Product Information 2013

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

USANA

Everything we do helps you love life and live it.
your **health**. your **life**. your **way**.™

Undeniably Unique

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

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

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

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

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

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

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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.**

43 **FOODS**
44 Dutch Chocolate Nutrimeal™
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46 Chocolate Whey Nutrimeal™
47 Nutrimeal™ Free
48 Choco Chip™ Protein Snack
49 Peanutty Bliss™ Protein Snack
49 Fudge Delite™ Protein Snack
50 Go Nuts 'n' Berries™
51 Rev3 Energy® Drink
52 Rev3 Energy® Surge Pack
53 5-Day RESET™ Kit

54 **SENSÉ™**
55 Basics
Gentle Daily Cleanser
Hydrating Toner
Daytime Protective Emulsion
Night Renewal Crème

56 Enhancers
Serum Intensive
Perfecting Essence
Eye Nourisher
Rice Bran Polisher
Nutritious Crème Masque

58 Sensé™ Body Care
Energizing Shower Gel
Revitalizing Shampoo
Nourishing Conditioner
Firming Body Nourisher
Intensive Hand Therapy
Natural Whitening Toothpaste

You're Only as Old as You Feel

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

You have a choice.

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

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

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

Greater Expectations —The USANA Difference

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

A variety of government agencies conduct periodic inspections of USANA's Salt Lake City, Utah, manufacturing facility, requiring strict control of procedures and documentation. The facility also has been certified to be in compliance with Good Manufacturing Practices (GMP) requirements set forth in NSF/ANSI Standard 173-2012, Dietary Supplements by NSF International.

NSF GMP Registered

Taking the commitment to quality a step further, USANA's Salt Lake City facility became a registered FDA Drug Establishment in 2011. As such, all components of the manufacturing process are evaluated and inspected by the same FDA standards as are used for pharmaceutical products.

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

Innovations Based on Sound Science

Science…it's a common link that unites all corners of the earth by permeating our lives and informing our actions. Science provides us with a deeper understanding of who we are as a species and what we need to survive. Science betters us, and science saves lives.

Following Galileo's footsteps in his efforts to improve our quality of life through research, discovery, and innovation, scientists from around the world are responsible for the development of modern medicine… and the discovery of cellular nutrition.

Led by a vision of creating health and happiness for our consumers, USANA's world-class scientists formulate every USANA product to be complete, safe, and effective, based on the latest research and clinically tested ingredients. USANA also conducts ongoing studies, which have led to many groundbreaking discoveries that have directly improved upon and confirmed the various health benefits associated with our products.

USANA collaborates with prominent institutions, such as the Linus Pauling Institute, to advance the world's understanding of the effects of nutrition on health. In addition, USANA's in-house team works closely with the Scientific Advisory Council, a board comprised of top health experts, to get valuable insights into product applications and efficacy, as well as feedback on how best to promote human health.*

Scientific Advisory Council

Chairperson Peter W. Rugg, MD, FACEP
Monica Lewis, MD, MB ChB
Bart Moore, MD
Heather Tick, MD, CAFCI, DipAAPM
Christine Wood, MD, FAAP
Tim Wood, Ph.D., former executive vice president of research and development at USANA
Balz Frei, Ph.D.

The cell, the structural and functional unit of all living organisms, is the source of your body's energy supply; it's what keeps you going—it's what keeps you alive.

*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 Personal Program for Optimal Health

USANA's True Health Assessment

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

Optimal Health by Design

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

- Targeted **Nutritionals** help you fill nutrient gaps and address your personal health concerns.
- **USANA® Foods** support healthy glycemic control, making them a great foundation for overall well-being as well as healthy weight management.
- **Rev3 Energy®** provides a healthy alternative to sugary crash-and-burn energy drinks, so you can get through your day focused and revitalized.
- **Sensé™** skin care products, with patented Self-Preserving Technology, are designed to help reverse visible signs of aging and help keep you looking as young as you feel.

Assess Yourself

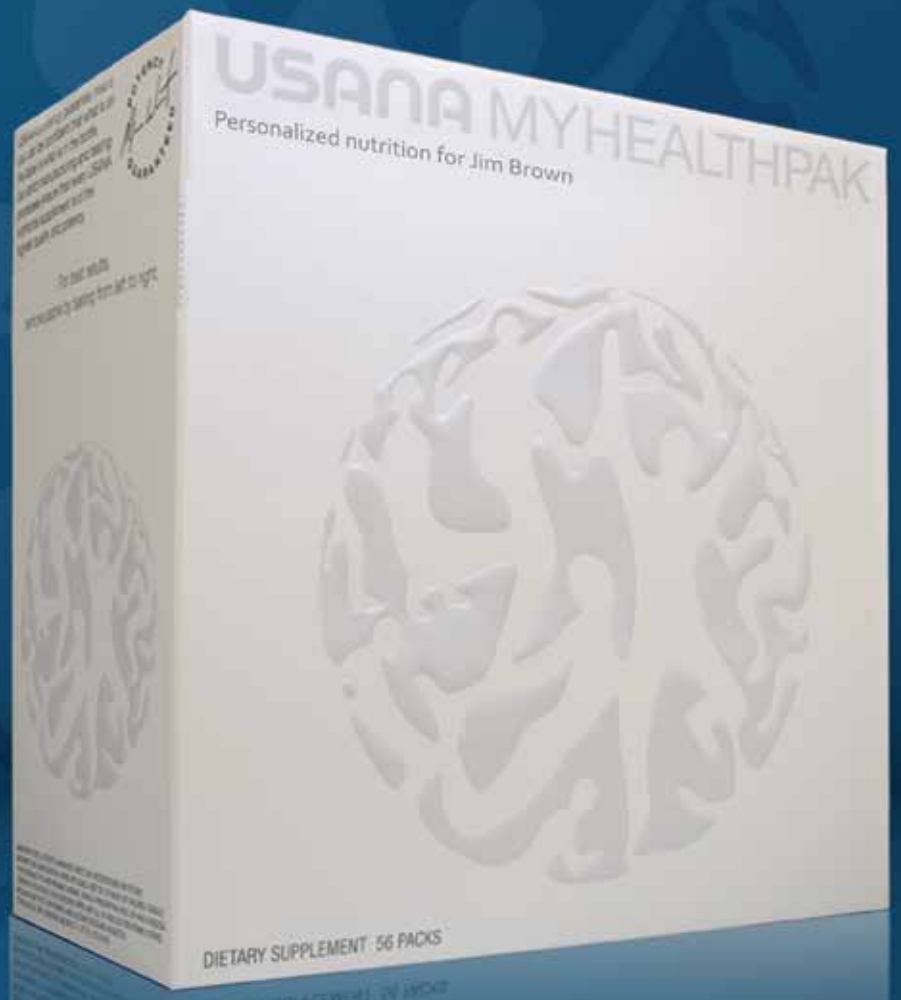
USANA takes the guesswork out of designing a personalized program for optimal health. Simply log on to truehealthassessment.com to complete a full evaluation of your current state of health and your lifestyle. In less than 20 minutes, you will have a list of recommendations tailored to your individual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

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™ ASSESSMENT

TrueHealth COMPANION

Your Health is in Your Hands



Simply put, the contents of this box represent your health. And your health is a reflection of who you are and the choices you've made. It informs your actions and allows you the freedom to live your life *your way*.

Enjoy your MyHealthPak. Then get out there and enjoy your life.

MYHP Available for MyHealthPak™

This symbol indicates what products are available in MyHealthPak.

Create your customized pack today at USANAmhp.com.

USANA HEALTH SCIENCES

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

Speaking of your life and your actions, are you getting into a new exercise routine? Mixing up your eating habits? Changes in lifestyle can change your nutritional needs. Make sure your MyHealthPak reflects the real you with the True Health Assessment.

truehealthassessment.com

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Your Health Recommendations at a Glance

1 Start with your Essentials.

2 Some adults over 40 may have specific health concerns. Select the product for your unique needs.

Palmetto Plus™ PhytoEstrin™

3 Choose products tailored to your interests.

Strongly recommended

Generally recommended, as needed

	Heart health	Brain & mental function	Immunity	Mobility (bone, joint, strength)	Eye health & vision	Healthy weight	Digestion & Detox	Healthy skin	Healthy pregnancy
BabyCare Prenatal Mega Antioxidant									Strongly recommended
BabyCare Prenatal Chelated Mineral									Strongly recommended
BiOmega™	Strongly recommended	Strongly recommended		Strongly recommended	Strongly recommended			Strongly recommended	Generally recommended, as needed
Booster C 600™			Strongly recommended						
Vitamin D			Strongly recommended	Generally recommended, as needed					Generally recommended, as needed
Proflavanol® C100	Strongly recommended		Strongly recommended	Generally recommended, as needed				Strongly recommended	
CoQuinone® 30/100	Strongly recommended	Generally recommended, as needed						Generally recommended, as needed	
Active Calcium™/Active Calcium Chewable™				Strongly recommended			Generally recommended, as needed		Generally recommended, as needed
Procosa®				Strongly recommended				Generally recommended, as needed	
Ginkgo-PS™		Strongly recommended							
Visionex®/DS		Strongly recommended			Strongly recommended			Strongly recommended	
Pure Rest™			Generally recommended, as needed						
USANA® Probiotic			Strongly recommended				Strongly recommended		
USANA® Digestive Enzyme							Strongly recommended		
Hepasil DTX™							Strongly recommended		
Fibergy® Plus	Strongly recommended					Strongly recommended	Strongly recommended		
Nutrimeal™	Generally recommended, as needed			Generally recommended, as needed		Strongly recommended			
Snacks	Generally recommended, as needed					Strongly recommended			
RESET™ Kit						Strongly recommended			

For a complete assessment of your lifestyle and product recommendations, visit the True Health Assessment at truehealthassessment.com.

These recommendations do not replace medical advice. Always follow the recommendations of your physician.

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Essentials

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.

Essentials

Chelated Mineral

Top-rated daily mineral supplement for adults

MY HP Available for MyHealthPak™

ITEM #102

Chelated Mineral is a carefully formulated balance of essential minerals and ultra trace minerals sourced from the highest quality suppliers in forms readily absorbed by the body.*

THE IMPORTANCE OF MINERALS

Minerals and trace elements represent less than one half of one percent of the total nutrients we consume every day. Yet, without them, our bodies would be unable to function. Minerals balance and regulate our body chemistry, build teeth and bones, help efficiently metabolize nutrients, and provide antioxidant support. Many vitamins and enzymes also need a mineral co-factor to function properly. Each mineral plays many roles in the body.

CALCIUM

The most common mineral in the body, calcium is essential for healthy bones and teeth. It also is vital to many important processes in the body, including regulating the acid/alkaline balance, promoting healthy nerve and muscle function, and maintaining healthy blood flow and blood clotting, which is important for cardiovascular health.*

MAGNESIUM

Because it helps regulate calcium levels, magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 70 percent of the body's magnesium is found. It is involved in the metabolism of carbohydrates and amino acids, necessary for energy production, and it plays an important role in neuromuscular contractions. Every organ, including the lungs, kidneys, and heart, needs a proper balance of magnesium to function optimally. It is also an activator of hundreds of enzymes essential to life.*

IODINE

Iodine is a crucial component in the production of thyroid hormones, which regulate metabolism, growth, reproduction, and the synthesis of protein. Supplemental iodine is especially important for people on a vegetarian diet, those who avoid seafood, or those who must restrict their salt intake.*

ZINC

A component of hundreds of enzymes, zinc is involved in carbohydrate, fat, and protein metabolism, as well as DNA and RNA replication. It is important for insulin production and hormone function. Zinc also acts as an antioxidant, aids in healthy bone structure development, promotes healthy immune function and healthy vision, and supports normal fetal growth.*

SELENIUM

Selenium is an essential component of the glutathione peroxidase antioxidant system, which helps combat the effects of free radicals, such as premature aging. It plays an important role in thyroid hormone metabolism and supports a healthy immune system. In addition, many studies have shown that selenium is important for retaining prostate health.*

COPPER

Copper is a critical component of the enzyme superoxide dismutase (SOD), is an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin. Copper is also essential for collagen synthesis and healthy nerve function.*

MANGANESE

Important for fat and carbohydrate metabolism, manganese is necessary for maintaining a healthy, normal blood-glucose balance as well as proper brain function. It is an important co-factor in the production of glycosaminoglycans, compounds that make up cartilage and connective tissues, bones, arteries, and other organs. It activates numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity and help reduce damaging effects of free radicals.*

CHROMIUM

Chelated Mineral

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

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	135 mg	15%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM AMINO ACID CHELATE)	150 mg	35%
ZINC (AS ZINC CITRATE)	10 mg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	125%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND CHROMIUM PICOLINATE*)	150 µg	130%
SELENIUM (AS L-SELENOMETHIONINE AND SELENIUM AMINO ACID COMPLEX)	100 µg	140%
BORON (AS BORON CITRATE)	1500 µg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

†DAILY VALUE NOT ESTABLISHED.

LB.000378

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, CALCIUM SILICATE, RICE PROTEIN HYDROLYSATE, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

*LICENSED UNDER U.S. PATENT 4,315,927.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

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102.010103 LB.000378

Kosher

Today's poor diets and unhealthy lifestyles often put stress on the body's blood-glucose control mechanisms. Chromium is an important component of the glucose tolerance factor (GTF), which helps retain healthy glucose metabolism, provided it is healthy to begin with. Healthy insulin and glucose levels are beneficial for weight management and sustained energy levels throughout the day.*

MOLYBDENUM

An important co-factor for a number of enzymes, molybdenum is necessary for removing wastes and toxins from the body. It also helps strengthen teeth.*

BORON

Boron supports the body's ability to use calcium, magnesium, and phosphorus. It also plays a role in brain function.*

VANADIUM

Vanadium helps support healthy serum glucose levels, provided they are healthy to begin with, and may also help retain healthy thyroid function.*

SILICON

Maintaining a good balance of silicon in the body is important for maintaining strong bones, connective tissues, and skin health. It also supports healthy blood vessels.*

WHY CHELATED MINERAL?

Because it is one half of the **Essentials**—the top-rated supplements in the world—you can trust that **Chelated Mineral** is the best mineral supplement you can use to protect your health every day. Formulated by a team of nutritional-science experts using highly bioavailable forms of each nutrient, the **USANA Essentials** surpass virtually every competitor for completeness, potency, and quality. USANA is proud to be one of only a handful of manufacturers who makes products in our own state-of-the-art facilities, which allows us to oversee the entire production cycle to ensure that our products deliver only the safest, most effective formulas for you and your family.

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Chelated Mineral, Kosher

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

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	135 mg	15%
MAGNESIUM (AS MAGNESIUM CITRATE AND AMINO ACID CHELATE)	150 mg	40%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
ZINC (AS ZINC CITRATE)	7.5 mg	50%
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	50 µg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2 mg	100%
CHROMIUM (AS CHROMIUM POLYNICOTINATE**)	120 µg	100%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
SEA SALT	1.5 mg	†

*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET. † DAILY VALUE NOT ESTABLISHED.

LB.00613

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, PREGELATINIZED STARCH, ASCORBYL PALMITATE, SILICON DIOXIDE, SILICON, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

**LICENSED UNDER U.S. PATENT 4,315,927.

CONTAINS SOY.

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THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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Essentials

Mega Antioxidant

Top-rated daily vitamin and antioxidant supplement for adults

Mega Antioxidant supplies precisely balanced levels of high-quality, highly bioavailable vitamins and antioxidants that work together to protect your health.*

ANTIOXIDANTS—YOUR CELLS' SUPERHEROES

Cell-damaging oxidative stress is caused by free radicals that come from normal cellular metabolism, exposure to pollution and toxins, stress, and poor diet and lifestyle habits. Free radicals attack our cells, gradually chipping away at their integrity, resulting in an eventual decline in health. Antioxidants neutralize the activity of free radicals to protect the integrity of our cells, which impacts every part of our body. **Mega Antioxidant** provides advanced levels of a wide range of antioxidants:

- Vitamins C and E, along with beta carotene (which naturally converts into vitamin A only as needed, providing the benefits of vitamin A without the risk of toxicity), are powerful antioxidants that also reinforce the activity of the others.
- Flavonoids and phenolic compounds, which are abundant in fruits and vegetables, not only provide important protection against oxidative stress, but also complement and extend the activities of other antioxidants as well. A unique bioflavonoid complex—including quercetin, rutin, hesperidin, green tea, bilberry, pomegranate, and cinnamon—plus turmeric all work to inhibit the activity of free radicals.*
- Certain polyphenolic antioxidants found in olives are not present in other common dietary sources. They are structurally distinct from the bioflavonoids and other antioxidants found in fruits and vegetables. These antioxidants are found in USANA's patented Olivol® olive-fruit extract.

ESSENTIAL HEALTH

Complete, effective combinations of nutrients are needed to provide a foundation for good health. For the best results, **Mega Antioxidant** should be taken with **Chelated Mineral**. The following are a few examples of how **Mega Antioxidant** offers broad, balanced nutritional support for every aspect of optimal health:*

HEART HEALTH

- High levels of antioxidants in the blood have been shown to help maintain cardiovascular health.*
- Vitamin E and mixed tocopherols play a critical role in protecting LDL and cell membranes from oxidation, keeping arteries healthy. Vitamin C is also helpful in maintaining healthy veins and arteries by supporting healthy tissue growth and strengthening collagen.*
- The B vitamins, especially riboflavin, folate, and vitamins B6 and B12, are fundamental to the maintenance of healthy levels of the amino acid homocysteine, provided they are healthy to begin with. Homocysteine levels have been linked to heart health.*
- Vitamin B12 is also necessary for the health of red blood cells and DNA, the genetic material in all cells. Those who do not take a supplement containing vitamin B12 are twice as likely to be vitamin B12 deficient as supplement users, regardless of age group. Coenzyme Q10 plays a key role in producing cellular energy, demand for which is especially high in the heart, making this an important nutrient for cardiovascular health. In addition, cellular-energy production requires a full spectrum of B vitamin activities.*
- Sufficient levels of vitamin D have been shown to support cardiovascular health.*
- USANA's patented Olivol® helps protect low-density lipoproteins (LDL) from oxidation.*

VISION

- Mixed carotenoids, including beta carotene, lutein, and other antioxidants, help maintain good vision.* Lutein selectively accumulates in tissues in the eye to help protect against damaging UV rays.
- Vitamin C is especially important for the retina, where the concentration of this essential nutrient is significantly higher than in the blood.

IMMUNITY

- By helping to maintain the integrity of all cell membranes, along with the digestive system and lungs, beta carotene is important for strong immunity.
- Vitamins B6, B12, and folate are critical for producing immune cells.
- Vitamin E, vitamin D, as well as vitamin C are well known for their immune-cell supporting properties.

MY HP Available for MyHealthPak™

ITEM #103

Mega Antioxidant

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

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM & ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	900 IU	225%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg	900%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
VITAMIN K (AS PHYLLOQUINONE)	30 µg	40%
OLIVOL® (OLIVE EXTRACT, *OLEA EUROPAEA* L., FRUIT)*	15 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN [*CITRUS SPP.* L., FRUIT], GREEN TEA EXTRACT-DECAFFEINATED [*CAMELLIA SINENSIS* HUNT., LEAVES], POMEGRANATE EXTRACT [*PUNICA GRANATUM* L., FRUIT], CINNAMON EXTRACT [*CINNAMOMUM CASSIA* L., BARK], BILBERRY EXTRACT [*VACCINIUM MYRTILLUS* L., FRUIT])	99 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (*CURCUMA LONGA* L., ROOT)	7.5 mg	†
LUTEIN (*TAGETES ERECTA* L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†

†DAILY VALUE NOT ESTABLISHED.

LB.000243

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, ALPHA-LIPOIC ACID, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

*PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD. SALT LAKE CITY, UTAH 84120 USA

STORE BELOW 25° C MADE IN USA

Kosher

BONE HEALTH

- Vitamin D helps in the development and maintenance of mineral-rich bones and teeth. Healthy levels of this important nutrient are a key part of minimizing age-related bone loss. It also supports muscle strength.*

RESPIRATORY FUNCTION

- Lycopene and the combination of vitamin C and bioflavonoids support healthy maintenance of many organs.

ENERGY, NUTRIENT METABOLISM

- Several B vitamins are involved in energy metabolism, helping to convert the carbohydrates, fats, and proteins we eat into fuel for our cells.

DETOXIFICATION

- Vitamin C helps to conserve glutathione, which is produced in the liver. The natural detoxification process can create a great deal of oxidative stress, especially in the liver. Intracellular glutathione is one of the most important antioxidants for defending cell health, and it acts as a primary detoxification element.
- N-acetyl l-cysteine can also help boost glutathione.
- Choline and inositol help metabolize fats in the liver.

BRAIN AND NERVE FUNCTION

- B vitamins are important for brain and nerve support. Folate is especially important for women who may have children. Women who consume healthful diets with adequate folate throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord. Sources of folate include fruits, vegetables, whole grain products, fortified cereals, and dietary supplements.*
- Choline supports transmission of nerve impulses from the brain throughout the central nervous system. It is also important for memory support.

