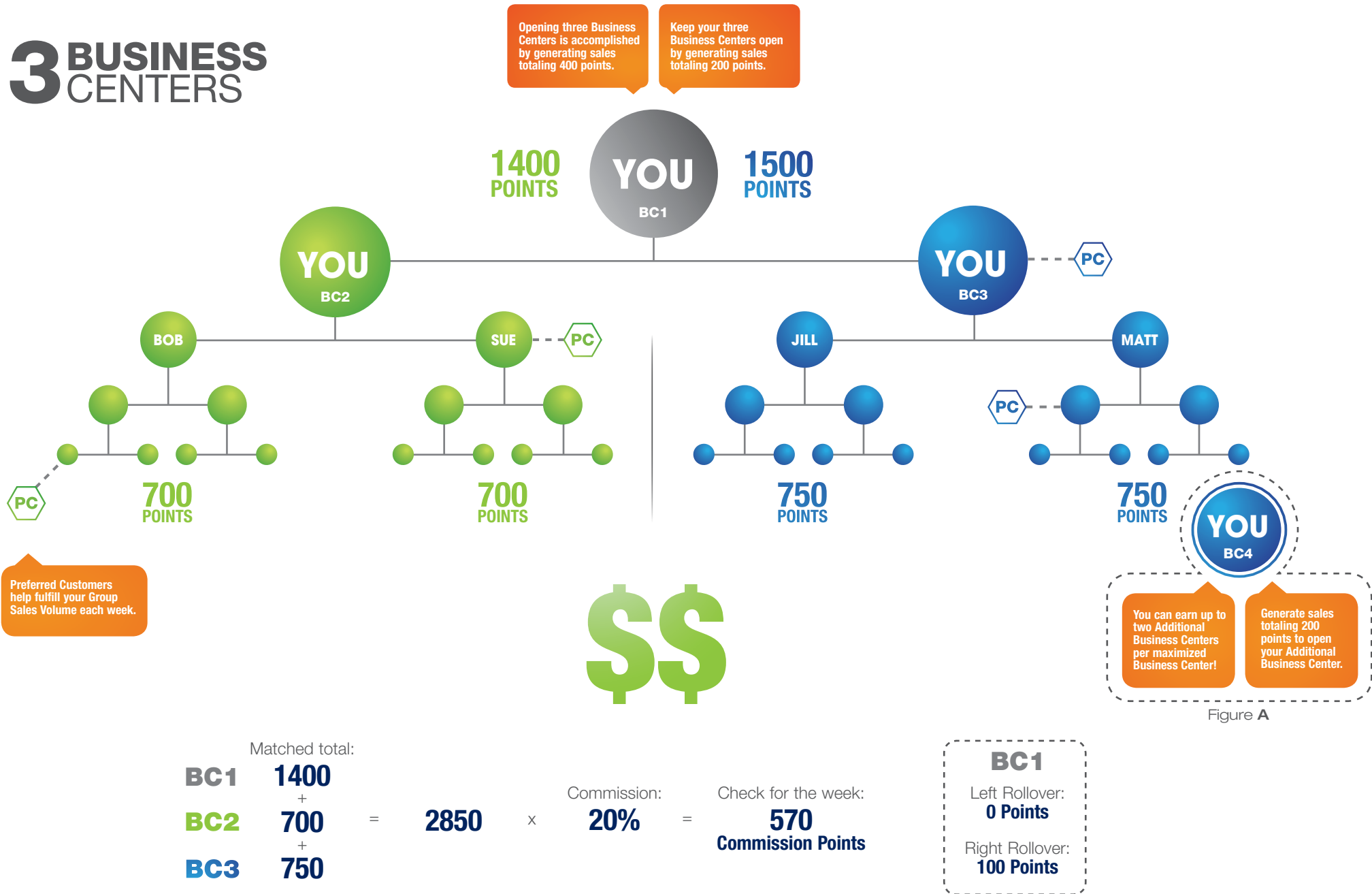
Left Group Sales Volume	Right Group Sales Volume	Matched Volume	Commission Points
125	150	125	25
350	425	350	70
675	547	547	110
1,000	1,500	1,000	200
2,500	2,750	2,500	500
4,457	4,780	4,457	892
5,000	5,400	5,000	1,000

You've maxed your Business Center!

Remember, any points that remain unmatched (up to 5,000) will roll over to next week! In this example, 323 points will roll over and count toward your next check.

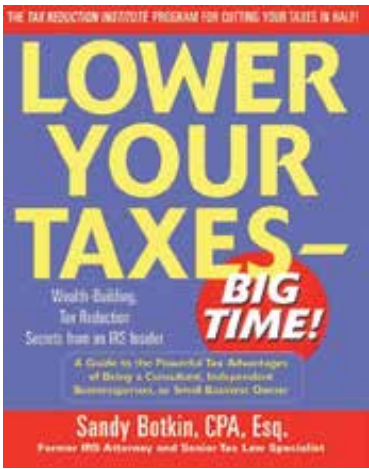
Because USANA is a global company, we use Commission Points instead of dollars to calculate your commission. Your Commission Points are converted into your country's currency. In the U.S., one Commission Point is equal to one dollar.

3 BUSINESS CENTERS



TAX ADVANTAGES

There are many advantages to having a home-based business. But what about tax benefits? You may be able to deduct the regular expenses incurred by your business, from travel and transportation to business licenses or the cost of entertaining potential Associates or Preferred Customers in your home. Contact your tax professional for more information.



