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

your health. your life. your way.
SANA has a lot to offer. Seriously, just check out the Table of Contents on the next page. It may seem overwhelming at first, but there’s a reason we offer a wide range of diverse products: we consider it our job to provide you with the best nutritional, food, and skin care options to support your well-being, no matter your specific health goals, wants, and needs.

But we didn’t just come up with these products on a whim. Our in-house scientists created these precise formulas purposefully to support your health from the cell up. Luckily, you don’t have to be a scientist to understand how our science-based products work. That’s what this booklet is for. It’s an in-depth explanation of our products that anyone—including the non-scientists among us—can understand.

There are going to be plenty of people who want serious details about USANA products. (Maybe you’re one of them.) Sometimes, you don’t just want to know what part of the body a supplement supports—you want to know how. You want to know how the individual ingredients work, and you want to know why USANA’s formula is better than all the rest.

So when you have a question about a product, turn to this booklet. And when you talk to someone who is intrigued by high-quality supplements, but wants a more in-depth explanation, this booklet has the answer.

If we could give you a short list of frequently asked questions about supplementation and USANA’s award-winning products, we would. But it’s not that simple. Everyone has different health concerns, and everyone has different questions that need to be answered. That’s why this entire booklet is dedicated to being your definitive source of USANA product information—it offers answers to a thousand possible questions. And the more time you spend flipping through it, the closer you’ll be to becoming a USANA product expert.

So go ahead. Let’s get started.
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**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.
USANA’s state-of-the-art manufacturing facility and corporate headquarters in Salt Lake City, Utah.

USANA is a trusted partner and sponsor of The Dr. Oz Show.
You are unique, and your health regimen should reflect that. You deserve personalized nutrition that addresses your overall macronutrient and micronutrient needs. And if you want to think, act, and perform at your best, you need the best products out there.

USANA’s vision is to create the healthiest family on earth. Dr. Myron Wentz founded USANA with a commitment to precise formulations, pure ingredients, and continued research. More than 20 years later, that commitment continues to motivate our 60+ scientists around the world.

Starting with the raw materials that enter our state-of-the-art manufacturing facilities, every supplement is tested to ensure it meets FDA Good Manufacturing Practice requirements for dietary supplements and United States Pharmacopeia (USP) standards for potency, uniformity, and disintegration. Dr. Wentz puts his stamp of approval on many products with USANA’s potency guarantee.*

Now, if you’re questioning whether or not you should choose USANA—especially when there are plenty of cheap supplements lining the shelves of any given discount store, ask yourself: Are you willing to invest to ensure that the nutritional products you and your family take are safe and effective?

Supporting your health is an important decision. USANA is with you every step of the way.

*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.
Why Take Supplements?

Your body cannot thrive, or even survive, without optimal amounts of vitamins and minerals. Both are essential for helping your body function properly and supporting overall well-being. Additionally, phytonutrients and other antioxidants can protect your cells, DNA, and genes from oxidative damage.*

Diet and nutrition are important factors in the maintenance of good health throughout life—yet calorie-rich, nutrient-poor diets are increasingly common. That’s why it’s so important to eat a healthy diet, get plenty of exercise, and take quality nutritional supplements.

The Science of InCelligence

USANA is a leader in the supplement industry because we don’t shy away from innovation. From the groundbreaking Essentials, which set the standard for all others to follow, to developing patented ingredients and technologies, USANA has a history of excellence. After many years of research and development, USANA created the next evolution in nutritional science: USANA InCelligence Technology™.

The cutting-edge InCelligence Technology uses the innate intelligence of your cells to support vibrant health and optimize your health span with normal aging. Like a key opens a lock, InCelligence unlocks cell-communication codes with proprietary nutrient blends that activate your cells’ natural ability to protect and renew themselves. Proactively initiating these processes via cell-signaling pathways promotes cellular resilience and longevity, so your body is better able to respond to your unique health needs.

Your cells already know how to take care of your health. InCelligence gives them the right nutrients to help them along the way.

Are you ready to reach your potential?
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® CellSentials™ 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® MySmartFoods 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 crash-and-burn energy drinks, so you can get through your day focused and revitalized.