SKIN, HAIR, NAILS

- Antioxidants, such as vitamin E, help defend your cells against the oxidative stress caused by sunlight, pollution, and stress, which can all prematurely age the skin.
- Lycopene, lutein, and beta carotene play a role in supporting healthy, glowing skin.
- Inositol, as well as biotin and pantothenic acid, are fundamental to the growth of healthy skin, hair, and nails.
- Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues, and is also important for the maintenance of muscle, joint, and tendon function.

WHY MEGA ANTIOXIDANT?

Because it is one half of the **Essentials**—the top-rated supplements in the world—you can trust that **Mega Antioxidant** is the best multivitamin and antioxidant supplement you can use to protect your health every day. Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, the **USANA Essentials** surpass virtually every competitor for completeness, potency, and quality. Our own in-house study also revealed that the **Essentials** provided increased levels of select nutrients over a longer period of time than some competitive products. USANA is proud to be one of only a handful of manufacturers who makes products in our own state-of-the-art facilities, which allows us to oversee the entire production cycle to ensure that our products deliver only the safest, most effective formulas for you and your family.

*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.

Mega Antioxidant without Vitamin K, Kosher

DIRECTIONS: TAKE THREE (3) TABLETS SPREAD EVENLY THROUGHOUT THE DAY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 3 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN A (AS BETA CAROTENE)	15,000 IU	300%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM & ZINC ASCORBATES)	1,300 mg	2170%
VITAMIN D3 (AS CHOLECALCIFEROL)	600 IU	150%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	400 IU	1330%
VITAMIN B1 (AS THIAMIN HCL)	27 mg	1800%
VITAMIN B2 (AS RIBOFLAVIN)	27 mg	1590%
NIACIN (AS NIACIN AND NIACINAMIDE)	40 mg	200%
VITAMIN B6 (AS PYRIDOXINE HCL)	32 mg	1600%
FOLATE (AS FOLIC ACID)	1000 µg	250%
VITAMIN B12 (AS CYANOCOBALAMIN)	200 µg	3330%
BIOTIN	300 µg	100%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	90 mg	900%
OLIVOL® (OLIVE EXTRACT, *OLEA EUROPAEA* L., FRUIT)**	30 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	34 mg	†
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN [*CITRUS SPP.* L., FRUIT], GREEN TEA EXTRACT-DECAFFEINATED [*CAMELLIA SINENSIS* HUNT, LEAVES], POMEGRANATE EXTRACT [*PUNICA GRANATUM* L., FRUIT], CINNAMON EXTRACT [*CINNAMOMUM CASSIA* L., BARK], BILBERRY EXTRACT [*VACCINIUM MYRTILLUS* L., FRUIT])	198 mg	†
INOSITOL	150 mg	†
CHOLINE BITARTRATE	100 mg	†
N-ACETYL L-CYSTEINE	100 mg	†
COENZYME Q10	12 mg	†
TURMERIC EXTRACT (*CURCUMA LONGA* L., ROOT)	15 mg	†
LUTEIN (*TAGETES ERECTA* L., FLOWER)	600 µg	†
LYCOPENE	1000 µg	†

†DAILY VALUE NOT ESTABLISHED.

LB.000614

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, ALPHA-LIPOIC ACID, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

*PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

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USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD. SALT LAKE CITY, UTAH 84120 USA

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HealthPak™

A selection of core supplements, including the **Essentials**™, pre-packed in convenient AM and PM pouches

If you are looking for a comprehensive nutritional supplement that fits your busy life, then **HealthPak** daily supplement packs are for you.

MORE THAN A MULTIVITAMIN

HealthPak provides a comprehensive balance of antioxidants, vitamins, and minerals for a full-body approach to supplementation. One box contains 56 convenient, individually wrapped packets for four weeks of the following USANA® Nutritionals:

- The **USANA® Essentials**™—**Mega Antioxidant** and **Chelated Mineral** (see pages 12–15 to discover the many benefits of exceptional nutrition with the **Essentials**)
- **Active Calcium**™ (see page 32 to learn about the many benefits of this advanced calcium supplement)
- Advanced **AO Booster**™ —a **HealthPak** exclusive!

AO BOOSTER™ FOR ADVANCED ANTIOXIDANT PROTECTION

The **AO Booster** supplement, available exclusively in **HealthPak**, contains a blend of power-packed antioxidants:

- Resveratrol is a polyphenolic compound found in berries, grape skin, and red wine that provides excellent support for heart health. Resveratrol has also been shown to deliver antioxidant benefits. Oxidative stress can damage cells, which may lead to premature aging.*
- In addition to antioxidant activity, research suggests flavonoids from grape seed extract provide important support for cell-signaling pathways, which regulate the cell's lifecycle, from production and growth to death.*
- Alpha-lipoic acid supports the body's natural detoxification processes by promoting phase II detoxification enzyme induction. It supports mitochondrial health and helps regenerate and activate production of other antioxidants, such as vitamin C and intracellular glutathione.*

CONVENIENCE AIDS COMPLIANCE

One of the most important aspects of achieving optimal health for a lifetime is maintaining consistent, optimal levels of nutrients in your body. **HealthPak** makes it easy to make sure you get the full range of nutrients you need every day to support your entire body, including your heart, immune system, brain, nerves, bones and joints, lungs, eyes, and skin. The antioxidants in **HealthPak**, including USANA's patented Olivol® olive-fruit extract, will also help protect you, morning and night, from the constant barrage of free radicals your body faces in modern society.*

WHY HEALTHPAK™?

Because it includes the **Essentials**—the top-rated supplements in the world—you can trust that **HealthPak** provides the best multivitamin/mineral and antioxidant supplements you can use to protect your health every day. Additional calcium boosts support for bone health. And, with the enhanced antioxidant benefits of the unique **AO Booster**, **HealthPak** provides all the basic nutrition you need plus additional defense against the cell damage caused by oxidative stress. The individually wrapped pouches make it easier than ever to stay consistent with your nutritional regimen, so you are at your best throughout the day, every day.

*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.

ITEM #100

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

SUPPLEMENT FACTS

SERVING SIZE: 1 PACKET

AMOUNT PER SERVING		%DV
VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLLOQUINONE)	45 µg	60%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg	900%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	335 mg	35%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM OXIDE)	250 mg	60%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND SELENIUM AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND CHROMIUM PICOLINATE*)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
OLIVOL® (OLIVE EXTRACT, *OLEA EUROPAEA* L., FRUIT)**	15 mg	†
BIOFLAVONOID COMPLEX (RUTIN, GREEN TEA EXTRACT-DECAFFEINATED [*CAMELLIA SINENSIS* HUNT, LEAVES], QUERCETIN, HESPERIDIN [*CITRUS SPP.* L., FRUIT], POMEGRANATE EXTRACT [*PUNICA GRANATUM* L., FRUIT], CINNAMON EXTRACT [*CINNAMOMUM CASSIA* L., BARK], BILBERRY EXTRACT [*VACCINIUM MYRTILLUS* L., FRUIT])	99 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
ALPHA-LIPOIC ACID	100 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (*CURCUMA LONGA* L., ROOT)	7.5 mg	†
LUTEIN (*TAGETES ERECTA* L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
GRAPE SEED EXTRACT (*VITIS VINIFERA* L., SEEDS)	45 mg	†
RESVERATROL (*POLYGONUM CUSPIDATUM* SIEB. & ZUCC., ROOT AND RHIZOME)	15 mg	†
BORON (AS BORON CITRATE)	1.83 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

†DAILY VALUE NOT ESTABLISHED.

BX.00148

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, MODIFIED CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, SILICON (AS SILICON AMINO ACID COMPLEX AND SILICON DIOXIDE), SODIUM CITRATE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT. CONTAINS SOY.

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The Best Nutrition for Your Family

Good nutrition plays a critical role in everyone's health and is especially important for children because they are constantly growing, before birth to the end of adolescence. And between the toddler meltdowns and the back-to-school-blues, the last thing a parent wants is to stress over the health of their child—but they do. As a mother or father, you're looking for nothing less than the best for your family. And that is exactly what we're offering.

Mother/Child

BabyCare Prenatal Mega Antioxidant

A comprehensive vitamin supplement for pregnant women and their developing babies

ITEM #103

USANA's **BabyCare Prenatal Mega Antioxidant** supplies a carefully formulated range of pure, high-quality vitamins at safe levels that help support your healthy pregnancy and a healthy baby.*

THE BENEFITS OF BABYCARE PRENATAL MEGA ANTIOXIDANT

When it comes to optimal health, it is often necessary to consume amounts of nutrients that are higher than the RDA (Recommended Daily Allowance), which are generally considered the minimal recommendations for avoiding deficiency. When you're pregnant, your nutritional needs are increased, but many prenatal vitamins provide only the minimal RDA amounts for pregnant women.

BabyCare Prenatal Mega Antioxidant provides essential vitamins, including folic acid and vitamin A (as beta carotene), to help support the healthy growth and development of your baby—before, during, and after pregnancy. Plus, it will provide added nutrition to help you maintain your energy level, and support your immune system. Additionally, it will help your body recover after giving birth.*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Because it is needed for closure of the neural tube in the very first weeks of pregnancy, any woman of childbearing years should take folic acid. When taken as directed, **BabyCare Prenatal Mega Antioxidant** is an excellent source of 1,000 µg of folic acid, which is more bioavailable than the folate you'll find in food.

The B vitamins, which include thiamin, riboflavin, niacin, folic acid, vitamin B6, vitamin B12, biotin, and pantothenic acid, are important to support energy metabolism and healthy organ development. Vitamins B6 and B12 also support red blood cell formation, which is critical because a woman's blood volume increases by nearly 50 percent during pregnancy. **BabyCare Prenatal Mega Antioxidant** provides 32 mg of B6 and 200 µg of B12 in each daily dose.

THE SCIENCE OF BABYCARE PRENATAL MEGA ANTIOXIDANT

The rapidly dividing cells of the developing fetus require biotin to aid in regulating healthy cellular responses. **BabyCare Prenatal Mega Antioxidant** is an excellent source of biotin.

Vitamin A is important during fetal development and supports formation of the circulatory system, heart, eyes, ears, and limbs. **BabyCare Prenatal Mega Antioxidant** is a good source of vitamin A. It contains 15,000 IU of beta carotene per day, which is equivalent to the level contained in one carrot. The beta carotene form of vitamin A is a safe, non-retinoid form of this essential nutrient that poses no toxicity risk.

Another important antioxidant, vitamin C is essential for helping the body make collagen, which is a building block for cartilage, tendons, bones, and skin. It also supports iron absorption.*

Aside from helping to develop strong bones and teeth by aiding calcium absorption, recent studies have shown a positive correlation between maternal vitamin D status and healthy neonatal outcomes, including healthy birth weight. **BabyCare Prenatal Mega Antioxidant** is rich in vitamin D.* Depending on your diet and the amount of sunlight you get regularly, you may want to also add USANA's **Vitamin D** supplement to your nutritional regimen (see page 29).

THE USANA DIFFERENCE

As with all USANA nutritionals, BabyCare Prenatal Mega Antioxidant is made following the same manufacturing processes as are used for pharmaceutical products, using only safe, pure ingredients and tested for guaranteed potency. Plus, additional vitamins, such as vitamin K and choline, make **BabyCare Prenatal Mega Antioxidant** a well-balanced supplement for supporting the health of your future family.*

*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.

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

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV*
VITAMIN A (AS BETA CAROTENE)	7,500 IU	90%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM & ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	900 IU	225%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg	790%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg	675%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	640%
FOLATE (AS FOLIC ACID)	500 µg	60%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1250%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%

*%DV FOR PREGNANT WOMEN.

LB.000602

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, INOSITOL, PREGELATINIZED STARCH, RUTIN, MIXED TOCOPHEROLS, CROSCARMELLOSE SODIUM, CHOLINE BITARTRATE, N-ACETYL L-CYSTEINE, HESPERIDIN, ASCORBYL PALMITATE, DEXTRIN, OLIVOL® *OLEA EUROPAEA* (OLIVE FRUIT) EXTRACT**, QUERCETIN, ALPHA-LIPOIC ACID, SILICON DIOXIDE, *CAMELLIA SINENSIS* (GREEN TEA) EXTRACT, *CURCUMA LONGA* (TURMERIC) EXTRACT, LUTEIN, COENZYME Q10, *PUNICA GRANATUM* (POMEGRANATE) EXTRACT, LYCOPENE, VITAMIN K, DEXTROSE, SOY LECITHIN, *CINNAMOMUM CASSIA* (CINNAMON) EXTRACT, SODIUM CARBOXYMETHYLCELLULOSE, *VACCINIUM MYRTILLUS* L. (BILBERRY) EXTRACT, SODIUM CITRATE.

**PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

CONTAINS SOY.

PRECAUTIONS/WARNINGS: FOLIC ACID IS IMPROPER THERAPY IN THE TREATMENT OF PERNICIOUS ANEMIA AND OTHER MEGALOBLASTIC ANEMIAS WHERE VITAMIN B12 IS DEFICIENT. FOLIC ACID ABOVE 1 mg DAILY MAY OBSCURE PERNICIOUS ANEMIA IN THAT HEMATOLOGIC REMISSION CAN OCCUR WHILE NEUROLOGICAL MANIFESTATIONS PROGRESS.

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LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

STORAGE: STORE BELOW 25° C

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BabyCare Prenatal Chelated Mineral

A comprehensive mineral supplement for pregnant women and their developing babies

Designed to complement **BabyCare Prenatal Mega Antioxidant**, **BabyCare Prenatal Chelated Mineral** supplies pure, high-quality minerals at safe levels to help support a healthy pregnancy for mothers and healthy growth and development for babies.*

THE BENEFITS OF BABYCARE PRENATAL CHELATED MINERAL

One half of the **BabyCare Prenatal Essentials™, BabyCare Prenatal Chelated Mineral** provides essential minerals, such as iron and iodine, which you need to support the healthy growth and development of your baby—before, during, and after pregnancy. Plus, it will provide the nutrition you need to keep feeling good and to help support your body after giving birth.*

BabyCare Prenatal Chelated Mineral is also an excellent source of magnesium, which is needed to support healthy fetal growth and support calcium absorption for strong bones and teeth.*

This supplement also contains copper, which aids in the production of red blood cells, along with supporting fetal development.*

THE SCIENCE OF BABYCARE PRENATAL CHELATED MINERAL

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

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

A woman's need for iodine increases considerably during pregnancy and while nursing. It is needed for maternal thyroid hormone production, which plays a role in fetal neurocognitive development. Deficiency of iodine is accepted as the most common cause of preventable brain damage in the world. Iodine deficiency during pregnancy can negatively impact cognitive function. **BabyCare Prenatal Chelated Mineral** contains high potency iodine.

Zinc deficiency has been linked to low birth weight and an increased risk of developing delivery complications, so maintaining adequate levels is especially important for a healthy pregnancy. Zinc also supports healthy fetal cell growth.*

THE USANA DIFFERENCE

Carefully formulated by a team of nutritional-science experts using safe levels of the purest ingredients, and made to the same high standards as pharmaceutical products, **BabyCare Prenatal Chelated Mineral** provides excellent potency and quality. It is also formulated with additional minerals, such as selenium, chromium, and manganese, which may not be found in other prenatal supplements. Make sure to complement **BabyCare Prenatal Chelated Mineral** with **Active Calcium™ Chewable**, as needed, to increase your daily calcium and magnesium intake to recommended levels (see page 32). When taken together with **BabyCare Prenatal Mega Antioxidant**, you will have balanced and comprehensive nutritional support for the health of your future family.*

*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.

ITEM #102

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

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV*
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	135 mg	10%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM AMINO ACID CHELATE)	150 mg	35%
ZINC (AS ZINC CITRATE)	10 mg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
IRON (AS FERROUS FUMARATE USP)	14 mg	80%

*%DV FOR PREGNANT WOMEN

LB.000601

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, MANGANESE GLUCONATE, SELENIUM AMINO ACID COMPLEX, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, L-SELENOMETHIONINE, CALCIUM SILICATE, HYDROLYZED RICE PROTEIN, VANADIUM CITRATE, MOLYBDENUM CITRATE, DEXTROSE, SOY LECITHIN, CHROMIUM POLYNICOTINATE, ULTRA TRACE MINERALS, VANILLA EXTRACT, SODIUM CARBOXYMETHYL CELLULOSE, SODIUM CITRATE.

CONTAINS SOY.

CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

STORAGE: STORE BELOW 25° C.

QUESTIONS OR COMMENTS? FOR INFORMATION, CONTACT 1-800-950-9595.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

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Mother/Child

Body Rox™

Complete daily vitamin, mineral, and antioxidant supplement for teenagers

Establishing healthy dietary habits that will last for a lifetime and getting optimal nutrition are especially important during adolescence and the teenage years of growth, development, and physical maturation. Most teens know what they should eat; however, busy schedules, the inconvenience of preparing healthy meals, and the belief that they can focus on improving their diets later in life often get in the way of eating better. If they aren't skipping meals, the fast food that teens tend to eat is usually high in calories, fat, and sodium, but low in fiber, vitamins, minerals, and antioxidants. While there is no substitute for a balanced diet based on healthy foods, the **Body Rox** supplement is specially formulated to help fill the gaps in a poor diet and help meet the nutritional needs of growing adolescents. It is a convenient way to ensure teens do something positive for themselves by getting the nutrients they need to perform at their mental and physical best every day.*

EVERYDAY HEALTH

Teens need to stay healthy to keep up with their demanding schedules, making immune support especially important. Healthy lifestyle habits and maintaining optimal levels of all of the essential vitamins and minerals in the body is the best way to maintain overall health and keep the body's immune system working as it should. **Body Rox** powers immune health with advanced levels of antioxidant vitamins A, E, and C, as well as a full complement of B-vitamins, vitamin D, zinc, and selenium.*

POWER UP

Whether you're cramming in late-night homework sessions or participating in after-school activities, getting proper nutrition is the key to staying energized throughout the day. Necessary for turning the foods we eat into useable fuel, the B vitamins, especially B12, thiamin, and niacin, are essential for energy production. Magnesium, copper, and zinc also help the body get the energy it needs by supporting nutrient metabolism.*

ALL-STAR SPORTS NUTRITION

A fit body depends on good general health. Antioxidants are helpful for handling increased free-radical production caused by intense exercise. Strong bones, good muscle function, and a healthy heart all depend on calcium and many other minerals. Calcium assimilation, supported by vitamin K, during the developing years is also essential for bone health later in life. Vitamins C, D, and E play a role in respiratory and cardiovascular function. Protein metabolism, supported by riboflavin, folic acid, vitamins B6 and B12, and molybdenum, is essential for muscle tissue development. Vitamin C also plays a key role in synthesizing collagen, a structural protein that is a major component of connective tissue and muscle.*

SCHOOL SMARTS

There may not be a magic pill to make you smarter, but giving your brain consistent levels of optimal nutrition will keep it working at its best. Many B vitamins, including biotin, niacin, thiamin, and folate, are essential to healthy brain activity. A number of minerals, including manganese, are also needed to influence neural activity. Choline is involved in memory function. Some studies also suggest multivitamin/mineral supplementation has been beneficial for improvements in "mental tiredness" after complex tasks as well as in mood regulation, which is also controlled in the brain.*

HEALTHY SKIN

Inner health will be reflected in your outer appearance, helping you put your best face (and hair and nails) forward. Beta carotene (safe provitamin A) and carotenoids, such as lutein and lycopene, along with vitamins C and E, are all crucial for skin health. Zinc and copper play a role in protein structure, which can impact skin appearance. USANA's exclusive Antioxidant Phytonutrient Complex includes a special blend of antioxidant-rich phytonutrients, including our patented Olivol® olive-fruit extract, that defend the body's cells, including especially vulnerable skin cells, from oxidative damage caused by pollution, stress, poor diets, and sunlight.*

WHY BODY ROX™?

In three tablets a day, USANA's **Body Rox** provides optimal levels of nutrients that adolescents and teens need to be their best every day. Only **Body Rox** offers the exclusive Antioxidant Phytonutrient Complex with Olivol. And a tasty fruit-flavored coating helps make swallowing each tablet just a little bit easier.*

*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.