SANDY BOTKIN

CPA, former IRS tax attorney, founder of the Tax Reduction Institute

“The light at the end of the tunnel...is the financial opportunity that starting your own business offers. Every North American taxpayer who works a full-time job and does not have a side business is probably overpaying taxes to the tune of \$3,000 to \$9,000 a year!”

\$76,000 is the average yearly income for an established, full-time USANA Associate. \$25,000 is the annual average of those who earned as little as one commission check each month. Total earnings include commissions, Leadership Bonus, Matching Bonus, contests, and incentive compensation. The number of full-time Associates who have maxed at least 1 Business Center during the year equals less than 1% of all Associates. Those Associates earning as little as one check a month and associated with USANA for more than six months equals 3% of all ordering Associates. If you include all 135,590 ordering Associates, which includes: Associates not actively building a business (acting as wholesale buyers), Associates who just joined (as little as one day), and those who are just beginning to build their customer base, the average yearly income is still \$616.72 with nearly one in three earning a check. To date, USANA has had more than 200 global Associates become lifetime Million Dollar Club members.



Photo features 2012 members of the Million Dollar Club

THE MILLION DOLLAR CLUB
IS AN ELITE GROUP OF OVER
200 ASSOCIATES WHO HAVE,
THROUGHOUT THE COURSE
OF THEIR USANA CAREERS,
EARNED AT LEAST \$1 MILLION
IN COMMISSIONS.

Collette Larsen & Zachary Ross
Bud & Bunny Barth
April London
Susan Waitley
Lyndon Redman & Marie-France Morin
Jeremy Stansfield
Sterling & Mary Ottesen
Pete & Dora Zdanis
David & Falia Ledoux
Dan & Nanc Christy
Tren & Brandie Grant

John Kinnear
Brian & Jennifer Douglas
Deanna & David Waters
Sophia Marcoux & Jacques Fiset
Kevin Goodwin
Jean & Peter Cheung
Paul & Leslee Maki
Bryan & Monica Penrod
Rita Hui
Dean & Sherri Chionis & Matt Chionis
Dan & Rebecca Brink

Frank Feng & Bin Yang
Matt & Shanna Ryan
Nathalie Deslauriers & Jean-Simon Marcoux
Rory Jones
Bob, Mary, Amy & Xian Lin
Terry & Terri Wright
Amie & Linda Knight
Steven Chen & Zhi Xian Jin
Bryan Morris
Mario & Kveta Martucci
Annette & Victor Que
Queen & Alan To
Alandra McLaren
Terry Wang & Linda Ju
Janet L. Moore
Wang Bai Lu & Chiang Chun Tze
Tony & Tammy Daum
Carmen Marshall
Lisa Tolman
Janet Ott

Mike & Miriam Miller
Feng Ye & Jian-Qin Gu
J'en El
Tonja & Wade Hillebrant
Faye & Ray Despins
Stephen Daniel
Hou Ya Chen & Joy Huang
James & Rajamma Fernandez
Bill & Jenny Huang
Madeleine & Jacques Marcoux
Louise Lagarde
Majid & Kahnoush Mokhbery
Kiichiro Tani
Alice Hsieh
Gong Zheng Fa & Zhao Qian
Patti Roney
Jasmine Zhao
Chun-Ming Chang & Aileen Zhou
Monica Lewis
Dr. Christiane Northrup

Will Johnson
Karen Shumka
Helen & Chris Jamieson
Wu Li Mei & Han Te Ming
Li Ying
MaengJa Lee & BongKi Kim
Romela Lesleigh Quinn
ChangJin Lee & JaeYun Jung
Huang Lee Shin
Robert Groves
Lisa Liming Li, Qisheng & Tony Jiang
Shingo Otsuka
Cynthia Li Zhang
Brenda Guadalupe Alcaraz Pérez & Dr. Alberto Peña del Moral
Salim Farah
Ri Yue Liu
Mei Huang
Dave Steinhaus
Tseng Kui Mei

Dan Micheli
Dr. Karen Wolfe
Maureen Chu & Raymond Lo
Sam Renga
MiYoung Kim & HaeDuck Kim
Amily Hsieh
Michael Callejas
Chun Yan Kelly Li
Long Zheng & Guo Chao Ying
Teresa & Ian King
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Please see income disclaimer on page 3.

“Oh the places you’ll go! Does your inner adventurer long to zipline through jungle canopies or jetboat under the thundering Iguazu Falls in Argentina? Perhaps an elaborate dining hall in a medieval castle in Ireland is more to your liking? Or how about taking in the spectacular scenery of the Swiss Alps on a legendary railway journey? A gourmet dinner cruise on the Seine under the twinkling lights of the Eiffel Tower? Thank you, USANA. We dreamed it, and you made our dreams come true!”

Collette Larsen & Zachary Ross
California, USA
USANA Associates,
Fortune 25 members, Million Dollar Club members



“A key factor that really propelled our USANA business to success was to consistently and persistently build. Success is the sum of small efforts, repeated day in and day out! Even if you take just a few steps each day, they will eventually equal tremendous success. Your achievements will help others believe they can do the same.”

Aaron Dinh & Cathy Ngo
California, USA
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ELITE ESCAPES

USANA rewards hard work and dedication. So, in addition to earning a residual income, your efforts to build your USANA business can also earn you some amazing getaways. Relax on faraway beaches. Explore new, beautiful cities. Find yourself on the most luxurious cruise ships. With our amazing incentives, wherever you want to go, USANA will take you there.