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.
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.

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Your Health Recommendations at a Glance

1. Start with your CellSentials.

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

3. Choose products tailored to your interests.

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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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Essential Nutrition

Helping you build a strong foundation for exceptional health, CellSentials and HealthPak provide a comprehensive spectrum of the necessary vitamins and minerals adults need every day for optimal health and energy levels.
Core Minerals is part of the USANA® CellSentials™ cellular nutrition system with patent-pending USANA InCelligence Technology™. The CellSentials are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and mitochondrial renewal support for the health and longevity of your cells. Core Minerals supplies a balanced range of highly absorbable essential minerals and trace minerals. It also includes added vitamin C, as well as N-acetyl l-cysteine. Core Minerals should be consumed with Vita-Antioxidant for best results, as it complements the vitamins and the supports activated by the InCelligence Complex.*

THE BENEFITS OF CORE MINERALS

Minerals are essential elements for optimal health and well-being. Without them, our bodies would be unable to function. They play a role in all physiological processes and help balance and regulate our body chemistry. Core Minerals delivers a dozen minerals plus ultratrace minerals to help fill gaps in the diet and provide whole-body nutritional support. Core Minerals also supports the protection and renewal benefits activated by the InCelligence Complex in Vita-Antioxidant, promoting cellular resilience and longevity so your body can meet your unique health needs.*

THE SCIENCE OF CORE MINERALS

Core Minerals is an excellent source of magnesium. Magnesium is a cofactor in more than 300 enzyme systems that control various natural reactions in the body, including metabolizing glucose and macronutrients; supporting the production of cellular energy; and producing protein, DNA, RNA, and glutathione. It is important for proper calcium utilization, which contributes to the structural development of bones. It is also important for maintaining healthy nerve, muscle, and cardiovascular function.*

Core Minerals is a good source of calcium. The most common mineral in the body, calcium is essential for healthy bones and teeth as well as healthy muscle and nerve function.*

The magnesium and calcium blends in Core Minerals are both composed partly from the ascorbate forms of the nutrients. Ascorbate is a source of another essential micronutrient: vitamin C.

Core Minerals contains high-potency iodine. Iodine is a crucial component in the body’s normal 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, who avoid seafood, or those who restrict their iodized salt intake.*

Core Minerals is high in zinc. A component of hundreds of enzymes, zinc is involved in normal carbohydrate, fat, and protein metabolism, as well as supporting healthy DNA and RNA replication. It is important for supporting our body’s natural healing process for minor cuts. It aids healthy bone structure development and promotes healthy immune function and healthy vision. It supports connective tissue formation and helps to maintain healthy skin. Zinc also acts as an antioxidant.*

Core Minerals contains high-potency selenium. Selenium aids the body’s natural ability to produce glutathione, an endogenous antioxidant. It plays an important role in thyroid hormone metabolism, and many studies have shown that selenium is important for maintaining prostate health. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.*

Core Minerals is rich in copper. Copper is a critical component of the enzyme superoxide dismutase (SOD)—an endogenous antioxidant—and it helps form hemoglobin. Copper is also essential for collagen synthesis, and, thus, plays a role in connective tissue formation.*

References


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Core Minerals is a good source of manganese. Important for protein and glucose metabolism, manganese supports normal brain function. It also helps maintain healthy connective tissues, bones, arteries, and other organs. It activates numerous enzymes and can enhance the SOD enzyme system to support endogenous antioxidant activity.*

Core Minerals contains high-potency chromium. Chromium is an important component of the glucose tolerance factor (GTF), which helps maintain healthy glucose metabolism (provided it is already healthy).*

Core Minerals is an excellent-source of molybdenum. An important co-factor for a number of enzymes, molybdenum is necessary for the metabolism of sulfur containing amino acids. It also helps the body metabolize proteins and helps maintain strong teeth.*

Core Minerals also contains boron, vanadium, and silicon. Boron supports the body's ability to use calcium, magnesium, and phosphorus. It also plays a role in healthy brain function. Vanadium helps support healthy serum glucose levels, provided they are already healthy. And, maintaining a good balance of silicon in the body is important for maintaining strong bones and connective tissues.*

N-acetyl l-cysteine helps to support the production of endogenous antioxidants activated by the InCelligence Complex in Vita-Antioxidant.