MYHP Available for MyHealthPak™

Olivol®

ITEM #104

DIRECTIONS: TAKE THREE (3) TABLETS SPREAD EVENLY THROUGHOUT THE DAY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 3 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN A (AS BETA CAROTENE)	9,000 IU	180%
VITAMIN C® (AS POLY C, CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	500 mg	830%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLLOQUINONE)	60 µg	75%
VITAMIN B1 (AS THIAMIN HCL)	20 mg	1330%
VITAMIN B2 (AS RIBOFLAVIN)	20 mg	1180%
NIACIN (AS NIACIN AND NIACINAMIDE)	36 mg	180%
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	24 mg	1200%
FOLATE (AS FOLIC ACID)	500 µg	125%
VITAMIN B12 (AS CYANOCOBALAMIN)	150 µg	2500%
BIOTIN	300 µg	100%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	30 mg	300%
CALCIUM (AS CALCIUM CARBONATE AND CALCIUM CITRATE)	225 mg	25%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM AMINO ACID CHELATE AND MAGNESIUM CITRATE)	112.5 mg	30%
ZINC (AS ZINC CITRATE)	12 mg	80%
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	150 µg	210%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	3 mg	150%
CHROMIUM (AS CHROMIUM NICOTINATE AND CHROMIUM CHLORIDE)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM TRIOXIDE)	50 µg	65%
CHOLINE BITARTRATE	45 mg	†
INOSITOL	30 mg	†
ANTIOXIDANT PHYTONUTRIENT COMPLEX (QUERCETIN DIHYDRATE, OLIVOL® [OLIVE EXTRACT, *OLEA EUROPAEA* L., FRUIT]*, GRAPE SEED EXTRACT [*VITIS VINIFERA* L. SEED], GREEN TEA EXTRACT-DECAFFEINATED [*CAMELLIA SINENSIS* HUNT, LEAVES], MERIVA® BIOAVAILABLE CURCUMIN COMPLEX)**	156 mg	†
LUTEIN (*TAGETES ERECTA* L., FLOWER)	1500 µg	†
LYCOPENE	450 µg	†
BROCCOLI CONCENTRATE (*BRASSICA OLERACEA V. BOTRYTIS* L., FLOWER)	15 mg	†

† DAILY VALUE NOT ESTABLISHED

LB0002398

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, SILICON (AS SILICON DIOXIDE AND SILICON AMINO ACID CHELATE), MODIFIED CELLULOSE, L-CYSTEINE HYDROCHLORIDE, DEXTRIN, ASCORBYL PALMITATE, DEXTROSE, SOY LECITHIN, NATURAL MANGO FLAVOR, STEVIA, CROSCARMELLOSE SODIUM, SODIUM CITRATE.

*PROTECTED UNDER U.S. PATENTS 6,358,542 OR 6,361,803.

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

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

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Usanimals™

Complete daily vitamin, mineral, and antioxidant supplement for children

Good nutrition plays a critical role in everyone's health and is especially important for children because they are constantly growing, from birth to the end of adolescence. However, most children are picky eaters and, thus, tend to fall short on many essential nutrients at a time when they are more important than ever. Pound for pound, a 5-year-old child needs more thiamin, riboflavin, niacin, vitamins A and C, and vitamins B6 and B12 than a 25-year-old man. The **Usanimals** supplement, USANA's **Essentials** for kids, is an advanced formulation of nutrients necessary not only for a healthy childhood but also for laying the foundation of good health for a lifetime.

TODAY'S CHILDHOOD NUTRITION

Many studies show that children do not receive the nutrition they need from their diets. Less than 25 percent of young people eat the recommended five servings or more of fruits and vegetables each day, and nearly one-quarter of all vegetables consumed by children and adolescents are french fries. Adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from the diets of more than 50 percent of children from 2 to 10 years old. Vitamins C and D are also often deficient. A quality nutritional supplement, such as **Usanimals**, can help ensure that none of these essential nutrients are missing from a child's diet.

NUTRITION FOR GROWTH

Optimal nourishment in the first years of life is especially important to ensure children not only survive, but that they thrive. If nutrients are missing that are needed for general survival, the body will not have anything to direct toward growth. Growth involves much more than just the development of children's bodies. It is an intricate balance of varying growth rates, physiological changes, and shifting hormone status. While growth in childhood is slower than in infancy or adolescence, it is the time in which physical and mental developments that will impact their entire lives are occurring.

- Bones and teeth are forming, meaning calcium, magnesium, and vitamin D are needed.*
- The health of all organs is established. Brain health is one of the most important, as it affects a child's ability to learn new skills and behaviors, including socialization, communication, and analytical thinking. Brain health also can affect moods and emotions. Many B-vitamins, such as folate, B6, and B12, are important to healthy brain function.*
- Eye health depends on adequate amounts of antioxidant vitamins A, C, and E.*
- The health of our immune system is critical throughout life. Vitamins, minerals, as well as the unique antioxidant phytonutrient complex in **Usanimals** provide important defense against oxidative stress and support for healthy immune function.*

Adequate nutrition is also important for kids' energy levels. Childhood energy output is high, with play periods that include plenty of running, jumping, and testing of new physical skills. Lack of proper nutrition can lead to lethargy and decreased curiosity or social interactions. **Usanimals** provides a wide range of vitamins, minerals, and phytonutrients in amounts designed especially for active, growing children.

WHY USANIMALS™?

With **Usanimals**, being healthy can be fun. Children love the fun animal shapes printed on every tablet, and the great-tasting natural wild berry flavor makes each supplement a treat. Parents love **Usanimals** too, because USANA uses only natural flavors and sweeteners. And because it's from USANA, you can trust that each bottle of **Usanimals** is providing the safest, highest-quality supplement formulated to precise amounts based on years of nutritional expertise.

*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.

ITEM #105

DIRECTIONS: CHEW 1 TABLET (FOR CHILDREN 24–47 MONTHS), 2 TABLETS (FOR CHILDREN 4 YEARS OR OLDER).

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET FOR CHILDREN 2 YEARS TO UNDER 4 YEARS
2 TABLETS FOR CHILDREN 4 YEARS OR OLDER

AMOUNT PER TABLET		% DV 2 YEARS TO UNDER 4 YEARS (1 TABLET)	% DV 4 YEARS OR OLDER (2 TABLETS)
VITAMIN A (AS BETA CAROTENE)	2,500 IU	100%	100%
VITAMIN C (AS ASCORBIC ACID AND SODIUM ASCORBATE)	125 mg	310%	420%
VITAMIN D3 (AS CHOLECALCIFEROL)	500 IU	125%	250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	50 IU	500%	330%
VITAMIN K (AS PHYLLOQUINONE)	20 µg	†	50%
VITAMIN B1 (AS THIAMIN MONONITRATE)	1.25 mg	180%	170%
VITAMIN B2 (AS RIBOFLAVIN)	1.25 mg	160%	150%
NIACIN (AS NIACINAMIDE)	10 mg	110%	100%
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	1.25 mg	180%	130%
FOLATE (AS FOLIC ACID)	200 µg	100%	100%
VITAMIN B12 (AS CYANOCOBALAMIN)	20 µg	670%	670%
BIOTIN	75 µg	50%	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	5 mg	100%	100%
CALCIUM (AS MILK CALCIUM)	75 mg	10%	15%
IODINE (AS POTASSIUM IODIDE)	50 µg	70%	70%
MAGNESIUM (AS MAGNESIUM CARBONATE)	25 mg	15%	15%
ZINC (AS ZINC AMINO ACID CHELATE)	5 mg	60%	70%
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	25 µg	†	70%
COPPER (AS COPPER CITRATE)	375 µg	40%	40%
MANGANESE (AS MANGANESE GLUCONATE)	500 µg	†	50%
CHROMIUM (AS CHROMIUM NICOTINATE)	25 µg	†	40%
MOLYBDENUM (AS MOLYBDENUM TRIOXIDE)	12.5 µg	†	35%
IRON (AS FERROUS FUMARATE USP)	2 mg	20%	20%
ANTIOXIDANT PHYTONUTRIENT COMPLEX (BLACKBERRY, CRANBERRY, RASPBERRY, AND WILD BLUEBERRY POWDERS)	40 mg	†	†
POLYENYLPHOSPHATIDYL CHOLINE (FROM SOY)	25 mg	†	†
INOSITOL	15 mg	†	†

† DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: CRYSTALLINE FRUCTOSE, EVAPORATED CANE SYRUP, NATURAL WILD BERRY FLAVOR, MODIFIED CELLULOSE, XYLITOL, ASCORBYL PALMITATE, CITRIC ACID, DEXTRIN, CALCIUM SILICATE, MALIC ACID, SALT, DEXTROSE, SOY LECITHIN, STEVIA, SODIUM CMC, HYDROLYZED RICE PROTEIN, SODIUM CITRATE.
CONTAINS SOY, MILK.
LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.
CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

WARNING: CHOKING HAZARD—NOT FOR INFANTS/TODDLERS LESS THAN 2 YEARS OLD.
THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.
USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA
STORE BELOW 25° C MADE IN USA

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Mother/Child

BiOmega™ Jr.

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

A growing body of research shows the importance of omega-3 fatty acids for our health, even at the earliest stages of life. Because we know how important these vital nutrients are, pregnant women and new mothers often supplement their diets, and most infant formula is now fortified with omega-3s to help support a baby's growing brain and body. But when a child transitions to eating solid foods, the amount of omega-3s in his or her diet may drop dramatically and stay low throughout childhood, especially if the child is a finicky eater. In fact, nearly 80 percent of children in North America are estimated to be deficient in omega-3s. In order to ensure a child's healthy growth and development, it may be necessary to add a quality omega-3 supplement to their diet. USANA's **BiOmega Jr.** delivers a healthy amount of omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), along with vitamin D, in a creamy orange-pineapple flavored gel.

HEALTHY BRAINS

Omega-3 fatty acids assist with maintaining the fluidity and permeability of cell membranes, and brain-cell membranes in particular contain more than 10 times more concentrated omega-3s than the rest of the body. Low plasma levels of DHA and EPA have been associated with various developmental problems, such as impaired cognitive development, in children. Our bodies require omega-3 fatty acids, especially DHA, for proper brain development and structure. DHA is thought to support electric signaling in the brain, underscoring its role in learning ability, memory, concentration, and behavior and mood. And some studies have suggested that intakes of omega-3 polyunsaturated fats can contribute to improved performance on tests for verbal learning ability and listening comprehension.

Essential fatty acids, including EPA and DHA, also influence nerve conduction, making them vital for the health of the central nervous system, which stems from the brain.

HEALTHY BODY

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

Developing a healthy body early in life can have long-term, positive effects. Some research suggests that early nutrition can induce lifelong effects on metabolism, growth, neuro development, and cardiovascular health. Several clinical studies have shown omega-3 fatty acids are beneficial for the heart and vascular system throughout our lives, and supportive—but not conclusive—research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of **BiOmega Jr.** provides 350 mg of EPA and 230 mg of DHA omega-3 fatty acids. (See nutrition information for total fat, saturated fat, and cholesterol content.)

WHY 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 and EPA they need for healthy minds and bodies without taking a supplement full of added sugar. Unlike many popular brands that supply only small amounts of omega-3s, **BiOmega Jr.** supplies a valuable amount of highly absorbable DHA and EPA in a delectable orange-pineapple flavored gel with no fishy taste. With 1,000 IU of added vitamin D, **BiOmega Jr.** also supports developing bones and overall good health. Packaged in single-serve packets, kids will love having **BiOmega Jr.** as a treat every other day, and parents will love how convenient it is to give their kids a healthy snack, either straight from the packet or mixed into yogurt or other creamy foods. For best results, store in the refrigerator and serve cold.

*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.

ITEM #144

RECOMMENDED USE: AGES 4–12 YEARS—TAKE ONE (2.5 G) PACKET EVERY OTHER DAY, WITH OR WITHOUT FOOD. SERVE CHILLED FOR AN EVEN BETTER TASTE.

SUPPLEMENT FACTS

SERVING SIZE: 1 PACKET
SERVINGS PER CONTAINER: 14

AMOUNT PER SERVING		%DV*
CALORIES 20		
CALORIES FROM FAT 20		
TOTAL FAT	2 g	3%
SATURATED FAT	0.5 g	3%
TRANS FAT	0 g	
CHOLESTEROL	20 mg	7%
TOTAL CARBOHYDRATE	0 g	0%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
FISH OIL	2000 mg	†
LONG CHAIN OMEGA-3 FATTY ACIDS 650 mg		†
EPA 350 mg		†
DHA 230 mg		†

*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.
† DV NOT ESTABLISHED.

LB.000243

OTHER INGREDIENTS: WATER, PASTEURIZED EGG YOLK, ASCORBIC ACID (PRESERVATIVE), NATURAL ORANGE FLAVOR, NATURAL PINEAPPLE FLAVOR, STEVIA LEAF EXTRACT, VEGETABLE OIL, SODIUM ASCORBATE, D-ALPHA TOCOPHEROL (PRESERVATIVE), CITRIC ACID, POTASSIUM SORBATE, SODIUM BENZOATE, BETA CAROTENE (COLOR), XANTHAN GUM, MENTHOL.

CONTAINS: EGG.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

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Optimizers

USANA's line of nutritionals has a wide range of products for most major body systems: cardiovascular, nervous, skeletal, endocrine, digestive, and cellular function. This allows you to target specific areas of your health based on your personal needs.

Cardiovascular

Proflavanol® C100

Powerful bioflavonoid supplement

MY HP Available for MyHealthPak™

HYBRID

ITEM #110

Plants are living pharmacies, producing thousands of substances beneficial to human health. There are several major categories of these phytonutrients, including the plant pigments called bioflavonoids. While clearly exhibiting antioxidant capabilities that offer protection from oxidative stress, bioflavonoids may be even more important for their ability to modulate cell-signaling pathways. Among the many important cell-signaling functions that bioflavonoids influence are regulating the cell cycle, inhibiting cell proliferation, and producing detoxification enzymes.

PROANTHOCYANIDINS

Proanthocyanidins are a subclass of bioflavonoids found in blue and purple berries, purple grapes, and red wine, and they are available in relatively high concentrations in grape seed extract. Research suggests a strong role for dietary bioflavonoids, including proanthocyanidins, in supporting and maintaining sound cardiovascular function. Epidemiological evidence of this connection begins with the observation that relatively low rates of heart disease exist in France, despite a diet high in saturated fat. This apparent "French paradox" has been attributed to the proanthocyanidins in the red wine consumed with most meals. Human clinical research has also shown that proanthocyanidins in red wine maintain healthy endothelial function.*

Proanthocyanidins have been studied extensively in Europe and in the United States. Scientifically observed and documented benefits include the following:

- Helps maintain healthy cholesterol levels already within the normal range*
- Helps retain healthy capillary strength and vascular function*
- Supports healthy immune function*
- Supports healthy peripheral circulation*

THE MANY ROLES OF VITAMIN C

Vitamin C plays many important roles in the body, and because human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement. The amount of vitamin C needed daily for optimal performance is directly related to individual ingestion; absorption; utilization; metabolism; excretion; work environment; and physical, mental, and environmental stress. Everyone has a different biochemistry and unique lifestyle. While vitamin C deficiency is rare today, we may still not receive sufficient amounts for our individual health needs. **Proflavanol C100** provides optimal vitamin C protection with a unique blend of mineral ascorbates that provides higher levels of vitamin C in the blood than from equal amounts of ascorbic acid alone.*

Critical to good health, vitamin C supports many important functions in the body. First, it is essential for collagen synthesis. Collagen is the most abundant structural protein in the body and is essential for staying healthy and strengthening muscles, teeth, bones, skin, and blood vessels. Without adequate vitamin C, there is inadequate collagen.* Under normal conditions, the RDA of 75–90 mg per day meets the requirement for maintaining collagen. But we also need vitamin C to quench free radicals, reduce lipid oxidation, and regenerate other antioxidants. It is a co-factor or co-substrate for many enzyme systems involved in such functions as ATP synthesis within mitochondria and hormone biosynthesis. Vitamin C can help retain cardiovascular health by supporting healthy adrenal function and healthy arterial wall integrity. And, vitamin C helps support a healthy immune system, which is the primary system responsible for defense of the human body. You also need enough vitamin C to help protect the liver from environmental toxins and drug metabolites and to make carnitine, interferon, and prostaglandin E1. Thus, a daily dose of 75–90 mg is unlikely to be sufficient for everyone.*

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

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV
POLY C® VITAMIN BLEND (AS CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES)	600 mg	1000%
GRAPE SEED (*VITIS VINIFERA L.*, SEEDS) EXTRACT	200 mg	†

† DAILY VALUE NOT ESTABLISHED.

LB.000359

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, DEXTROSE, NATURAL GRAPE FLAVOR, SOY LECITHIN, STEVIA, SODIUM CITRATE.

CONTAINS SOY.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY, POTENCY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

KEEP TABLETS IN ORIGINAL CONTAINER WITH THE LID TIGHTLY CLOSED BETWEEN USES. STORE IN A COOL, DRY PLACE.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

STORE BELOW 25˚C MADE IN USA

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NUTRITIONAL HYBRID TECHNOLOGY

Proflavanol C^{100} employs USANA's innovative Nutritional Hybrid Technology. This state-of-the-art approach to formula design and manufacture features bilayer tableting: the separation of various formula ingredients into two distinct tablet layers. Now, for the first time, previously distinct products can be joined into a single formula, and incompatible ingredients can be combined in a single tablet.

WHY PROFLAVANOL® C^{100}?

With USANA's unique formulation, **Proflavanol C^{100}** bioflavonoid supplement combines the highest quality grape seed extract with the free-radical quenching power of vitamin C, giving you an important tool in the quest for lifelong good health. Laboratory studies done at USANA confirm that, when used together, these ingredients provide significantly better protection against the oxidative modification of low-density lipoproteins (LDL) than would be predicted from the sum of grape seed extract and vitamin C individually.*

From the Lab

A study USANA conducted in collaboration with Boston University showed that supplementation with grape seed extract and vitamin C has a positive influence on healthy blood flow to support optimal cardiovascular health.

*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.

Cardiovascular

CoQuinone® 30

An optimal combination of coenzyme Q10 and alpha-lipoic acid

MY HP Available for MyHealthPak™

The energy that every cell needs to function is produced through a complex process in the mitochondria, organelles within the cell. Within the mitochondria, cells store energy in a molecule called adenosine-5-triphosphate, or ATP, which is synthesized and used by every cell in the body. Coenzyme Q10 (CoQ10) is an essential part of the electron transport chain the mitochondria use to make ATP. **CoQuinone 30** dietary supplement was developed to deliver high-quality, highly bioavailable CoQ10 to the cells to support the production of ATP.*

Cells with the highest energy demands, such as in the heart, have the highest levels of CoQ10, which has been studied for years in the United States, Europe, and Japan for its role in producing cellular energy for the heart and other muscles. Several human clinical trials demonstrate CoQ10's effectiveness in the maintenance of good heart function.*

ANTIOXIDANT PROTECTION

A byproduct of energy production in the mitochondria is the formation of damaging free radicals. Nature has designed a molecule in CoQ10 that is remarkable because it not only assists in ATP production, but it also works in concert with other antioxidants to clean up the free radicals that are produced during that process and protect against their damaging effects. As an antioxidant, it rivals vitamins E and C. In addition, CoQ10 helps to regenerate and recycle vitamin E.*

ALPHA-LIPOIC ACID

Alpha-lipoic acid is another component involved in mitochondrial energy metabolism and recycling oxidized CoQ10. This system also helps to regenerate and recycle other antioxidants, including vitamins E and C and glutathione.*

DO YOU NEED COQ10?

As we age, the ability to absorb and synthesize CoQ10 diminishes, and the amount of CoQ10 retained in tissues decreases. In addition, CoQ10 may be depleted by several other factors, including overall nutritional status and inadequate levels of the B vitamins, vitamin C, and selenium. Excessive exercise or environmental stresses, such as illness and extreme weather, may also lower CoQ10 levels in tissue.*

WHY COQUINONE® 30?

CoQuinone 30 contains a full 30 mg of CoQ10 and 12.5 mg of alpha-lipoic acid per soft gel capsule. USANA's unique formulation provides these important antioxidants in a natural mixture of lecithin and vegetable-derived glycerin monooleate in a base of medium chain triglycerides. Clinical tests performed in USANA's laboratories show that **CoQuinone 30** delivers CoQ10 in much higher quantities than from solid formulations or from competitive liquid formulations, making **CoQuinone 30** more bioavailable than other CoQ10 products.*

*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.

ITEM #123

DIRECTIONS: TAKE ONE (1) OR TWO (2) CAPSULES SPREAD EVENLY THROUGHOUT THE DAY.

SUPPLEMENT FACTS

SERVING SIZE: 1 CAPSULE

AMOUNT PER CAPSULE		%DV
COENZYME Q10	30 mg	†
ALPHA-LIPOIC ACID	12.5 mg	†

† DAILY VALUE NOT ESTABLISHED.

LB.000364

OTHER INGREDIENTS: MEDIUM CHAIN TRIGLYCERIDES, GELATIN, GLYCERIN MONOOLEATE, SOY LECITHIN, GLYCERIN, PURIFIED WATER, ANNATTO SEED EXTRACT (COLOR), TITANIUM DIOXIDE.

CONTAINS SOY.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120

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Cellular Function

BiOmega™

High-quality, ultra-pure fish oil supplement

MY HP Available for MyHealthPak™

ITEM #122

No nutritional program is complete without a high-quality source of beneficial omega-3 fatty acids, which are lacking in the typical Western diet. USANA's **BiOmega** supplement is produced from cold-water, deep-sea fish oil and contains a balanced, concentrated daily dose of two important omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in two convenient capsules per day.

HEALTHY FATS

Omega-3 and omega-6 fatty acids are the biosynthetic precursors of a family of compounds called eicosanoids (prostaglandins, thromboxanes, and leukotrienes). These compounds are hormone-like substances that help retain normal health processes in our bodies. It is important to maintain an appropriate balance of omega-3s and omega-6s in the diet as these two substances work together to promote health. Yet despite the clear health benefits associated with omega-3 fatty acids, dietary surveys indicate that most of us do not obtain enough omega-3 fatty acids from our diets. In 2002, the American Heart Association issued new guidance on fish and fish oil consumption because results of large-scale epidemiological studies and randomized controlled studies showed that omega-3 fatty acids in fish oil support cardiovascular health.*

In addition to the heart health benefits, studies have shown omega-3 fatty acids, in the form of fish oil supplements, to be effective in supporting healthy joints, supporting neural development and function, and maintaining good bone health. Finally, DHA is also an important structural component of the retina and is, therefore, essential for eye development and growth.*

EARLY CHILDHOOD DEVELOPMENT

It is important that women of childbearing age who are pregnant or may become pregnant get proper nutrition to ensure the best possible development for their baby, including getting sufficient amounts of omega-3 fatty acids. DHA is one of the dominant fats in the nerve cells of fetal and infant brains, and research shows that omega-3 fatty acids are critical to the development of the brain before birth and during early childhood. Many commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.*

VITAMIN D

Most purification processes for fish oil remove any vitamin D from the product. Yet, experts now widely believe that a majority of people are not getting enough vitamin D, which has been shown to have many health benefits, such as supporting bone health and healthy lung function. **BiOmega** is fortified with vitamin D to supply an additional 200 IU per day.*

WHY BIOMEGA™?

In spite of clear benefits of including fish in the diet, health authorities have warned us to limit our intake of certain species of fish due to concern about potential contaminants, especially during pregnancy. Manufactured in a state-of-the art facility, USANA's **BiOmega** is virtually free of contaminants, which are eliminated through a double-molecular distillation process that ensures the highest possible purity. Through this process, heavy metals, PCBs, pesticides, and organic residues are effectively eliminated. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to minimize oxidation of the omega-3 fatty acids and maintain product quality during storage. In short, **BiOmega** is one of the purest, highest quality fish oil products available on the market today.

Supplementation with **BiOmega** is an excellent way to ensure that your diet includes a concentrated balance of safe, healthful EPA and DHA in two convenient capsules per day. And with added lemon flavoring, there is no fishy aftertaste.

*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.

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

SUPPLEMENT FACTS

SERVING SIZE: 2 CAPSULES

AMOUNT PER SERVING		%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	200 IU	50%
FISH OIL CONCENTRATE	2000 mg	†
TOTAL OMEGA-3 FATTY ACIDS 1200 mg		†
EPA (EICOSAPENTAENOIC ACID) 580 mg		†
DHA (DOCOSAHEXAENOIC ACID) 470 mg		†

†DAILY VALUE NOT ESTABLISHED.

LB0003169

OTHER INGREDIENTS: GELATIN, GLYCERIN, LEMON OIL, PURIFIED WATER, MIXED NATURAL TOCOPHEROLS, SOYBEAN OIL.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

STORE BELOW 25° C MADE IN USA

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Cellular Function

Booster C 600™

Immune-support supplement

ITEM #143

Sometimes our immune system simply needs a boost. Stress, traveling, and busy schedules can leave us feeling run down and less than our best. USANA's **Booster C 600** supplies a powerful blend of ingredients shown to support immune defenses in those times when we need to stay healthy. The delectable, lemon-berry flavored powder can be taken straight or mixed with water for an immune boost anytime, anywhere.

POLY C© AND ZINC DEFEND THE CELLS

Deficiency in vitamin C or zinc, which is needed for normal development and function of many white blood cells, may make individuals more susceptible to impaired immune response. Healthy adults generally need at least 75–90 mg of vitamin C and 8–11 mg of zinc per day to avoid severe deficiency.

In addition to delivering 10 mg of zinc, **Booster C 600** is a high potency source of 600 mg vitamin C. An essential, water-soluble nutrient that our body cannot produce on its own, vitamin C must be obtained from the diet. It supports white blood cell production and is maintained in cells to protect against oxidative stress, which is important for maintaining cellular integrity and proper function. Vitamin C also helps regenerate vitamin E, which is another nutrient important for healthy immunity. **Booster C 600** includes a unique combination of ascorbic acid, sodium ascorbate, and USANA's proprietary **Poly C®**, which has been shown to provide higher and longer-lasting levels of vitamin C in the blood.

ECHINACEA AND ELDERBERRY FOR EXTRA IMMUNITY SUPPORT

People have used the herb Echinacea throughout history to support the immune system. Several laboratory and animal studies suggest that Echinacea contains active substances that enhance the activity of the immune system, including polysaccharides, glycoproteins, alkamides, volatile oils, and flavonoids. With short-term use, *Echinacea purpurea* extract has been shown to naturally support a healthy immune system. It is recommended that Echinacea only be used only for short periods, generally two weeks or less.

Elderberry is another herb long used for its beneficial effect on the immune system. Elderberries contain more anthocyanins—a type of flavonoid—than blueberries. As antioxidants, anthocyanins help protect healthy cells, and support the production of cytokines to regulate immune responses.

WHY BOOSTER C 600™?

Staying healthy is vital to performing at our best every day. Many immune health products contain vitamin C, but only **Booster C 600** contains USANA's proprietary **Poly C** vitamin C blend to deliver stronger, longer-acting antioxidant defense. Blended with a high-quality, effective form of Echinacea, plus zinc and elderberry, **Booster C 600** provides a perfect, portable solution for giving our immune system a little added support when we need it.

SUPPLEMENT FACTS

SERVING SIZE: 1 STICK PACK (3.9 g)

AMOUNT PER PACKET		%DV*
CALORIES	10	
TOTAL CARBOHYDRATES	2 g	1%
SUGARS	2 g	
VITAMIN C (AS POLY C® – CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES – SODIUM ASCORBATE AND ASCORBIC ACID)	600 mg	1000%
ZINC (AS AMINO ACID CHELATE)	10 mg	66%
BLACK ELDERBERRY EXTRACT (*SAMBUCUS NIGRA L.*)	30 mg	†
ECHINACEA EXTRACT (*ECHINACEA PURPUREA*)	100 mg	†

*PERCENT DAILY VALUE BASED ON A 2,000 CALORIE DIET.
† %DV NOT ESTABLISHED.

BX.00290

OTHER INGREDIENTS: EVAPORATED CANE SYRUP, CRYSTALLINE FRUCTOSE, XYLITOL, NATURAL LEMON FLAVOR, STEVIA.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY, POTENCY, AND DISINTEGRATION, WHERE APPLICABLE.

BOOSTER C 600 PROVIDES A POTENT DOSE OF IMMUNE-BOOSTING INGREDIENTS. DO NOT EXCEED RECOMMENDED DOSE, AND DO NOT USE LONGER THAN TWO WEEKS.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

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*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.

Cellular Function

Vitamin D

A fat-soluble vitamin that supports cellular and cardiovascular health

MY HP Available for MyHealthPak™

Read the news lately? If you have, odds are you've run across a story about the importance of vitamin D and all of its wonderful health benefits. Recent reports show that populations around the world are suffering from vitamin D deficiency. In the U.S. alone, only one third are getting enough vitamin D. The problem is widespread and increasing, with potentially severe repercussions for overall health and bone-fracture rates. There is also evidence that suggests vitamin D deficiency increases during the winter months because of decreased exposure to sunlight. **Vitamin D** (frequently called the "sunshine vitamin") is necessary for normal bone mineralization and growth, maintenance of muscle strength and coordination, cardiovascular health, and robust and balanced immune function.

VITAMIN D SUPPLEMENTATION, ALL YEAR LONG

Studies have shown that because our bodies use sunlight to make vitamin D, people in North America can become extremely vitamin D deficient during the winter months. But even when the sun is shining, how often do you actually see it? If you're like most people, not often—especially if you work in an office or never leave the house without covering yourself in sunscreen. USANA® **Vitamin D** supplement is formulated with a high level of vitamin D to ensure you get the nutrients you need throughout the entire year.

HOW VITAMIN D HELPS

Calcium is the major structural element of bones and teeth. Your body needs several nutrients in order for calcium to be absorbed and used properly. Two of these nutrients are vitamin D and vitamin K. Vitamin D increases absorption of calcium from the small intestine so the body receives maximum benefit, while vitamin K helps make sure calcium builds up in the bones and not in soft tissues. Adequete calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Vitamin D also promotes a healthy, balanced immune system through its key role in regulation and differentiation of immune system cells, and it supports cardiovascular health and normal functioning of the nervous system.*

In addition, recent research has shown the following:

- Healthy vitamin D levels are a key part of minimizing age-associated bone loss.
- Vitamin D may play a role in keeping our lungs healthy, with higher concentrations of vitamin D resulting in positive effects on lung function and health.
- Vitamin D has been shown to support cardiovascular health.*
- Vitamin D deficiency can weaken the muscular and skeletal systems.

Although vitamin D can be toxic in very large doses, deficiencies have become relatively common. In fact, in the most recent revision of the Dietary Reference Intakes (DRI), the recommended dietary intake for certain age groups was increased as much as 50 percent.

CHOLECALCIFEROL (VITAMIN D3)

USANA's **Vitamin D** supplement is made with cholecalciferol (vitamin D3), which research suggests is better than competing forms at raising levels of vitamin D in the blood. Cholecalciferol can be acquired through diet and exposure to sunlight. Light-induced synthesis occurs in the skin when ultraviolet light reacts with a form of cholesterol, converting it to cholecalciferol. This molecule is then altered by the liver and kidneys to form the physiologically active vitamin D. Several forms have vitamin D or potential vitamin D activity. The most important forms are vitamin D2 and vitamin D3. The latter is the form normally found in humans and is also the form used in USANA's **Vitamin D** supplement.

WHY VITAMIN D?

Even when the winter months are behind us, it doesn't mean your body needs less of a good thing. Every cell in your body needs vitamin D to function properly. USANA's **Vitamin D** supplement is a safe and easy way to get 2,000 IU of maximum-strength vitamin D enhanced with 30 µg of vitamin K.*

*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.

ITEM #109

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

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING		%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	2000 IU	500%
VITAMIN K (AS MENAQUINONE MK4 & MK7)	30 µg	40%

LB.000393

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. IF YOU EXCEED THE ESTABLISHED UPPER LIMIT (UL) OF 4000 IU/D FOR VITAMIN D INTAKE, REGULAR BLOOD TESTS FOR VITAMIN D AND CALCIUM STATUS ARE SUGGESTED.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC.
3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

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Nervous

Ginkgo-PS™

Unique *Ginkgo biloba* formula supporting acute memory function and cognition

Kosher MYHP Available for MyHealthPak™

As advances in medical technology steadily lengthen the average human life span, we face the problem of retaining mental acuity throughout our lives. Several factors contribute to weakening mental function. As we age, the number of nerve cells in the bran steadily declines, partly because of oxidative damage caused by free radicals. In later years, many intellectual functions we once took for granted, such as memory tasks, require more effort and attention. However, maintaining good nutrition, continuing physical and intellectual activity, and supplementing our diet with standardized Ginkgo biloba extract and phosphatidylserine may help preserve cognitive health. USANA's **Ginkgo-PS** supplement combines these two powerful ingredients in a single tablet.*

GINKGO'S MANY HEALTH BENEFITS

The Chinese have traditionally used *Ginkgo biloba* in herbal form for thousands of years, and an extract of ginkgo leaves has been used widely for decades in Europe for supporting memory, attention span, and other neurological activity. Ginkgo extract contains a mix of bioflavonoids that provide antioxidant activity to reduce free-radical formation. Its most important role, however, is facilitating blood circulation throughout the body and supporting healthy oxygenation.*

PHOSPHATIDYLSERINE (PS)

Phosphatidylserine, or PS, is the ideal complement to *Ginkgo biloba*. PS is a component of all cell membranes and is essential to proper cell function. It is found in highest concentration in the cell membranes of brain tissue.*

WHY GINKGO-PS™?

USANA is one of few major manufacturers to combine *Ginkgo biloba* and PS into a single product. In addition, USANA uses only standardized Ginkgo biloba extract. The high quality of our *Ginkgo biloba* extract combined with PS gives **Ginkgo-PS** clear advantages over other products on the market.

ITEM #126

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

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING		%DV
GINKGO (*GINKGO BILOBA*, LEAVES)	25 mg	†
SOY LECITHIN (WITH PHOSPHATIDYLSERINE)	125 mg	†

† DAILY VALUE NOT ESTABLISHED.

LB000394

OTHER INGREDIENTS: DEXTROSE, CROSCARMELLOSE SODIUM, SILICON DIOXIDE, ASCORBYL PALMITATE, DEXTRIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY AND DISINTEGRATION, WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THIS BOTTLE HAS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

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*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.

Nervous

Visionex®

Advanced eye health supplement*

Kosher MY HP Available for MyHealthPak™

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

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

NATURAL MAINTENANCE

What we actually see with the eyes are the patterns of light that strike the retina, a light-sensitive layer of cells at the back of the eye. In the center of the retina is the macula, where the light rays are most highly focused and visual acuity is highest. The macula is especially vulnerable to oxidative damage because it has a high metabolic rate and because the light focused on it enhances the production of free radicals.

The central portion of the macula contains a yellow pigment called the macular pigment, which helps protect the sensitive receptors in the macula particularly from the potentially harmful effects of short-wavelength light. Our eyes receive support from the antioxidant carotenoids that exist in the macular pigment—lutein and zeaxanthin.*

LUTEIN

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

ZEAXANTHIN

Zeaxanthin, a yellow carotenoid, is an isomer of lutein. In the eye, lutein is predominant in the periphery of the retina while the concentration of zeaxanthin is greatest in the very center. This is where conditions most favor the formation of free radicals.

PRESERVE VISUAL FUNCTION

Macular pigment optical density (MPOD) levels have been linked to eye health. Daily lutein and zeaxanthin supplementation has been shown to significantly increase MPOD to help preserve visual function. Use of these important carotenoids improves visual performance in glare (better tolerance to bright light and quicker recovery from photostress), visual acuity in low-light conditions, and most measures of quality of vision (contrast sensitivity), for most subjects.*

WHY VISIONEX®?

In addition to lutein and zeaxanthin, the **Visionex** formulation contains these three important nutritional aids to eye health: bilberry extract, vitamin C, and zinc.

The bilberry fruit is rich in antioxidant anthocyanosides and has been shown to help retain healthy capillaries, including those in the eye.*

Vitamin C provides additional antioxidant protection, especially to the retina, where the concentration of vitamin C is significantly higher than that found in the blood.*

Zinc appears to provide an additive effect to antioxidants in promoting good visual acuity.*

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ITEM #134

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

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	500 mg	840%
ZINC (AS ZINC CITRATE)	10 mg	70%
LUTEIN (*TAGETES ERECTA* L., FLOWER)	10 mg	†
ZEAXANTHIN	2,000 µg	†
BILBERRY EXTRACT (*VACCINIUM MYRTILLUS* L.) FRUIT	50 mg	†

†DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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134.010101 LB.000391

LB000391

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Skeletal

Active Calcium™

Complete bone health formula

Active Calcium™ Chewable

Complete bone health formula

Throughout life, bones are in a constant state of reformation as calcium is continually removed from and re-deposited in the bones. Adequate levels of calcium are needed every day to ensure that bone mineral density is maintained. If people do not get enough calcium from their diets, the body will take it from the bone structure, which results in a net loss of bone calcium.

Active Calcium and **Active Calcium Chewable** are more than calcium supplements. They are carefully formulated, clinically proven bone-building formulas. Both contain calcium citrate and carbonate, magnesium, vitamin D, and silicon to optimize bone mineralization and to ensure proper calcium use.*

CALCIUM AND YOUR HEALTH

Deficiencies of calcium, magnesium, boron, and vitamin D can contribute to the development of osteoporosis, thinning of the bones that makes them prone to fracture. Although signs of osteoporosis usually don't occur until the later years of life, getting the proper amount of calcium in our diet when we're young helps build strong bones and reduces the risk of osteoporosis in the future, as long as dietary intake continues to be adequate. Adolescents who make even a five percent gain in bone mass in their teens may reduce the risk of osteoporosis by 40 percent.

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

MAGNESIUM AND VITAMIN D

Magnesium is an essential mineral that accounts for about 0.05 percent of the body's total weight. Along with calcium, it is an important component of strong, healthy bones.

Vitamin D enhances calcium absorption in the small intestine and calcium utilization in bone formation. Vitamin D also influences the utilization of phosphorus, another mineral that is important for strong bones.*

SILICON

Silicon gives stability to all the connective tissues of the body and is essential for proper calcium utilization. Silicon is key to the calcium mineralization of the bone matrix.*

WHY ACTIVE CALCIUM™?

USANA's **Active Calcium** is enhanced with boron and vitamin K. Boron reduces calcium excretion and increases deposition of calcium in the bone. Vitamin K influences the level of osteocalcin in the bone-forming cells and thus the rate of mineralization of bone.*

*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.

Kosher MY HP Available for MyHealthPak™

ITEM #120

Active Calcium™

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

SUPPLEMENT FACTS

SERVING SIZE: 4 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	400 IU	100%
VITAMIN K (AS PHYLLOQUINONE)	60 µg	75%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	800 mg	80%
MAGNESIUM (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM OXIDE)	400 mg	100%
BORON (AS BORON CITRATE)	1.32 mg	†

† DAILY VALUE NOT ESTABLISHED.

LB.00040

OTHER INGREDIENTS: MODIFIED CELLULOSE, MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, CALCIUM SILICATE, RICE PROTEIN HYDROLYSATE, DEXTRIN, CROSCARMELLOSE SODIUM, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA

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WHY ACTIVE CALCIUM™ CHEWABLE ?

A double-blind, placebo-controlled USANA study assessed the impact of **Active Calcium Chewable** on bone development and bone mineralization in 81 preadolescent girls. Half of the group was assigned at random to receive **Active Calcium Chewable**, and half received a placebo supplement. After 12 months of supplementation, girls receiving **Active Calcium Chewable** showed a net gain (1.41 percent) in bone mineral density, while girls in the placebo group showed a net decline (-0.94 percent). Gains in bone mineral content were also greater in the active treatment group than in the placebo group (5.83 percent versus 0.69 percent respectively).

ANTACID

The calcium and magnesium compounds in **Active Calcium Chewable** neutralize stomach acids, thereby eliminating heartburn symptoms while also supplying balanced amounts of the nutrients needed to support strong, healthy bones.

*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.

Kosher

ITEM #121

Active Calcium™ Chewable

DRUG FACTS

ACTIVE INGREDIENTS	PURPOSE
CALCIUM CARBONATE 356 mg	ANTACID
MAGNESIUM OXIDE 158 mg	ANTACID

USES
RELIEVES • ACID INDIGESTION • HEARTBURN • SOUR STOMACH

WARNINGS
ASK A DOCTOR OR PHARMACIST BEFORE USE IF YOU ARE TAKING A PRESCRIPTION DRUG. ANTACIDS MAY INTERACT WITH CERTAIN PRESCRIPTION DRUGS.

WHEN USING THIS PRODUCT
• DO NOT TAKE MORE THAN 6 TABLETS IN A 24-HOUR PERIOD
• DO NOT USE THE MAXIMUM DOSAGE FOR MORE THAN 2 WEEKS

KEEP OUT OF REACH OF CHILDREN. IN CASE OF OVERDOSE, GET MEDICAL HELP. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, HAVE KIDNEY DISEASE, OR HAVE A MEDICAL CONDITION.

DIRECTIONS • CHEW 2–4 TABLETS AS SYMPTOMS OCCUR, OR AS DIRECTED BY A DOCTOR.

OTHER INFORMATION • CONTAINS 200 mg OF CALCIUM PER TABLET • STORE IN A COOL, DRY PLACE.

INACTIVE INGREDIENTS • HONEY POWDER, CALCIUM CITRATE, FRUCTOSE, SOY LECITHIN, MAGNESIUM CITRATE, XYLITOL, VEGETABLE FATTY ACID, CITRIC ACID, GUAR GUM, MALIC ACID, RICE PROTEIN HYDOLYSATE, NATURAL CITRUS FLAVOR, CALCIUM SILICATE, NATURAL VANILLA FLAVOR, CHOLECALCIFEROL (100 IU).

QUESTIONS OR COMMENTS? CALL TOLL FREE 1-800-950-9595.