For easy swallowing, Core Minerals has a soy-free, sunflower-based coating.

THE USANA DIFFERENCE
Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Core Minerals offers excellent completeness, potency, quality, and safety. Core Minerals is a premium blend of minerals designed to not only optimally nourish your cells but also support the activity of the InCelligence Complex in Vita-Antioxidant. Together as the patent-pending USANA® CellSentials™—the highest-rated supplements in the world—you can trust that Core Minerals and Vita-Antioxidant are the best comprehensive micronutrient supplement you can choose to nourish, protect, and renew your health every day and optimize your health span with normal aging.*

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Vita-Antioxidant is part of the USANA® CellSentials™ cellular nutrition system with patent-pending USANA InCelligence Technology™. The CellSentials are designed to provide an essential foundation of optimal nourishment plus powerful antioxidant protection and mitochondrial renewal support for the health and longevity of your cells. Vita-Antioxidant supplies carefully balanced levels of high-quality vitamins and antioxidants plus the proprietary InCelligence Complex with cell-signaling technology. Because vitamins and other micronutrients require mineral cofactors to function properly, Vita-Antioxidant should be taken with Core Minerals for best results.*

THE BENEFITS OF VITA-ANTIOXIDANT

By combining optimal amounts of dozens of vitamins, phytonutrients, and enzyme cofactors into one product, Vita-Antioxidant helps fill nutritional gaps to provide whole-body nutritional support. The formula contains micronutrients that support multiple metabolic functions throughout the body.* Some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.

With the addition of the InCelligence Complex, Vita-Antioxidant goes beyond delivering optimal nourishment to also initiate your cells’ innate protective and renewal processes, enhancing the formula’s effectiveness for supporting vibrant health.*

THE SCIENCE OF VITA-ANTIOXIDANT

The InCelligence Complex is a unique blend of ingredients that can broadly support the activation of a network of cell-signaling pathways to support optimal cellular resilience and longevity, which supports your body’s ability to meet your individual health needs. While there are many health-optimizing pathways that the InCelligence Complex supports, there are two key processes it was designed to promote:

• Endogenous antioxidant protection: Our bodies are equipped with a naturally powerful defense system that can protect against damaging oxidative stress: antioxidants that are produced within our cells, such as glutathione and superoxide dismutase (SOD). The InCelligence Complex contains nutrients that proactively stimulate the production of these endogenous antioxidants in addition to providing their own antioxidant activity. When combined with the additional antioxidants in the formula, including coenzyme Q10, beta carotene, and vitamins C, and E, Vita-Antioxidant with the InCelligence Complex provides significantly higher levels of protection.*

• Mitochondrial renewal through mitophagy: When mitochondria within a cell produce cellular energy (ATP), high amounts of free radicals may also be generated. While the natural antioxidants in the cell will neutralize many of the free radicals, some mitochondria will be damaged over time. Damaged mitochondria within the cell can cause it to work inefficiently. They will produce less ATP and more damaging free radicals. To maintain cellular efficiency, the cell initiates a natural response called mitophagy to degrade, remove, or recycle damaged mitochondria. However, age or other lifestyle factors may slow this process. The InCelligence Complex helps activate mitophagy to renew healthy cellular function.*

The InCelligence Complex includes quercetin, hesperidin, rutin, Meriva® Bioavailable Curcumin, alpha lipoic acid, resveratrol, EGCG from green tea, and USANAs patented Olivol® olive fruit extract. The cell-signaling processes it supports require a foundation of a full-spectrum of nourishing micronutrients, which are also essential to whole-body well-being.*

Vita-Antioxidant contains high-potency vitamin A from a blend of retinyl acetate (for those who don’t convert beta-carotene to vitamin A efficiently), mixed carotenoids, and beta-carotene, which converts to vitamin A in the body only as needed. Beta-carotene supports cellular integrity and is important for strong heart, immune, and lung health. Along with the additional carotenoids in the formula—natural mixed carotenoids, lutein, and zeaxanthin—beta-carotene also helps preserve skin and eye health by providing oxidative defense against damaging UV rays.*