LB.000401

DIRECTIONS: AS A CALCIUM SUPPLEMENT, CHEW 4 TABLETS, PREFERABLY WITH MEALS SPREAD EVENLY THROUGHOUT THE DAY.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV	%DV FOR PREGNANT WOMEN
VITAMIN D3 (AS CHOLECALCIFEROL)	200 IU	50%	50%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	400 mg	40%	30%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM OXIDE)	200 mg	50%	45%

OTHER INGREDIENTS: HONEY POWDER, FRUCTOSE, SOY LECITHIN, XYLITOL, VEGETABLE FATTY ACID, CITRIC ACID, GUAR GUM, MALIC ACID, RICE PROTEIN HYDROLYSATE, NATURAL CITRUS FLAVOR, CALCIUM SILICATE, NATURAL VANILLA FLAVOR.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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References

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Skeletal

Procosa®

Ground-breaking formula that supports optimal joint health*

Available for MyHealthPak™

ITEM #131

Nearly one in three adults in the United States suffers from some form of joint problem. The situation is worse for athletes and those who are subject to high amounts of physical stress at work and at home. To help support healthy joints, USANA created **Procosa** supplement, a product with a blend of glucosamine, manganese, vitamin C, and silicon—building blocks for healthy cartilage.*

CARTILAGE

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

GLUCOSAMINE

Glucosamine, an amino sugar, is an important precursor in the biosynthesis of cartilage. Specifically, it is a building block of proteoglycans—-protein molecules with a high content of bound carbohydrates. Proteoglycans and collagen compose the majority of the cartilage matrix. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint.*

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

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

A POWERFUL BLEND

The combination of glucosamine with Meriva®† bioavailable curcumin complex, vitamin C, manganese, and additional joint-supporting nutrients represents a more comprehensive approach to joint health. Over the long term, these ingredients help retain healthy cartilage. Clinical studies have shown that Meriva bioavailable curcumin complex provides significant benefits for joint function. Manganese is required for enzymes involved in the biosynthesis of proteoglycans. Vitamin C is essential for the reactions necessary to collagen formation.*

WHY PROCOSA®?

Procosa is USANA's formula for joint health. We combine 1500 mg of high-quality, vegetarian glucosamine HCl—a dose shown to be effective—with a blend of important vitamins and minerals, including Meriva bioavailable curcumin complex. Meriva is an innovative phytosome that delivers water-soluble curcumin wrapped in fat-soluble soy lecithin, which more easily crosses cell membranes for dramatically improved stability and absorption. In addition, vitamin C and curcumin provide antioxidant defense against cell-damaging oxidative stress.*

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

*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.

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

SUPPLEMENT FACTS

SERVING SIZE: 3 TABLETS

AMOUNT PER SERVING		%DV
VITAMIN C (AS CALCIUM ASCORBATE)	225 mg	375%
MANGANESE (AS MANGANESE GLUCONATE)	5 mg	250%
MAGNESIUM (AS MAGNESIUM SULFATE)	43 mg	11%
POTASSIUM (AS POTASSIUM SULFATE)	94 mg	3%
GLUCOSAMINE HCL (VEGETARIAN)	1500 mg	†
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX	247 mg	†

† DAILY VALUE NOT ESTABLISHED.

L.B.000374

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, SOY LECITHIN, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, CALCIUM SILICATE, DEXTROSE, SODIUM CITRATE.

CONTAINS SOY.

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

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120, USA

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Endocrine

PhytoEstrin™

Signature Optimizer to support women's health*

MY HP Available for MyHealthPak™

Natural approaches to maintaining health before, during, and after menopause have recently gained favor. For many women, regular exercise; a proper diet; nutritional supplementation with vitamin E, pantothenic acid (vitamin B5), and calcium; and botanical preparations of estrogen-like compounds such as **PhytoEstrin** may support menstrual health and help improve the quality of life during the transition to menopause.

After menopause, when levels of estrogen and progesterone drop, phytoestrogens like those found in **PhytoEstrin** may help support cardiovascular and bone health.*

PHYTOESTROGENS

Comparative studies of Western and Asian women show that not only is menopause much less stressful for Asian women, they also have better health in other areas. Some authorities theorize that the high level of phytoestrogens in the Asian diet may contribute to these differences. Phytoestrogens are biologically active chemical compounds from plants such as grains, legumes, fruits, and vegetables that bind to the same estrogen receptor sites and behave similarly to human estrogen. Phytoestrogens in the diet are believed to be a stabilizing factor throughout hormonal cycles. This stabilization may also help to retain bone mass into the mature years.*

WHY PHYTOESTRIN™?

All-natural **PhytoEstrin** is a broad-spectrum, botanical formulation containing phytoestrogens from five different sources, including a guaranteed 14 mg of soy isoflavones to help maintain women's health. **PhytoEstrin** also contains a unique combination of herbs that complement the activity of the soy isoflavones: black cohosh, dong quai, licorice-root extract, and chasteberry powder. Together with the isoflavones, these herbs help support healthy bone structure and cardiovascular health while providing support during menstruation and in the peri- and post-menopausal years.*

ITEM #129

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

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER TABLET		%DV
SOY ISOFLAVONES (*GLYCINE MAX*, SEED)	14 mg	†
BLACK COHOSH EXTRACT (*CIMICIFUGA RACEMOSA*, ROOT)	50 mg	†
CHASTEBERRY POWDER (*VITEX AGNUS-CASTUS*. FRUIT)	50 mg	†
LICORICE EXTRACT (*GLYCYRRHIZA GLABRA, ROOT*)	30 mg	†
DONG QUAI EXTRACT (*ANGELICA SINENSIS*, ROOT)	15 mg	†

† DAILY VALUE NOT ESTABLISHED.

LB.000396

OTHER INGREDIENTS: DEXTROSE, ASCORBYL PALMITATE, CROSCARMELLOSE SODIUM, SILICON DIOXIDE, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY.

LABORATORY TESTED,QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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Endocrine

Palmetto Plus™

Science-based supplement for men that supports long-term prostate health*

MY HP Available for MyHealthPak™

As men age, many are at risk for developing prostate problems. However, a healthy diet and exercise, coupled with targeted, standardized botanical extracts specifically formulated for prostate health, can help men stay healthy as they age. **Palmetto Plus** is an all-natural, comprehensive formula that, over time, may provide long-term support for prostate health.*

SAW PALMETTO

Saw palmetto has a long history of use in helping men retain a healthy prostate. Considerable clinical research has shown that about 80 to 90 percent of men using saw palmetto show a positive correlation between saw palmetto and prostate health.*

LYCOPENE AND SOY ISOFLAVONES

Palmetto Plus is a combination of saw palmetto, lycopene, and soy isoflavones, which have been shown to assist in retaining prostate health.*

Lycopene is the most abundant carotenoid (vitamin-like compound) found in the prostate and may play a role in supporting a healthy prostate by enhancing immune function and providing antioxidant protection. Soy isoflavones, a group of phytochemicals found in soybeans, have been shown to help maintain health functions throughout the body.*

WHY PALMETTO PLUS™?

USANA is one of only a few major manufacturers to combine saw palmetto with lycopene and soy isoflavones in a single product. **Palmetto Plus** is a convenient, effective way to obtain a comprehensive men's health formulation at a reasonable price.*

ITEM #128

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

SUPPLEMENT FACTS

SERVING SIZE: 1 CAPSULE

AMOUNT PER CAPSULE		%DV
SAW PALMETTO EXTRACT (*SERENOA REPENS*. FRUIT)	320 mg	†
LYCOPENE (*SOLANUM LYCOPERSICUM*. FRUIT)	5 mg	†
SOY ISOFLAVONES (*GLYCINE MAX*. SEED)	25 mg	†

†DAILY VALUE NOT ESTABLISHED

LB.000390

OTHER INGREDIENTS: GELATIN, GLYCERIN, SOYBEAN OIL, BEESWAX, PURIFIED WATER, SOY LECITHIN, NATURAL CARAMEL COLOR, TITANIUM DIOXIDE.

CONTAINS SOY.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

SAW PALMETTO EXTRACT IS STANDARDIZED TO EUROPEAN STANDARDS OF A MINIMUM 85% FATTY ACID CONTENT.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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Endocrine

Pure Rest™

Fast-acting melatonin supplement that promotes the body's natural sleep and wake cycles*

Most researchers agree that getting enough sleep is equally important to long-term health as eating a healthy diet and exercising regularly. Unfortunately, millions of individuals suffer from occasional sleeplessness—the incidence of which increases with age. Other lifestyle factors, such as stress or alcohol consumption, can contribute to poor sleep as well. Those who sleep, on average, less than six hours per night are more likely to be overweight, which can negatively impact health over time.

Poor sleep results in tiredness, poor concentration, reduced quality of life, compromised immune function, and an increased risk of morbidity and mortality. Sleep deprivation has also been linked with increases in markers of oxidative stress and decreases in levels of antioxidant enzymes (e.g., SOD, glutathione reductase, etc.) in the brain, liver, and heart.

Melatonin is a naturally occurring hormone synthesized in the brain that regulates normal sleep and wake cycles. Melatonin levels naturally start to rise in the evening and remain elevated for most of the night, signaling to our body that it is time to sleep. As melatonin levels rise, we become less alert and feel drowsy. USANA's **Pure Rest** supplement supports the natural increase of melatonin production at night. They are not sleeping pills. When taken at bedtime, **Pure Rest** supports the body's natural circadian rhythms and has been clinically proven to help promote sleep, which restores the body after daily exposure to free radicals and general wear and tear.*

SLEEP IS KEY TO STAYING HEALTHY

There is abundant evidence showing that getting enough quality sleep will not only help people feel energized and be more productive, but it will also increase their odds of living healthier lives. While asleep, the body's cells and tissues have the opportunity to recover from the previous day. Many major restorative functions in the body occur almost entirely during sleep, including tissue repair, muscle growth, and protein synthesis. Additionally, sleep is required to maintain normal brain and immune function.

ANTIOXIDANT SUPPORT

Sleep is restorative with respect to oxidative stress, and melatonin, by promoting sleep and inactivity, allows the body's natural antioxidant defenses to overcome the oxidative stress that accumulated during the day's activity. Melatonin also acts as a free-radical scavenger and stimulates cellular production and activity of several antioxidant enzyme systems in the body. Additional mechanisms contributing to melatonin's protective functions against oxidative stress involve prevention of certain types of cell damage and free-radical generation during the natural energy production process and promotion of normal electron transport within mitochondria—the cell's power source.*

MELATONIN AND IMMUNE FUNCTION

Adequate amounts of sleep are necessary for healthy immune function. As a supplement that promotes sleep, **Pure Rest** plays a significant role in keeping the immune system functioning normally. Further, a variety of immune system cells have melatonin receptors and the ability to synthesize melatonin, suggesting its importance in immune cell function. Melatonin supplementation becomes especially important as we age, because daily melatonin production cycles stimulate immune cell synthesis and function, a process that naturally declines as we get older.*

WHY PURE REST™?

USANA's ultra-pure, fast-acting **Pure Rest** supplement is manufactured to the same high standards and carries the same potency guarantee as all tabulated products, so you can feel confident that it is safe and effective. Each great-tasting, orange-flavored dissolvable tablet supplies 2 mg of melatonin. Because individual needs vary, USANA scores the tablets so they can easily be broken in half to adjust the dosage as necessary.

*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.

ITEM #141

DIRECTIONS FOR USE: ADULTS TAKE ½ TO 2 DISSOLVABLE TABLETS AS NEEDED ONE HOUR BEFORE BEDTIME FOR RELIEF OF OCCASIONAL SLEEPLESSNESS*.

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING		%DV
MELATONIN	2 mg	†

†DAILY VALUE NOT ESTABLISHED

LB.000392

OTHER INGREDIENTS: FRUCTOSE, ASCORBYL PALMITATE, SILICON DIOXIDE, NATURAL ORANGE FLAVOR.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

INSOMNIA MAY BE A SYMPTOM OF SERIOUS UNDERLYING MEDICAL ILLNESS. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. DO NOT DRIVE OR OPERATE MACHINERY WHEN TAKING MELATONIN.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC.
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Digestion/Detox

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.

Digestive

USANA® Digestive Enzyme

Enzyme-containing digestive support supplement

Raw foods contain an abundance of enzymes to support digestion. However, most of us don't live on a raw food diet. When we cook our food, the enzymes in the food are destroyed and our body has to make them in order to digest our food. **USANA Digestive Enzyme** supplements supply enzymes to help us digest our meals more efficiently. And with added spirulina, this unique formula also supports the body's natural processes for eliminating toxins.*

DIGESTION

When you eat foods—such as bread, meat, and vegetables—they are not in a form that the body can use as nourishment. Food and drink must be changed into smaller nutrient molecules before they can be absorbed and carried to cells throughout the body. Food enters the mouth and is chewed, while chemical processing begins with chemicals and enzymes in the saliva from the salivary glands. It then moves down the esophagus into the stomach, where acid both kills most contaminating microorganisms and begins the mechanical and chemical break down of some food. As part of this digestion process, the stomach has three tasks: First, it stores the swallowed food and liquid. Second, it mixes up the food, liquid, and digestive acids produced by the stomach. And third, it empties its contents slowly into the small intestine.

After the stomach completes these tasks (typically after an hour or two in humans), food is passed to the small intestine where the majority of digestion and absorption occurs. Here it is further mixed with three different liquids. Bile, produced by the liver and stored in the gallbladder, emulsifies fats, and juice secreted by the pancreas and intestinal enzymes secreted by the mucosal membranes further process sugars and proteins.

The results go through the small intestine and into the large intestine. There, complex molecules are further digested and absorbed. Non-digestible food products (dietary fiber) are mixed with water and waste products and concentrated into feces, which are excreted.

Without optimal functioning of enzymes, good digestive health may be impaired.

THE IMPORTANCE OF DIGESTIVE ENZYMES

Although raw foods contain an abundance of enzymes, which may play an important role in human health, how many of us actually eat raw foods on a daily basis? Modern diets contain dramatically fewer enzymes due to cooking and heavy processing of foods, and many researchers over the last century have maintained that this loss of dietary enzymes may be a significant contributing factor to poor health as we age.

USANA **Digestive Enzyme** supplies the supplemental enzymes our bodies may need to break down the cellulose (from fruits and vegetables), fats, proteins, carbohydrates, and starches that we eat, so the macronutrients are available for our cells.

SPIRULINA

In addition to promoting healthy digestion, USANA's **Digestive Enzyme** supports the body's natural detoxification processes with the addition of spirulina, a nutrient-rich blue-green algae that contains chlorophyll. Chlorophyll helps promote the elimination of toxins from the body.*

Spirulina is a nutrient-dense "superfood." It is rich in amino acids; vitamins A, C, E, and the B-complex vitamins, including vitamins B12 and B6; phytonutrients; and minerals, including magnesium. The liver—the body's primary organ for filtration—depends on all these nutrients to function properly.*

WHY USANA® DIGESTIVE ENZYME?

Supplementing with USANA's **Digestive Enzyme** can help maintain healthy levels of enzymes for optimal efficiency. It is designed to support more complete digestion and absorption of macronutrients. The addition of spirulina makes USANA's formula unique in the supplement industry.*

*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.

ITEM #111

DIRECTIONS: TAKE ONE (1) TO THREE (3) TABLETS WITH A MEAL OR AS NEEDED.

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING		%DV
NATURAL ENZYME BLEND (ALPHA-AMYLASE, BROMELAIN, PROTEASE, LIPASE, LACTASE, PAPAIN, CELLULASE)	120 mg	†
SPIRULINA	150 mg	†

†VALUE NOT ESTABLISHED.

LB.000389

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELLOSE SODIUM, PREGELATINIZED STARCH, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, DEXTROSE, NATURAL FLAVOR, SOY LECITHIN, SODIUM CITRATE.

CONTAINS SOY. NO ANIMAL-DERIVED INGREDIENTS.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

KEEP TABLETS IN ORIGINAL CONTAINER WITH THE LID TIGHTLY CLOSED BETWEEN USES. STORE IN A COOL, DRY PLACE.

USANA HEALTH SCIENCES, INC.
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References

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Digestive

USANA® Probiotic

Dairy- and sugar-free probiotic food supplement for digestive and immune health*

ITEM #108

USANA Probiotic food supplement supports digestive health with a unique blend of probiotics that brings balance to your belly.

THE BENEFITS OF USANA® PROBIOTIC

There are trillions of bacteria living in or on your body, and many of them play a role in keeping you healthy. Your gut alone is host to hundreds of species of both beneficial and potentially harmful bacteria, which are part of the intestinal flora. To maintain everyday intestinal health, it's important that the beneficial bacteria and harmful bacteria are in proper balance. Age, stress, illness, antibiotics and/or certain medicines, poor diet and hydration, lack of rest, and harmful environmental conditions may impact the balance that is needed to support the normal intestinal flora. An imbalance can lead to digestive concerns that may not only be physically uncomfortable but also possibly harmful to your health.

Using probiotic supplements can help ensure you have enough beneficial bacteria to create an ideal environment for healthy digestion. Not only does a healthy digestive system greatly reduce the likelihood of physical discomfort from gas, constipation, bloating, or occasional diarrhea, it also facilitates consistent waste elimination from the body through the regular passing of stool and normalization of stool consistency.*

THE SCIENCE OF USANA® PROBIOTIC

A compound of Latin and Greek, the word "probiotic" means "favorable to life." The Food and Agriculture Organization of the United Nations defines probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host." Probiotic dietary supplements are beneficial because they replenish beneficial microflora and, thereby, encourage healthy bacterial growth. A proper microbial equilibrium in the gut can aid good digestion, support nutrient absorption, shorten colonic transit time, and enhance barrier function, which helps defend against potentially toxic microorganisms that may try to take hold in the walls of the intestinal tract.*

Lactobacillus and bifidobacterium are two families of bacteria strains that have been identified as part of the healthy, normal gut microbiota. Lactobacillus strains are primarily found in the small intestine, while bifidobacterium are needed in the large intestine. **USANA Probiotic** features a unique 50/50 mixture of *Bifidobacterium* BB-12® and *Lactobacillus rhamnosus* LGG®†—two strains of probiotic bacteria that have been clinically proven to promote a natural balance of beneficial microflora in the gut.*

Research has also shown that the bacterial strains in **USANA Probiotic** may also play a role in sustaining healthy immune function. More immune cells are concentrated in the gut than in any other region of the body, and probiotics can help strengthen our natural defenses by modulating the cellular immune response.

WHY USANA® PROBIOTIC?

The beneficial effects of one strain of probiotics do not necessarily hold true for others, or even for different varieties of the same species or strain. A sufficient quantity of high-quality bacteria strains must survive the harsh environment of the stomach and enter the intestinal tract alive to be effective. Verified to supply 12 billion Colony Forming Units (CFU) of viable bacteria—a level shown to be effective in clinical studies—USANA Probiotic contains *Bifidobacterium* BB-12 and *Lactobacillus rhamnosus* LGG, two strains that are well documented to survive transit through the acidic environment of the stomach to colonize the intestines.

USANA Probiotic employs an advanced dairy- and sugar-free delivery system that guarantees the product will remain effective for at least 18 months when stored at room temperature. Refrigeration may prolong shelf life even further. It is also easy to use. Simply take **USANA Probiotic** alone or add one serving (one stick pack) of the mildly sweet, powdered formulation to cold beverages or foods every one or two days for proven digestive health results.*

†Trademarks are the property of their respective owners.

*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.

Directions for Use: Adults: add the contents of one stick pack to water, **Nutrimeal™** or other favorite cold beverage and drink immediately. Take one stick pack every 1–2 days, or as needed to promote digestive health.*

Nutrition Facts: Serv. Size: 1 Stick Pack,
Amount Per Serving:
Calories 0, Fat Cal. 0, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0%DV), **Total Carb.** 1g (0%DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 0g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV).
Percent Daily Values (DV) are based on a 2,000 calorie diet

BX.00156

Ingredients: Mannitol, Inulin, *Lactobacillus rhamnosus* LGG®, *Bifidobacterium* BB-12®, Silicon Dioxide.
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. This product is not intended to diagnose, treat, cure, or prevent any disease.

STORE AT ROOM TEMPERATURE (25° C).

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Digestive

Fibergy® Plus

Nutritious fiber blend

Fibergy Plus is a heart-healthy product because it's cholesterol free and low in saturated fat, and diets low in cholesterol and saturated fat may reduce the risk of heart disease. The FDA states that low-fat diets, rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors. **Fibergy Plus** is also low in sodium. Diets containing foods that are low in sodium may reduce the risk of high blood pressure.

FIBER IN THE DIET

Consuming multiple sources of dietary fiber is important because different types of fiber provide specific benefits and serve unique purposes within the body. The unique formula of **Fibergy Plus** contains psyllium, which maintains healthy cholesterol levels already in the normal range, as well as inulin, a prebiotic that promotes healthy stimulation of bifidobacteria in the digestive tract.*

PSYLLIUM

Psyllium is a bulking agent that sweeps the GI tract and promotes 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 reduce the risk of heart disease. A serving of **Fibergy Plus** supplies 2.9 grams of the soluble fiber from psyllium necessary per day to have this effect.

INULIN

Prebiotics are non-digestible food ingredients that stimulate the growth and/or activity of bacteria in the digestive system, which is beneficial to the health of the body. Inulin is a prebiotic found in **Fibergy Plus** that promotes healthy stimulation of bifidobacteria in the digestive tract. It is a special type of non-digestible fiber that serves as fertilizer for healthy bacteria in the digestive system. This healthy bacteria assists the digestive tract in the absorption of nutrients and the breakdown of foods.*

The **USANA® Probiotic** product supplies healthy bifidobacteria and works in a symbiotic relationship with inulin to support healthy digestion. So together, **USANA Probiotic** and **Fibergy Plus** work to keep the healthy bacteria in.

The large intestine contains up to 500 different types of bacteria, which contribute to a number of biological functions in the body. To maintain a well-balanced flora in the large intestine, there must be more beneficial bacteria than pathogenic bacteria. Therefore, it is essential to promote the growth of "good" bacteria.*

WHY FIBERGY® PLUS?

The dietary fiber in **Fibergy Plus** promotes good digestive health, is important to the maintenance of heart health, and aids in normal bowel regularity, which helps move wastes and toxins out of the colon quickly and efficiently. If undigested food material and metabolic waste build up due to slow elimination, they may contribute to other health problems. The high fiber content in **Fibergy Plus** will also leave you feeling satisfied, making it easy to skip unhealthy snacks throughout the day. Diets high in soluble and insoluble fiber are important for digestive health. **Fibergy Plus** makes it simple to add the benefits of fiber to your daily diet.

*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.

ITEM #226

DIRECTIONS: Mix a full serving, 1 rounded tablespoon (14g), into 10–12 oz. of juice. Or, mix a half serving, 2 rounded teaspoons (7g), with USANA Nutrimeal. For best results, mix in a BlenderBottle® for 45 seconds. Enjoy immediately.
CAUTION: This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing. If you are taking any medications (prescription and/or over-the-counter) take this product at least 2 hours before or 2 hours after your medication.

NUTRITION FACTS

Serving Size: 1 rounded tablespoon (14g)
Servings Per Container: 28

Amount Per Serving	
Calories	30
Calories from Fat	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 12g	48%
Soluble Fiber 8g	
Insoluble Fiber 4g	
Sugars 0g	
Protein 0g	0%

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

BG.0001077

Ingredients: Psyllium, Inulin, Cane Fiber (Cellulose), Gum Arabic, Citrus Pectin, Flaxseed Meal, Citric Acid, Natural Flavor.

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

‡For our customers sensitive to dairy, soy, and gluten: No dairy, soy, or gluten-containing ingredients are used in this product. However, USANA Fibergy Plus is produced in a facility that manufactures other foods that do contain dairy, soy, and gluten.

All trademarks are the property of their respective owners.

References

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Digestive

Hepasil DTX™

Comprehensive liver support formula that promotes and balances the body's detoxification processes*

The liver is the body's second largest organ and its largest gland. It manufactures many important blood proteins; assists in the conversion of fats, amino acids, vitamins, and minerals into more usable forms; makes important structural components, including cell membrane compounds; filters toxins from the blood; and stores many vitamins and minerals, including iron and B12. The patent-pending **Hepasil DTX** supplement was formulated to provide a unique blend of antioxidants to help support healthy liver function.*

MILK-THISTLE EXTRACT

Used as a natural remedy to support liver health for more than 2,000 years, milk thistle is used by the liver to protect against oxidative stress. Additionally, it stimulates liver detoxification pathways and has strong antioxidant properties thought to help strengthen and protect liver cells.*

As an antioxidant, milk thistle helps increase the amount and the activity of several antioxidant enzyme systems that are involved in the detoxification process, such as superoxide dismutase (SOD) and the glutathione peroxidase system. The active phytochemicals in milk thistle may also stimulate protein synthesis in liver cells, which helps to regenerate them.*

ALPHA-LIPOIC ACID

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

TURMERIC EXTRACT

Turmeric, the powdered root of the plant *Curcuma longa L.*, is a member of the ginger family native to India and Southeast Asia. It contains curcumin and related compounds known as curcuminoids, which have significant antioxidant properties.*

CHOLINE

Choline supports healthy liver function by donating methyl groups necessary for detoxification reactions. Choline phospholipids are extremely important structural elements of cells and are essential for the normal processing of dietary fat, a key function of the liver. In addition, adequate choline intakes have been associated with lower levels of plasma homocysteine, meaning choline can also play a role in hearth health. **Hepasil DTX** is an excellent source of choline.

NUTRITIONAL HYBRID TECHNOLOGY

Hepasil DTX employs USANA's innovative Nutritional Hybrid Technology. This state-of-the-art approach to formula design and manufacture features bilayer tableting: the separation of various formula ingredients into two distinct tablet layers. Now, for the first time, previously distinct products can be joined into a single formula, and incompatible ingredients can be combined in a single tablet. USANA's Nutritional Hybrid Technology opens the door to accelerated innovation in supplement design and manufacture. Proudly, USANA is among the first in the world to use Nutritional Hybrid Technology.

WHY HEPASIL DTX™?

The unique formulation of **Hepasil DTX** helps to combat oxidative stress in the liver with a powerful blend of antioxidants, including green-tea extract and broccoli concentrate. It also includes USANA's patented Olivol® olive-fruit extract for more complete antioxidant support. With 240 mg of high-quality, highly bioavailable milk-thistle extract, **Hepasil DTX** provides comprehensive support for the liver.*

*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.

MY HP Available for MyHealthPak™

HYBRID

ITEM #135

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

SUPPLEMENT FACTS

SERVING SIZE: 3 TABLETS

AMOUNT PER SERVING		%DV
BIOTIN	225 µg	75%
CHOLINE BITARTRATE	375 mg	†
MILK THISTLE EXTRACT (*SILYBUM MARIANUM* L., FRUIT, STANDARDIZED TO CONTAIN 80% SILYMARIN BY UV)	240 mg	†
N-ACETYL L-CYSTEINE	225 mg	†
ALPHA-LIPOIC ACID	200 mg	†
BROCCOLI CONCENTRATE (*BRASSICA OLERACEA* V. *BOTRYTIS* L., FLOWER)	75 mg	†
GREEN TEA EXTRACT-DECAFFEINATED (*CAMELLIA SINENSIS* HUNT, LEAVES)	45 mg	†
OLIVOL® (OLIVE EXTRACT, *OLEA EUROPAEA* L., FRUIT)*	45 mg	†
TURMERIC EXTRACT (*CURCUMA LONGA* L., ROOT)	45 mg	†

† DAILY VALUE NOT ESTABLISHED.

LB.000395

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, CROSCARMELLOSE SODIUM, MODIFIED CELLULOSE, DEXTRIN, DEXTROSE, SOY LECITHIN, NATURAL FLAVOR, SODIUM CITRATE.

*PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

CONTAINS SOY.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

KEEP TABLETS IN ORIGINAL CONTAINER WITH THE LID TIGHTLY CLOSED BETWEEN USES. STORE IN A COOL, DRY PLACE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120, USA

MADE IN USA STORE BELOW 25° C

References

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Foods

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

Nutrimeal™

A perfectly nutritious meal replacement shake

THE BENEFITS OF FIBER AND PROTEIN

Diets high in soluble and insoluble fiber are generally rich in essential nutrients. Fiber is important for maintaining digestive health. When regularly eaten as part of a diet low in saturated fat and cholesterol, soluble fiber has been shown to help support healthy cholesterol levels, provided they are healthy to begin with.*

Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Dutch Chocolate and Wild Strawberry **Nutrimeal** provides 15 grams of soy, whey, and other proteins. A serving of French Vanilla **Nutrimeal** provides 15 grams of soy protein. Soy protein is a complete protein, containing all of the essential amino acids in a highly digestible form. Whey protein, which is also easily digestible, is an excellent source of amino acids essential for building a healthy body.*

DUTCH CHOCOLATE & WILD STRAWBERRY NUTRIMEAL™

The protein blend in Dutch Chocolate and Wild Strawberry **Nutrimeal** provides the benefits of soy and whey, plus additional protein sources, such as pea protein isolate and rice protein concentrate, to provide balanced amino acids to the body. These flavors also contain ingredients known for their fiber content, and they are perfect for those who are avoiding gluten.†

FRENCH VANILLA NUTRIMEAL™

This gluten-free† meal replacement is formulated with 100 percent soy protein for those who prefer non-animal proteins or who are lactose or gluten intolerant. Soy protein provides a nice balance of amino acids, which are required by the human body.

From the Lab

A 12-week study conducted by the University of Colorado Denver produced significant weight loss, improvements in glycemic control, and reductions in risk factors for heart disease in 60 overweight individuals with metabolic syndrome when placed on a low-glycemic diet that included Nutrimeal™, as well as moderate exercise. Results were published in the August 2009 issue of *Obesity and Weight Management*.

†For our customers sensitive to gluten: No gluten containing ingredients are used in this product. However, Nutrimeal 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.

Dutch Chocolate Nutrimeal™

ITEM #210

Directions: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Nutrition Facts

Serving Size 3 scoops (60 g)
Servings per Container 9

Amount Per Serving	
Calories	240
Calories from Fat	65
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Potassium 600mg	17%
Total Carbohydrate 32g	11%
Dietary Fiber 8g	32%
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 18g	
Protein 15g	30%

Vitamin A	15%	•	Vitamin C	15%
Calcium	35%	•	Iron	40%
Vitamin D	25%	•	Vitamin E	15%
Thiamin	20%	•	Riboflavin	25%
Niacin	15%	•	Vitamin B6	20%
Folate	15%	•	Vitamin B12	10%
Phosphorus	30%	•	Iodine	25%
Magnesium	25%	•	Zinc	25%
Copper	15%	•	Molybdenum	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein], Fructose, Sunflower Oil, Maltodextrin, Cocoa, Soy Fiber, Cane Fiber, Natural Flavors, Gum Arabic, Oligofructose, Prune Powder (Prune, Calcium Stearate), Sodium Caseinate (A Milk Derivative) Cellulose Gum, Salt, Potassium Phosphate, Xanthan Gum, Inulin, Soy Lecithin, Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Ferrous Fumarate (Iron), Zinc Gluconate, Niacinamide (Niacin), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Potassium Iodide, Thiamin Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12), D-Alpha Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate, Cholecalciferol (Vitamin D).
Contains: soybean and milk.
Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.
†For our customers sensitive to gluten: No gluten containing ingredients are used in this product. However, Dutch Chocolate Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

BG.0001085

Wild Strawberry Nutrimeal™

ITEM #212

Directions: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Nutrition Facts

Serving Size 3 scoops (60 g)
Servings per Container 9

Amount Per Serving	
Calories	240
Calories from Fat	65
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	17%
Potassium 490mg	14%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Soluble Fiber 4g	
Insoluble Fiber 4g	
Sugars 18g	
Protein 15g	30%

Vitamin A	15%	•	Vitamin C	15%
Calcium	35%	•	Iron	40%
Vitamin D	25%	•	Vitamin E	15%
Thiamin	20%	•	Riboflavin	25%
Niacin	15%	•	Vitamin B6	20%
Folate	20%	•	Vitamin B12	10%
Phosphorus	30%	•	Iodine	25%
Magnesium	20%	•	Zinc	25%
Copper	20%	•	Molybdenum	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories:		2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

BG.0001086

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein Isolate), Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Gum Arabic, Cane Fiber, Strawberry Powder, Prune Powder (Prune, Calcium Stearate), Natural Flavors, Inulin, Oligofructose, Beet Juice (Color), Sodium Caseinate, Salt, Cellulose Gum, Potassium Phosphate, Xanthan Gum, Soy Lecithin, Calcium Carbonate, Citric Acid, Magnesium Oxide, Malic Acid, Ascorbic Acid (Vitamin C), Ferrous Fumarate (Iron), Zinc Gluconate, Niacinamide (Niacin), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Potassium Iodide, Thiamin Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12), D-Alpha Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate, Cholecalciferol (Vitamin D).
Contains: soybean and milk.
Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.
†For our customers sensitive to gluten: No gluten containing ingredients are used in this product. However, Wild Strawberry Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

French Vanilla Nutrimeal™

ITEM #211

Directions: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Nutrition Facts

Serving Size 3 scoops (60g)
Servings per Container: 9

Amount Per Serving	
Calories	240
Calories from Fat	70
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Potassium 420mg	12%
Total Carbohydrate 35g	12%
Dietary Fiber 8g	32%
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 18g	
Protein 15g	30%

Vitamin A	15%	•	Vitamin C	25%
Calcium	25%	•	Iron	15%
Vitamin D	35%	•	Vitamin E	20%
Thiamin	30%	•	Riboflavin	35%
Niacin	20%	•	Vitamin B6	30%
Folate	20%	•	Vitamin B12	10%
Phosphorus	40%	•	Iodine	35%
Magnesium	20%	•	Zinc	20%
Copper	25%	•	Manganese	20%
Molybdenum	30%			

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories:		2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

BG.0001087

Ingredients: Soy Protein Isolate, Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Cane Fiber, Natural Flavors, Oligofructose, Gum Arabic, Prune Powder (Prune, Calcium Stearate), Potassium Phosphate, Calcium Phosphate, Magnesium Citrate, Sodium Caseinate (a milk derivative), Xanthan Gum, Inulin, Cellulose Gum, Soy Lecithin, Silicon Dioxide, Tocopherols (to protect flavor), Salt, Zinc Gluconate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Ferrous Fumarate, Cholecalciferol (Vitamin D), Molybdenum Citrate, Pyridoxine Hydrochloride (Vitamin B6), Manganese Citrate, Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Folic Acid, Thiamin Hydrochloride (Vitamin B1).
Contains: soybean, milk.
Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.
†For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, the French Vanilla Flavor Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

Chocolate Whey Nutrimeal™

Chocolate meal replacement shake formulated as a significant source of whey protein

Chocolate Whey **Nutrimeal** is a soy-protein free alternative to the popular line of **USANA® Nutrimeal** shakes. Like the other flavors of **Nutrimeal**, it is a meal replacement drink that is low glycemic and made with natural flavors and sweeteners.

This gluten- and soy protein-free meal replacement is an excellent option for those who are soy or gluten intolerant. The combination of whey and casein milk proteins provides both instant and sustained release of amino acids for the body to use.

THE BENEFITS OF WHEY

Protein is key to building a healthy body, and USANA's Chocolate Whey **Nutrimeal** is a delicious way to get 15 grams of protein every day. USANA developed Chocolate Whey **Nutrimeal** for those who have soy, wheat, or gluten sensitivity† and for athletes who often prefer to use whey as a protein source. It offers a healthy blend of fats, whey protein, and good carbohydrates. Also, since it is low glycemic, Chocolate Whey **Nutrimeal** is formulated for sustained energy to control your hunger.* With the added bonus of a delectable chocolate taste, this healthy option is not only convenient, it's a tasty treat as well.

ITEM #202

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Nutrition Facts

Serving Size 3 scoops (61g)
Servings per Container 9

Amount Per Serving	
Calories	230
Calories from Fat	60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Potassium 780mg	22%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 19g	
Protein 15g	30%

Vitamin A	15%	•	Vitamin C	25%
Vitamin D	40%	•	Vitamin E	25%
Thiamin	30%	•	Riboflavin	35%
Niacin	25%	•	Vitamin B6	35%
Folate	20%	•	Vitamin B12	10%
Calcium	50%	•	Iron	15%
Phosphorus	50%	•	Iodine	30%
Magnesium	25%	•	Zinc	20%
Copper	25%	•	Manganese	15%
Molybdenum	25%			

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories:		2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

BG.0001091

Ingredients: Protein Blend [Whey Protein Isolate, Whey Protein Concentrate, Nonfat Milk, Calcium Caseinate (a milk derivative), Milk Protein Isolate, Sodium Caseinate (a milk derivative)], Crystalline Fructose, Fiber Blend [Cane Fiber, Pea Fiber, Gum Arabic, Cellulose Gum, Oligofructose, Inulin, Xanthan Gum], High Oleic Sunflower Oil, Maltodextrin, Cocoa Powder, Natural Flavors, Potassium Phosphate, Calcium Phosphate, Magnesium Citrate, Salt, Prune Powder, Soy Lecithin, Silicon Dioxide, Natural Tocopherols, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate, Niacinamide (Niacin), Potassium Iodide, Vitamin A Palmitate, Molybdenum Citrate, Ferrous Fumarate, Cholecalciferol (Vitamin D3), Copper Gluconate, Manganese Citrate, Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12).

Contains: Milk, Soy.

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

†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.

*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.

Nutrimeal™ Free

A nutritious, plant-based meal replacement shake

You want food that's clean, pure, and above all, healthy. You may not want gluten, dairy, or soy—but you still need something that will fill you up and give you the energy you need to take on the day.

That's why we created **Nutrimeal Free**. It's a meal replacement shake formulated with a complete vegetable protein, and it's unique for what it doesn't contain—no fructose, gluten, dairy, or soy. It's packed with protein to give you sustained energy, and it has plenty of fiber to support healthy digestion. Oh, and did we mention it's vegetarian friendly?

This shake is an ideal source of nutrition for when you want to detox and cleanse, or if you need a simple, convenient, meal replacement without an overpowering flavor.

GET HEALTHY

Low glycemic
Vegetarian friendly
Gluten free†
Packed with protein and fiber
Complete vegetable protein

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

ITEM #209

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

NUTRITION FACTS

Serving Size: 3 scoops (53 g)
Servings Per Container: 9

Amount Per Serving	
Calories	220
Calories from Fat	60
	% Daily Value*
Total Fat 7 g	11%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 340 mg	14%
Potassium 390 mg	11%
Total Carbohydrate 26 g	9 %
Dietary Fiber 8 g	32%
Soluble Fiber 4 g	
Insoluble Fiber 4 g	
Sugars 12 g	
Protein 15 g	30%

Vitamin A	15%	•	Vitamin C	15%
Calcium	30%	•	Iron	20%
Vitamin D	25%	•	Vitamin E	15%
Thiamin	20%	•	Riboflavin	25%
Niacin	15%	•	Vitamin B6	20%
Folate	15%	•	Vitamin B12	10%
Phosphorus	30%	•	Iodine	25%
Magnesium	20%	•	Zinc	20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: NON-GMO PLANT PROTEIN BLEND (PEA PROTEIN ISOLATE, POTATO PROTEIN ISOLATE), BALANCED FIBER BLEND (CANE FIBER, ACACIA GUM, DEXTRIN (SOLUBLE DIETARY FIBER), PEA FIBER, CELLULOSE GUM, XANTHAN GUM), ORGANIC CANE SUGAR, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, NATURAL FLAVORS, VITAMIN AND MINERAL BLEND [POTASSIUM PHOSPHATE, CALCIUM CARBONATE, MAGNESIUM OXIDE, ASCORBIC ACID (VITAMIN C), FERROUS FUMARATE (IRON), ZINC GLUCONATE, NIACINAMIDE (NIACIN), FOLIC ACID (FOLATE), RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE, CYANOCOBALAMIN (VITAMIN B12), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), RETINYL PALMITATE (VITAMIN A), CHOLECALCIFEROL (VITAMIN D)], COCONUT OIL, FOOD STARCH, DIGLYCERIDES, SEA SALT, STEVIA LEAF EXTRACT.

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING SHELLFISH, WHEAT, MILK, SOY, EGG, PEANUTS, AND TREE NUTS.

B6.0001174

Foods

*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.

USANA's Delicious Protein Snacks

Convenient snacks in three delicious flavors

Have you ever reached for a snack, only to hesitate when you thought of your waistline? Just because you want to be healthy doesn't mean you have to deprive yourself. These delectable snacks will give you all the indulgence you deserve 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.

Additionally, all three of USANA's delicious protein snacks are free of 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.

Going from zero to 60 on the roadway to a healthier diet is difficult. Make the transition easier with these delicious protein snacks.

CHOCO CHIP™ PROTEIN SNACK

This soft and chewy chocolate chip protein snack will give you the same comfort as your home-baked version without all the questionable ingredients. Plus, these snacks are topped with a delicious chocolaty icing that adds great flavor to every bite without a hint of remorse.

PEANUTTY BLISS™ PROTEIN SNACK

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.

FUDGE DELITE™ PROTEIN SNACK

This luxurious, soft-baked protein snack will give you all the chocolaty taste you've been craving with rich chocolate chips baked right in. Oh, and don't forget the dark chocolate icing on top, which adds just one more layer of deliciousness to keep you away from the sugary snacks you reached for before.

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

Choco Chip™ Protein Snack

ITEM #235

NUTRITION FACTS

Serving Size: (1) square (38 g)
Servings per container: 14

Amount per serving	
Calories 160	Calories from fat 45
	% Daily Value*
Total Fat 5 g	**8%**
Saturated Fat 3 g	**15%**
Trans Fat 0 g	**0%**
Cholesterol 15 mg	**5%**
Sodium 180 mg	**8%**
Total Carbohydrate 17 g	**6%**
Dietary Fiber 1 g	**4%**
Sugars 7 g	
Protein 11 g	**22%**

Vitamin A	3%	•	Vitamin C	1%
Calcium	3%	•	Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

ITEM.235.010100

INGREDIENTS: NON GMO PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NON-SUGAR SWEETENERS (SORBITOL, GLYCERINE, MALTITOL), SUGARS (BROWN SUGAR, EVAPORATED CANE SYRUP), PALM OIL, MONO GLYCERIDES, UNSWEETENED CHOCOLATE, COCOA BUTTER, NONFAT DRY MILK, COCOA, NATURAL VANILLA FLAVOR, SOY LECITHIN, WHEY, CITRIC ACID, BETA CAROTENE, ASCORBYL PALMITATE, SALT, POTASSIUM SORBATE.

CONTAINS: MILK AND SOY

*NO GLUTEN OR EGGS ARE USED IN THIS PRODUCT. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, MILK, SOY, EGG, PEANUTS, AND TREE NUTS.

STORE AT ROOM TEMPERATURE (25° C)

*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.

Peanutty Bliss™ Protein Snack

ITEM #236

NUTRITION FACTS

Serving Size: (1) square (38 g)
Servings per container: 14

Amount per serving

Calories 160 — Calories from fat 54

	% Daily Value*
Total Fat 6 g	**9%**
Saturated Fat 3 g	**15%**
Trans Fat 0 g	**0%**
Cholesterol 15 mg	**5%**
Sodium 180 mg	**8%**
Total Carbohydrate 18 g	**6%**
Dietary Fiber 1 g	**4%**
Sugars 9 g	
Protein 11 g	**22%**

Vitamin A	3%	•	Vitamin C	1%
Calcium	3%	•	Iron	5%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

ITEM.236.010100

INGREDIENTS: NON GMO PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NON-SUGAR SWEETENERS (SORBITOL, GLYCERINE, MALTITOL), SUGARS (BROWN SUGAR, EVAPORATED CANE SYRUP), PALM OIL, MONO GLYCERIDES, DEFATTED PEANUT FLOUR, NONFAT DRY MILK, PEANUT OIL, NATURAL VANILLA FLAVOR, SOY LECITHIN, CITRIC ACID, WHEY, BETA CAROTENE, ASCORBYL PALMITATE, SALT, POTASSIUM SORBATE.

CONTAINS: PEANUTS, MILK, AND SOY

†NO GLUTEN OR EGGS ARE USED IN THIS PRODUCT. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, MILK, SOY, EGG, PEANUTS, AND TREE NUTS.

STORE AT ROOM TEMPERATURE (25° C)

Fudge Delite™ Protein Snack

ITEM #237

NUTRITION FACTS

Serving Size: (1) square (43 g)
Servings per container: 14

Amount per serving

Calories 180 — Calories from fat 54

	% Daily Value*
Total Fat 6 g	**9%**
Saturated Fat 3 g	**15%**
Trans Fat 0 g	**0%**
Cholesterol 20 mg	**7%**
Sodium 200 mg	**8%**
Total Carbohydrate 20 g	**7%**
Dietary Fiber 1 g	**4%**
Sugars 9 g	
Protein 12 g	**24%**

Vitamin A	3%	•	Vitamin C	1%
Calcium	4%	•	Iron	17%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:
Fat 9 — Carbohydrate 4 — Protein 4

ITEM.237.010100

INGREDIENTS: NON GMO PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NON-SUGAR SWEETENERS (SORBITOL, GLYCERINE, MALTITOL), SUGARS (BROWN SUGAR, EVAPORATED CANE SYRUP), PALM OIL, COCOA, MONO GLYCERIDES, UNSWEETENED CHOCOLATE, COCOA BUTTER, NONFAT DRY MILK, NATURAL VANILLA FLAVOR, SOY LECITHIN, CITRIC ACID, WHEY, BETA CAROTENE, ASCORBYL PALMITATE, SALT, POTASSIUM SORBATE.

CONTAINS: MILK AND SOY

†NO GLUTEN OR EGGS ARE USED IN THIS PRODUCT. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT , MILK, SOY, EGG, PEANUTS, AND TREE NUTS.

STORE AT ROOM TEMPERATURE (25° C)

Go Nuts 'n' Berries™

A lip-smacking, super healthy nutrition bar

Health. When you have it, life is good. Every day is an adventure. Which is why, every day, you're faced with different choices to support your healthy lifestyle.

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

GO NUTS 'N' BERRIES™

Peanuts, almonds, chia, and flaxseeds come together with raisins and cranberries, creating a perfect union between taste and nutrition.

Salty and sweet—two opposite ends of the taste spectrum. But no one is going stop us from combining the saltiness of protein-packed 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.

*EAT TO YOUR ADVANTAGE

500 mg Omega-3 alpha-Linolenic acid
Low Glycemic Index
Heart healthy
All-natural ingredients
No cholesterol
Vegan
Low sodium
No hydrogenated oils
Non-GMO
No trans fats
"Superfood" ingredients

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.

ITEM #234

Nutrition Facts

Serving Size: 1 bar (33 g)
Servings per container: 14

Amount per serving

Calories 150	Calories from fat 70
	% Daily Value*
Total Fat 7 g	**11%**
Saturated fat 1 g	**5%**
Trans fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 110 mg	**5%**
Potassium 140 mg	**4%**
Total Carbohydrate 18 g	**6%**
Dietary Fiber 2 g	**8%**
Sugars 12 g	
Protein 3 g	**6%**

Vitamin A	0%	•	Vitamin C	0%
Calcium	2%	•	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Saturated fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

BX.00271

INGREDIENTS: PEANUTS, BROWN RICE SYRUP, RAISINS, ALMONDS, DRIED CRANBERRIES, EVAPORATED CANE SYRUP, FLAXSEED, DRIED CANE SYRUP, APPLE JUICE CONCENTRATE, WALNUTS, CHIA SEED, SALT, HIGH OLEIC SUNFLOWER OIL.
CONTAINS PEANUTS, ALMONDS, WALNUTS.
STORE AT ROOM TEMPERATURE (25 °C)

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.

Rev3 Energy® Drink

Cleaner. Smarter. Stronger. **Rev3 Energy** is all the power of an energy drink—refined. With an advanced formula developed by USANA's nutrition experts, **Rev3** is a superior alternative to crash-and-burn energy drinks.

WHAT MAKES IT WORK?

Rev3 has unique components that separate it from other energy drinks: **Rev3** contains L-Carnitine, an ingredient that has an important function in energy production. L-Carnitine helps shuttle fatty acids (fats) into the mitochondria where they can be turned into energy. It also helps to transport the toxic byproducts of energy combustion out of the mitochondria to prevent accumulation. **Rev3** also contains CoQ10. CoQ10 is involved in the production of 95 percent of the energy required by the body.

A REVOLUTION IN ENERGY DRINKS

Rev3 is also low glycemic and formulated for a sustained energy. With a high glycemic load, typical energy drinks spike your blood sugar levels, giving you a quick feeling of energy but soon leading to a crash that leaves you feeling drained. **Rev3** has a total glycemic load that is three to four times lower than traditional energy drinks. This means that **Rev3** does not lead to a debilitating sugar crash but rather leaves you feeling a sustained level of energy throughout the day.*

PROPRIETARY ENERGY COMPLEX

Rev3 was developed with a complete and proprietary energy complex that includes L-Carnitine, malic acid, citric acid, Korean ginseng, and rhodiola. These ingredients are broken down and eventually enter the Krebs cycle (citric acid cycle) and electron transport chain where they help refuel the body's energy stores.

PROPRIETARY PHYTOCHEMICAL BLEND

The unique phytochemical blend of **Rev3** includes 61 milligrams of additional all-natural ingredients. This includes pomegranate, acerola, grape seed extract, and USANA's patented Olivol® olive-fruit extract. Olivol provides highly bioavailable phenolic antioxidants that have been shown to protect low-density lipoproteins (LDL) from oxidation.*

WHY REV3 ENERGY®?

Rev3 has a crisp, all-natural taste from natural ingredients. **Rev3** is unique among most common energy drinks because it has no artificial flavors, no artificial sweeteners, no artificial preservatives, and no artificial colors. It contains naturally derived caffeine from a blend of teas for improved mental alertness and stamina. **Rev3** also includes additional vitamins, minerals, and antioxidants that support energy metabolism at the cellular level.*

ITEM #138

NUTRITION FACTS

SERVING SIZE: 8 FL OZ (240 mL)
SERVINGS PER CONTAINER: 1.5

AMOUNT PER SERVING		
CALORIES 70		CALORIES FROM FAT 0
		% DV*
TOTAL FAT 0g		0%
SODIUM 0g		0%
TOTAL CARBOHYDRATE		6%
SUGARS 17g		
PROTEIN 0g		
VITAMIN B1 100%	•	VITAMIN B2 100%
NIACIN 100%	•	VITAMIN B6 250%
BIOTIN 100%	•	PANTOTHENIC ACID 100%
CALCIUM 10%	•	MAGNESIUM 15%

NOT A SIGNIFCANT SOURCE OF SATURATED FAT, TRANS FAT, CHOLESTEROL, FIBER, VITAMIN A, VITAMIN C, AND IRON.

*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET. YOUR DAILY VALUES MAY BE HIGHER OR LOWER DEPENDING ON YOUR CALORIE NEEDS.

CN.00010

OTHER INGREDIENTS: PURIFIED REVERSE OSMOSIS CARBONATED WATER, CRYSTALLINE FRUCTOSE, EVAPORATED CANE SYRUP, PROPRIETARY ENERGY COMPLEX (L-CARNITINE FUMARATE, GREEN AND WHITE TEA BLEND, CONTAINING 80 mg CAFFEINE, KOREAN GINSENG, RHODIOLA, D-RIBOSE, CITRIC ACID, MALIC ACID), PROPRIETARY PHYTOCHEMICAL BLEND (ACEROLA EXTRACT, GRAPE SEED EXTRACT, OLIVOL®, ALOE VERA EXTRACT, POMEGRANATE, AND NATURAL VEGETABLE JUICE) NATURAL FLAVORS, POTASSIUM SORBATE, CHOLINE CHLORIDE, COENZYME Q10, ULTRA TRACE MINERALS.

OLIVOL OLIVE-FRUIT EXTRACT IS PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

NOT RECOMMENDED FOR CHILDREN, PREGNANT OR NURSING WOMEN, OR THOSE SENSITIVE TO CAFFEINE. CONSULT YOUR PHYSICIAN IF YOU ARE TAKING PRESCRIPTION DRUGS OR HAVE A MEDICAL CONDITION.

USANA HEALTH SCIENCES, INC 3838 W. PARKWAY BLVD.
SALT LAKE CITY, UTAH 84120 USA
STORE BELOW 25˚ C MADE IN USA

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Rev3 Energy® Surge Pack

Experience the energizing benefits of **Rev3** in a convenient, ready-to-mix pack. The **Rev3 Energy Surge Pack** is perfect to take with you wherever you go. Simply mix with a bottle of water and enjoy this fresh, scientifically formulated alternative to the typical energy drink.

WHAT MAKES IT WORK?

Rev3 Energy Surge Pack contains a natural source of caffeine derived from the leaves of three different types of teas. This caffeine helps to provide a feeling of increased energy and mental alertness. With 80 mg of naturally derived caffeine, **Rev3** contains about as much caffeine as an average cup of coffee, but without many of the potentially harmful ingredients, such as large amounts of sugar, excessive calories, or artificial preservatives.

THE ENERGY COMPLEX

Malic acid and citric acid are part of **Rev3 Energy Surge Pack**'s complete energy complex. These ingredients are broken down and eventually enter the Krebs cycle (citric acid cycle) and electron transport chain where they help refuel the body's energy stores. **Rev3** also contains Korean ginseng and rhodiola.

WHY REV3 ENERGY® SURGE PACK?

The blend of white, black, and green teas gives **Rev3 Energy Surge Pack** its unique and refreshing taste. This provides a welcome contrast to the bitter or overly sweet flavors of many other energy drinks. **Rev3** has no artificial flavors, no artificial sweeteners, no artificial preservatives, and no artificial colors. It contains naturally derived caffeine from this blend of teas for improved mental alertness and stamina. Teas also provide numerous beneficial ingredients, including a thermogenic agent to aid in energy production, and antioxidants and phtyonutrients known to be beneficial to health and metabolism.*

ITEM #139

Directions: Add one pack per day to 14–16 oz of water or to taste.
Not recommended for children, pregnant or nursing women, or those sensitive to caffeine. Consult your physician if you are taking a prescription drug or have a medical condition.

Supplement Facts: Serv. Size: 1 Packet (4.25 g), Amount Per Serving:
Calories 10, Total Carb. 2g (1%DV), Sugars 2g, Calcium 35 mg (4% DV), RHODIOLA EXTRACT (RHODIOLA ROSEA, ROOT) 200 mg, White, Black, and Green Tea EXTRACT Blend Containing 80 mg Caffeine (Camellia sinensis Hunt, leaves) 700 mg, Citric Acid 450 mg, Malic Acid 150 mg, Korean Ginseng EXTRACT (Panax ginseng, root) 100 mg.
Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Crystalline Fructose, evaporated cane syrup, Natural Flavors, Stevia.

WR139.010002

*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.

5-Day RESET™ Kit

Reinvent yourself with RESET weight-management system, and lose five pounds in five days†

ITEM #251

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 and improving eating habits can often seem like insurmountable tasks. With that in mind, USANA scientists developed **RESET** weight-management program to help people jumpstart healthy eating habits and begin to make a clean break from unhealthy, high-glycemic foods.*

CONTROL THE CRAVINGS

All of the **USANA® Foods** in **RESET** are guaranteed to be low glycemic. As the foundation of a nutritious diet, low-glycemic foods release energy slowly and do not cause drastic blood glucose spikes and crashes. Therefore, you don't feel hungry as quickly, so you don't feel an overwhelming need to eat, which may help you lose weight.† In addition, the fiber content of **RESET** helps provide a long-lasting sense of fullness to help reduce hunger levels throughout the day.

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 also assist you in making positive changes to your overall lifestyle.*

LOSE THE POUNDS

The **RESET** 5-Day Jumpstart phase program is not about starvation. It is a nutritionally balanced, low-calorie system to help you kick carbohydrate cravings and lose the first few pounds and find the motivation to keep working toward your total weight-loss goal.*

FIND THE NEW YOU

After you have completed the first five days with the 5-Day Jumpstart phase, make the new healthy habits part of your lifestyle by choosing the next phase that is right for you.

FIVE DAYS TO A NEW YOU

The **RESET** program is a nutritionally balanced program of macronutrients (high-quality protein, good carbohydrates, and healthy fats) and micronutrients (vitamins, minerals, and antioxidants). The program is simple—every day you drink three **Nutrimeal**™ shakes and eat an Oatmeal Raisin **Nutrition Bar**, a Peanut Butter Crunch **Nutrition Bar**, a serving of fruit, and a serving of vegetables. You should also take the AM and PM **HealthPak**™, drink 64–80 ounces of water, and walk for approximately 20–30 minutes (about 3,000 steps) every day.

Meals	5-Day RESET	TRANSFORM PHASE	MAINTAIN PHASE
Breakfast	**Nutrimeal** shake	**Nutrimeal** shake	**Nutrimeal** shake
Snack	**Nutrition Bar**	**Nutrition Bar**	**Nutrition Bar**
Lunch	**Nutrimeal** shake	**Nutrimeal** shake	Low-glycemic meal** with plenty of fresh vegetables and fruits
Snack	**Nutrition Bar**	Low-glycemic snack**	Low-glycemic snack**
Dinner	**Nutrimeal** shake	Low-glycemic meal** with plenty of fresh vegetables and fruits	Low-glycemic meal** with plenty of fresh vegetables and fruits
	Also eat one serving of fruit and one serving of vegetables per day	**Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes	

HEALTH BASICS

- Can lose five pounds in five days†
- Can lose two pounds a week for 12 weeks†
- Low-glycemic ingredients providing a source of sustainable energy to help control carbohydrate cravings*
- In a clinical study, the average number of inches lost was 1.5 inches
- Works as a scientific alternative to fad diets
- Provides balanced nutrition including everything you need for weight-loss success

The **RESET** kit is available in a flavor variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry **Nutrimeal**—that includes everything you need:

- 15 single-serving pouches of **Nutrimeal**
- 5 Peanut Butter Crunch **Nutrition Bars**
- 5 Oatmeal Raisin **Nutrition Bars**
- 5 AM/PM **HealthPak** packets

To help you achieve your ideal weight, **Transform** every day:

- Replace two meals with **Nutrimeal** shakes and eat one low-glycemic meal.
- Eat one USANA bar as a snack and one other low-glycemic snack.
- Follow a moderate exercise program, working up to 10,000 steps.
- Take your **Essentials**™ or **HealthPak**.

To help you maintain your ideal weight, **Maintain** every day:

- Replace one meal with a **Nutrimeal** shake and eat two low-glycemic meals.
- Eat one USANA bar as a snack and one other low-glycemic snack.
- Continue a moderate exercise program.
- Take your **Essentials** or **HealthPak**.

References

• Van Horn L. Circulation 1997;95(12):2701-4.

†Individual results may vary. **RESET** weight-management system 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/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.

Children under the age of 18 should not participate in the **RESET** program, except on the advice of their physician and/or dietician.

*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.

Sensé™

Dedicated to those looking to enhance their health *and* beauty, USANA has 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 the purest natural 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.

Gentle Daily Cleanser

This mild, soap-free formula washes away surface dirt and make up without drying or irritating the skin. **Gentle Daily Cleanser** uses natural cleansers like yucca and soapwort bark to lift impurities. Enhanced with green-tea extract, this cleanser works overtime to defend against environmental stress, while it soothes and moisturizes with aloe and clary sage.

ITEM #300

Ingredients: Water (Aqua), PEG-7 Glyceryl Cocoate, Decyl Glucoside, PEG-120 Methyl Glucose Dioleate, Glycol Stearate, Sucrose Cocoate, Undecylenoyl Glycine, Capryloyl Glycine, Glyceryl Laurate, Pentylene Glycol, Glycerin, Sodium Hydroxide, PEG-90M, Disodium EDTA, Proline, Glycine, Diisopropyl Dimer Dilinoleate, Tetrahexyldecyl Ascorbate, Tocopheryl Acetate, Vitis Vinifera (Grape) Fruit Extract, Camellia Sinensis Leaf Extract, Echinacea Angustifolia Extract, Centella Asiatica Extract, Quillaja Saponaria Bark Extract, Salvia Sclarea (Clary) Extract, Yucca Schidigera Root Extract, Butylene Glycol, Aloe Barbadensis Leaf, Sea Salt, Calcium PCA, Glycine Soja (Soybean) Protein, Retinyl Palmitate, Magnesium Ascorbyl Phosphate, Manganese PCA, Magnesium PCA, Tocopherol, Oryzanol, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

Hydrating Toner

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

ITEM #301

Ingredients: Water (Aqua), SD Alcohol 40-B, Glycerin, Polysorbate 20, Sodium Polyacrylate, Magnesium Ascorbyl Phosphate, Allantoin, Disodium EDTA, Panthenol, Pentylene Glycol, Sclerotium Gum, Glyceryl Laurate, Sodium PCA, Undecylenoyl Glycine, Capryloyl Glycine, Glycine, Proline, Glycine Soja (Soybean) Protein, Tetrahexyldecyl Ascorbate, Camellia Sinensis Leaf Extract, Centella Asiatica Extract, Echinacea Angustifolia Extract, Quillaja Saponaria Bark Extract, Salvia Sclarea (Clary) Extract, Vitis Vinifera (Grape) Fruit Extract, Yucca Schidigera Root Extract, Diisopropyl Dimer Dilinoleate, Sea Salt, Tocopheryl Acetate, Calcium PCA, Butylene Glycol, Magnesium PCA, Manganese PCA, Retinyl Palmitate, Tocopherol, Oryzanol, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

Daytime Protective Emulsion
with Broad Spectrum SPF 15

Restore moisture and support the skin's natural cell renewal process with this lightweight moisturizer enriched with light-activated Regenisomes™. This enzyme technology helps speed the skin's recovery from visible environmental damage. Natural plant extracts boost **Daytime Protective Emulsion**'s benefits: aloe delivers concentrated moisture, plankton guards against the drying effects of the sun, and Irish moss softens the skin.

ITEM #302

Drug Facts

Active Ingredients	Purpose
Octinoxate 7.5%	Sunscreen
Oxybenzone 3%	Sunscreen
Avobenzone 2%	Sunscreen

Inactive Ingredients

Water, Diisopropyl Adipate, C12-15 Alkyl Benzoate, C20-22 Alkyl Phosphate, C20-22 Alcohols, Hydroxyethyl Acrylate/ Sodium Acryloyldimethyl Taurate Copolymer, Squalane, PPG-12/SMDI Copolymer, Glyceryl Laurate, Diisopropyl Dimer Dilinoleate,Tocopherol, Tocopheryl Acetate, Polysorbate 60, Vitis Vinifera (Grape) Fruit Extract, Camellia Sinensis (Tea) Leaf Extract, Echinacea Angustifolia (Coneflower) Extract, Centella Asiatica (Gotu Kola) Extract, Sambucus Nigra (Elder) Flower Extract, Chondrus Crispus (Carrageenan) Extract, Malva Sylvestris (Mallow) Extract, Pentylene Glycol, Glycerin, Capryloyl Glycine, Undecylenoyl Glycine, Aloe Barbadensis (Aloe) Leaf Juice, Tetrahexyldecyl Ascorbate, Glycoproteins, Sodium Hydroxide, Glycine, Proline, Disodium EDTA, Perfume, Lecithin, Plankton Extract, Sea Salt, Salicylic Acid, Butylene Glycol, Glycine Soja (Soybean) Protein, Manganese PCA, Magnesium PCA, Calcium PCA, Magnesium Ascorbyl Phosphate.

Night Renewal Crème

Wake up to younger looking skin with this hydrating overnight crème. DSR™ Technology and penetrating Regenisomes™ visibly refine skin's texture to reduce the appearance of aging. Whole-grape and green-tea extracts undo the damage of daily stress. Rich in vitamin E, **Night Renewal Crème** brightens the complexion and softens skin with Irish moss and shea butter.

ITEM #303

Ingredients: Water (Aqua), Cyclopentasiloxane, Glycerin, Cetearyl Alcohol, Squalane, Limnanthes Alba (Meadowfoam) Seed Oil, Isononyl Isononanoate, Isohexadecane, Hydroxyethyl Acrylate/Sodium Acryloyl- dimethyl Taurate, Glyceryl Laurate, Dimethicone, Cetearyl Glucoside, Butyrospermum Parkii (Shea Butter) Extract, Polysorbate 60, Glycine Soja (Soybean) Protein, Butylene Glycol, Glucosamine HCl, Algae Extract, Yeast Extract, Urea, Tetrahexyldecyl Ascorbate, Glycoproteins, Hydrolyzed Lupine Protein, Proline, Glycine, Camellia Sinensis Leaf Extract, Centella Asiatica Extract, Echinacea Angustifolia Extract, Sambucus Nigra Flower Extract, Chondrus Crispus (Carrageenan) Extract, Malva Sylvestris (Mallow) Extract, Vitis Vinifera (Grape) Fruit Extract, Cetyl Alcohol, Micrococcus Lysate, Magnesium Ascorbyl Phosphate, Dimethicone/ Vinyl Dimethicone Crosspolymer, Diisopropyl Dimer Dilinoleate, Tocopherol, Tocopheryl Acetate, Oryzanol, Sea Salt, Sodium Hydroxide, Lecithin, Disodium EDTA, Calcium PCA, Magnesium PCA, Manganese PCA, Pentylene Glycol, Capryloyl Glycine, Undecylenoyl Glycine, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

THE ENHANCERS

Serum Intensive

This unique blend of alpha- and beta-hydroxy acids reduces the appearance of fine lines and wrinkles, unclogs pores, and diminishes uneven skin tone. DSR Technology helps keep skin looking youthful by boosting skin's clarity and promoting smooth texture. The whole-grape and green-tea extracts in **Serum Intensive** also calm environmental effects on the skin. Ideal for oily skin.

ITEM #304

Ingredients: Water (Aqua), SD Alcohol 40-B, Glycolic Acid, Sodium Hydroxide, Lactic Acid, Oleth-20, Acrylates Copolymer, Hydrolyzed Lupine Protein, Algae Extract, Butylene Glycol, Glycerin, Pentylene Glycol, Glucosamine HCl, Urea, Capryloyl Glycine, Disodium EDTA, Glycine, Proline, Undecylenoyl Glycine, Yeast Extract, Glycine Soya (Soybean) Protein, Camellia Sinensis Leaf Extract, Centella Asiatica Leaf Extract, Echinacea Angustifolia Extract, Glycyrrhiza Glabra (Licorice) Root Extract, Olea Europaea (Olive) Leaf Extract, Vitis Vinifera (Grape) Fruit Extract, Trifolium Pratense (Clover) Flower Extract, Glyceryl Laurate, Sea Salt, Calcium PCA, Magnesium Ascorbyl Phosphate, Magnesium PCA, Malic Acid, Manganese PCA, Retinyl Palmitate, Salicylic Acid, Squalane, Tartaric Acid, Tetrahexyldecyl Ascorbate, Diisopropyl Dimer Dilinoleate, Tocopheryl Acetate, Tocopherol, Oryzanol, Citrus Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

Perfecting Essence

Fight the appearance of aging and reduce uneven skin tone and texture with this acid-free refining treatment. DSR Technology, along with the bearberry leaf and licorice root found in **Perfecting Essence,** provide brightening compounds to visibly improve the look and feel of the skin.

ITEM #305

Ingredients: Water (Aqua), Butyrospermum Parkii (Shea Butter), Cyclopentasiloxane, Algae Extract, Ethylhexyl Palmitate, Squalane, Cetyl Alcohol, Glyceryl Stearate, Dimethicone, Glyceryl Laurate, Hydrolyzed Lupine Protein, Glucosamine HCl, Acrylates Copolymer, Yeast Extract, Urea, Tocopherol, Tocopheryl Acetate, Tetrahexyldecyl Ascorbate, Glycine, Proline, Magnesium Ascorbyl Phosphate, Glycine Soja (Soybean) Germ Extract, Cyclodextrin, Camellia Sinensis Leaf Extract, Centella Asiatica Leaf Extract, Echinacea Angustifolia Extract, Glycyrrhiza Glabra (Licorice) Root Extract, Olea Europaea (Olive) Leaf Extract, Vitis Vinifera (Grape) Fruit Extract, Trifolium Pratense (Clover) Flower Extract, Aleurites Moluccana Seed Oil, Oryzanol, PEG-75 Stearate, Ceteth-20, Steareth-20, Sea Salt, Sclerotium Gum, Glycerin, Sodium Hydroxide, Disodium EDTA, Sodium Citrate, Calcium PCA, Magnesium PCA, Manganese PCA, Diisopropyl Dimer Dilinoleate, Pentylene Glycol, Capryloyl Glycine, Undecylenoyl Glycine, Arctostaphylos Uva Ursi Leaf Extract, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

Eye Nourisher

Care for the delicate skin around the eye with this lightweight, moisturizing complex enriched with shea butter and Irish moss. Regenisomes and DSR Technology rejuvenate skin after exposure to the environment and reduce the appearance of fine lines and wrinkles. **Eye Nourisher** also contains soy to help retain moisture, gotu kola and coneflower to brighten the skin, and whole-grape and green-tea extracts to provide oxidative defense.

ITEM #306

Ingredients: Water (Aqua), Cyclopentasiloxane, Glycerin, Cetearyl Alcohol, Isohexadecane, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Squalane, Cetearyl Glucoside, Cetearyl Methicone, Dimethicone, PPG-12/SMDI Copolymer, Undecylenoyl Glycine, Limnanthes Alba (Meadowfoam) Seed Oil, Capryloyl Glycine, Sodium Hydroxide, Polysorbate 60, Butyrospermum Parkii (Shea Butter) Extract, Carbomer, Tetrahexyldecyl Ascorbate, Algae Extract, Hydrolyzed Lupine Protein, Pentylene Glycol, Diisopropyl Dimer Dilinoleate, Butylene Glycol, Dimethicone/Vinyl Dimethicone Crosspolymer, Disodium EDTA, Glyceryl Laurate, Glycine, Magnesium Ascorbyl Phosphate, Proline, Tocopheryl Acetate, Glucosamine HCl, Urea, Yeast Extract, Camella Sinensis Leaf Extract, Centella Asiatica Extract, Chondrus Crispus (Carrageenan) Extract, Echinacea Angustifolia Extract, Sambucus Nigra Flower Extract, Vitis Vinifera (Grape) Fruit Extract, Malva Sylvestris (Mallow) Extract, Glycine Soja (Soybean) Protein, Tocopherol, Lecithin, Micrococcus Lysate, Retinyl Palmitate, Oryzanol.

Ophthalmologist/Dermatologist/Allergy/Clinically Tested.

Rice Bran Polisher

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

ITEM #307

Ingredients: Water (Aqua), SD Alcohol 40-B, Stearic Acid, Glyceryl Stearate, Oryza Sativa (Rice) Bran Wax, Oryza Sativa (Rice) Bran, Cetyl Esters, Glycine Soja (Soybean) Oil, Glyceryl Laurate, Magnesium Aluminum Silicate, Undecylenoyl Glycine, Aminomethyl Propanol, Capryloyl Glycine, Acrylates Copolymer, Glycerin, Disodium EDTA, Pentylene Glycol, Tetrahexyldecyl Ascorbate, Aleurites Moluccana Seed Oil, Sorbitol, Glycine, Proline, Diisopropyl Dimer Dilinoleate, Tocopheryl Acetate, Vitis Vinifera (Grape) Fruit Extract, Camellia Sinensis Leaf Extract, Echinacea Angustifolia Extract, Centella Asiatica Extract, Quillaja Saponaria Bark Extract, Salvia Sclarea (Clary) Extract, Yucca Schidigera Root Extract, Sea Salt, Squalane, Butylene Glycol, Calcium PCA, Salicylic Acid, Magnesium Ascorbyl Phosphate, Manganese PCA, Magnesium PCA, Papain, Glycine Soja (Soybean) Protein, Aloe Barbadensis Leaf, Retinyl Palmitate, Tocopherol, Oryzanol, Avena Sativa (Oat) Kernel Flour, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

Nutritious Crème Masque

Nutritious Crème Masque is a powerful facial treatment that is designed to deliver intense moisture while drawing excess oils and impurities from the skin. Natural emollients, shea, and mango butter deposit a rich blend of lipids, and pure China clay removes impurities to leave skin feeling firm.

ITEM #308

Ingredients: Water (Aqua), Glyceryl Stearate, Dicaprylyl Maleate, Kaolin, Stearyl Alcohol, Glycerin, C12-15 Alkyl Benzoate, Cetearyl Alcohol, Titanium Dioxide, Magnesium Aluminum Silicate, Cetearyl Ethylhexanoate, Cetyl Lactate, Xanthan Gum, Pentylene Glycol, Magnesium Ascorbyl Phosphate, Tetrahexyldecyl Ascorbate, Caprylyl Glycol, Disodium EDTA, Diisopropyl Dimer Dilinoleate, Ethylhexylglycerin, Butylene Glycol, Tocopheryl Acetate, Glycine, Hexylene Glycol, Proline, Centella Asiatica Extract, Echinacea Purpurea Extract, Sodium PCA, Magnesium PCA, Camellia Sinensis Leaf Extract, Echinacea Angustifolia Extract, Quillaja Saponaria Bark Extract, Salvia Sclarea (Clary Sage) Extract, Vitis Vinifera (Grape) Fruit Extract, Yucca Schidigera Root Extract, Butyrospermum Parkii (Shea Butter), Mangifera Indica (Mango) Seed Butter, Sea Salt, Sodium Hydroxide, Zinc PCA, Calcium PCA, Copper PCA, Tocopherol, Manganese PCA, Glycine Soya (Soybean) Protein, Vegetable Oil, Bisabolol, Capryloyl Glycine, Glyceryl Laurate, Retinyl Palmitate, Undecylenoyl Glycine, Oryzanol, Citrus Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

Energizing Shower Gel

Wash away impurities and revitalize your skin with this soap-free cleansing gel infused with botanical extracts. **Energizing Shower Gel** moisturizes skin with jojoba-seed and avocado oil. All while invigorating your skin with a fresh, tangerine fragrance.

ITEM #311

Ingredients: Water (Aqua), Sodium Myreth Sulfate, Disodium Laureth Sulfosuccinate, Cocamidopropyl Betaine, Sodium Lauroyl Sarcosinate, Sodium Cocoyl Isethionate, Cocamide MEA, Polysorbate 20, Glyceryl Laurate, Undecylenoyl Glycine, Capryloyl Glycine, Glycerin, Pentylene Glycol, Polyquaternium-10, Disodium EDTA, Arginine HCl, Hydrolyzed Milk Protein, Betaine, Sodium PCA, Diisopropyl Dimer Dilinoleate, Magnesium Ascorbyl Phosphate, Tocopheryl Acetate, Camellia Sinensis Leaf Extract, Centella Asiatica Extract, Chondrus Crispus (Carrageenan) Extract, Echinacea Angustifolia Extract, Sambucus Nigra Flower Extract, Vitis Vinifera (Grape) Fruit Extract, Malva Sylvestris (Mallow) Extract, Proline, Sea Salt, Sorbitol, Tetrahexyldecyl Ascorbate, Calcium PCA, Magnesium PCA, Manganese PCA, Glycine, Serine, Alanine, Arginine, Lysine, Glutamic Acid, Persea Gratissima (Avocado) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Sodium Ascorbate, Threonine, Tocopherol, Oryzanol, Citrus Fragrance (Containing Natural Oils).

Revitalizing Shampoo

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

ITEM #312

Ingredients: Water (Aqua), Sodium Myreth Sulfate, Disodium Laureth Sulfosuccinate, Cocamidopropyl Betaine, Sodium Cocoyl Isethionate, Sodium Lauroyl Sarcosinate, Cocamide Mea, Isoceteth-20, Glyceryl Laurate, Undecylenoyl Glycine, Capryloyl Glycine, Polyquaternium-10, Cocodimonium Hydroxypropyl Hydrolyzed Wheat Protein, Hydrolyzed Silk, Wheat Amino Acids, Glycerin, Pentylene Glycol, Disodium EDTA, Aloe Barbadensis Leaf Juice, Panthenol, Aloe Barbadensis Leaf Extract, Camellia Oleifera Leaf Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Acetamide MEA, Sea Salt, Symphytum Officinale Leaf Extract, Tetrahexyldecyl Ascorbate, Vitis Vinifera (Grape) Fruit Extract, Tocopheryl Acetate, Diisopropyl Dimer Dilinoleate, Calcium PCA, Allantoin, Magnesium Ascorbyl Phosphate, Magnesium PCA, Manganese PCA, Phenylbenzimidazole Sulfonic Acid, Sodium Ascorbate, Tocopherol, Oryzanol, Fragrance (Parfum).

Nourishing Conditioner

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

ITEM #313

Ingredients: Water (Aqua), Cetearyl Alcohol, Cetrimonium Chloride, Cetearyl Ethylhexanoate, Myristyl Alcohol, Polyisobutene, Behentrimonium Chloride, Glyceryl Laurate, Betaine, Sorbitol, Glycine, Alanine, Proline, Serine, Threonine, Arginine, Lysine, Arginine HCl, Glutamic Acid, Allantoin, Panthenol, Phytantriol, Aloe Barbadensis Leaf Juice, Hydrolyzed Silk, Benzophenone-3, Cocodimonium Hydroxypropyl Hydrolyzed Wheat Protein, Aloe Barbadensis Leaf Extract, Camella Oleifera Leaf Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Symphytum Officinale Leaf Extract, Vitis Vinifera (Grape) Fruit Extract, Magnesium Ascorbyl Phosphate, Sodium Ascorbate, Tocopherol, Tocopheryl Acetate, Oryzanol, Diisopropyl Dimer Dilinoleate, Tetrahexyldecyl Ascorbate, Sea Salt, Ascorbyl Palmitate, Glycerin, Disodium EDTA, Calcium PCA, Magnesium PCA, Manganese PCA, Sodium PCA, Pentylene Glycol, Sodium Hydroxide, Capryloyl Glycine, Undecylenoyl Glycine, Fragrance (Parfum).

Firming Body Nourisher

Sweep away dry skin with this firming moisturizer formulated with an exclusive Hydroxy Complex. **Firming Body Nourisher** deeply hydrates as soy protein delivers vital nutrients. Whole-grape and green-tea extracts help counteract the effects of environmental exposure, while shea butter and Ceramide 3 soothe, firm, and replenish essential moisture.

ITEM #314

Ingredients: Water (Aqua), C12-15 Alkyl Benzoate, Glyceryl Stearate, Stearic Acid, Cetyl Alcohol, Glycolic Acid, Glycerin, Butylene Glycol, Dimethicone, Caprylic/Capric Triglyceride, Glyceryl Laurate, Polyacrylate-13, Undecylenoyl Glycine, Magnesium Aluminum Silicate, Polyisobutene, Capryloyl Glycine, Xanthan Gum, Polysorbate 80, Sorbitan Stearate, Pentylene Glycol, Butyrospermum Parkii (Shea Butter), Disodium EDTA, Polysorbate 20, Glycine, Proline, Salicylic Acid, Sea Salt, Camella Sinensis Leaf Extract, Centella Asiatica Leaf Extract, Chondrus Crispus (Carrageenan) Extract, Echinacea Angustifolia Extract, Sambucus Nigra Flower Extract, Vitis Vinifera (Grape) Fruit Extract, Malva Sylvestris (Mallow) Extract, Calcium PCA, Bisabolol, Ceramide 3, Magnesium Ascorbyl Phosphate, Magnesium PCA, Manganese PCA, PPG-12/SMDI Copolymer, Retinyl Palmitate, Squalane, Tetrahexyldecyl Ascorbate, Diisopropyl Dimer Dilinoleate, Tocopheryl Acetate, Glycine Soja (Soybean) Protein, Hyaluronic Acid, Tocopherol, Oryzanol, Citrus Fragrance (Containing Natural Oils).

Intensive Hand Therapy

Fight the damaging effects of the environment and keep hands and cuticles soft with this concentrated hand cream. **Intensive Hand Therapy** contains cocoa and shea butters, apricot kernel oil, aloe, and beeswax to lock in moisture. Mulberry and bearberry leaf refine while green-tea and whole-grape extracts protect from oxidative stress.

ITEM #315

Ingredients: Water (Aqua), Glycerin, Glyceryl Stearate, Cyclopentasiloxane, Theobroma Cacao (Cocoa) Seed Butter, Triisononanoin, Limnanthes Alba (Meadowfoam) Seed Oil, Betaine, Stearic Acid, Behenyl Alcohol, Stearyl Alcohol, Prunus Armeniaca (Apricot) Kernel Oil, Glyceryl Laurate, Dimethicone, Beeswax, Isopropyl Myristate, Hydrogenated Polyisobutene, Undecylenoyl Glycine, Butyrospermum Parkii (Shea Butter) Extract, Vitis Vinifera (Grape) Seed Oil, Cetearyl Alcohol, Ceteareth-20, Capryloyl Glycine, Sodium Hydroxide, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Butylene Glycol, Pentylene Glycol, Disodium EDTA, Tocopheryl Acetate, Proline, Glycine, Tetrahexyldecyl Ascorbate, Stearyl Glycyrrhetinate, Magnesium Ascorbyl Phosphate, Diisopropyl Dimer Dilinoleate, Morus Nigra Root Extract, Sodium PCA, Vitis Vinifera (Grape) Fruit Extract, Sambucus Nigra Flower Extract, Echinacea Angustifolia Extract, Chondrus Crispus (Carrageenan) Extract, Centella Asiatica Leaf Extract, Camellia Sinensis Leaf Extract, Malva Sylvestris (Mallow) Extract, Sea Salt, Sorbitol, Glycine Soja (Soybean) Protein, Manganese PCA, Magnesium PCA, Calcium PCA, Serine, Tocopherol, Threonine, Arctostaphylos Uva Ursi Leaf Extract, Retinyl Palmitate, Lysine, Glutamic Acid, Aloe Barbadensis Leaf Juice, Alanine, Arginine, Oryzanol, Fragrance (Parfum).

Natural Whitening Toothpaste

The USANA lifestyle involves all aspects of your health, including your teeth and gums. Neglecting your oral hygiene can have drastic effects on your dental health and quality of life. Dental problems resulting from inadequate dental care range from tooth decay to periodontal disease.

WHY NATURAL WHITENING TOOTHPASTE?

USANA's **Natural Whitening Toothpaste** can be the foundation of an advanced oral health regimen. It contains vitamins and antioxidants that play a key role in maintaining a healthy smile. **Natural Whitening Toothpaste** is naturally formulated to remove plaque to clean teeth and also fight bacteria to control bad breath. **Natural Whitening Toothpaste** also contains silica to gently remove stains without bleach or harsh abrasives. And Vitamin E from vegetable oils moisturizes gums. **Natural Whitening Toothpaste** is also unique for what it doesn't contain. This refreshing mint toothpaste contains no artificial colors, flavors, or sweeteners. And because not everyone needs or wants fluoride, **Natural Whitening Toothpaste** is formulated without it. So, you can decide the role that fluoride will play in maintaining your healthy smile.

ITEM #399

Ingredients: Purified Water, Hydrated Silica, Glycerin, Xylitol, Calcium Carbonate, Sodium Lauroyl Sarcosinate, Sodium Bicarbonate, Titanium Dioxide, Natural Flavor, Vitamin C (as Poly C®: Calcium, Magnesium, Potassium, and Zinc Ascorbates), Chondrus Crispus (Carrageenan) Extract, Stevia Rebaudiana, Tetrapotassium Pyrophosphate, Vitamin E Acetate, Sodium Benzoate, Sodium Chloride, Camellia Sinensis Extract.

Auto Order.

Automatic Savings & Delivery.

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