*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.
Vita-Antioxidant is an excellent source of vitamins B6 and B12, thiamin, riboflavin, niacin, biotin, pantothenic acid, and folate. The B vitamins, which also include inositol, are essential to many aspects of our health, including the following:

- As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B6, and vitamin B12 may reduce the risk of vascular disease. The FDA evaluated the above claim and found that while it is known that diets low in saturated fat and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.
- Maintaining healthy homocysteine levels, provided they are healthy to begin with, which is associated with heart health*
- Metabolizing fats, proteins, and carbohydrates, which plays a role in maintaining energy levels*
- Supporting normal formation of red blood cells, tissue, and DNA*
- Supporting healthy immune cell production*
- Healthy brain and nerve function; folate is especially important for women of child-bearing age to help support healthy fetal neurocognitive development.*
- Growth of healthy skin, hair, and 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 the skin.
- Inositol, 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 (also important for maintenance of muscle, joint, and tendon function).

Usually grouped with the B vitamins, though not technically a vitamin, choline is an essential nutrient that supports cell structure and the transmission of nerve impulses from the brain throughout the central nervous system. It supports liver function and also helps maintain healthy homocysteine levels.*

Vita-Antioxidant is rich in vitamin C. USANA uses a unique Poly C® vitamin C blend, which provides higher levels of vitamin C in plasma than ascorbic acid alone. Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues, making it helpful in maintaining healthy veins and arteries, muscles, cartilage, tendons, bones, teeth, and skin. Vitamin C supports the metabolizing of fats and proteins. It is especially important for the retina, where concentrations are significantly higher than in the blood. And it also supports healthy production of immune cells.* Additional vitamin C is also found in Core Minerals.

Vita-Antioxidant contains high-potency vitamin D. Vitamin D supports calcium absorption, helping to support healthy bone density. It also supports healthy cell growth as well as muscle, cardiovascular, and immune function.*

Vita-Antioxidant is a good source of vitamin E, and also contains 20 mg of mixed tocopherols in each tablet. The mixed tocopherols, though not technically vitamin E, offer similar functions. This is a comprehensive blend with broad-spectrum support that more closely reflects what would come from a healthy diet. Benefits include maintaining healthy blood flow, keeping arteries and blood vessels healthy, and supporting immune and cellular function.*

THE USANA DIFFERENCE
Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Vita-Antioxidant offers excellent completeness, potency, quality, and safety. Vita-Antioxidant with the InCelligence Complex is uniquely formulated to go beyond providing the best possible vitamins and antioxidants to nourish your cells. It also helps to activate the natural intelligence of your cells to proactively promote cellular longevity and resilience, so your body is better able to meet your health needs. Together as the USANA® CellSentials™—the highest-rated supplements in the world—you can trust that Core Minerals and Vita-Antioxidant are the best comprehensive micronutrient supplement you can choose to nourish, protect, and renew your health every day and optimize your health span with normal aging.*

References
USANA® HealthPak makes it easy to get the micronutrients you need every day. A 28-day supply of core supplements in convenient daily packets, HealthPak delivers advanced nutrition when and where you want it. HealthPak includes the CellSentials™ with patent-pending InCelligence cell-signaling technology, plus the exclusive MagneCal D™ and CellSentials Booster. This combination provides advanced nourishment for your cells. Plus, the innovative formulas made with InCelligence Technology unlock the innate intelligence of your cells to protect and renew good health.*

Each packet contains the following:
- CellSentials™: Vita-Antioxidant with InCelligence Complex (2 tablets) see page 14
- CellSentials: Core Minerals (2 tablets) see page 12
- MagneCal D (1 tablet) a HealthPak exclusive!
- CellSentials Booster (1 tablet) a HealthPak exclusive!

THE MEANING OF HEALTHPAK
Busy days can cause you to eat a less-than-ideal diet or forget to take your supplements. However, one of the most important aspects of achieving vibrant optimal health is maintaining consistent, optimal levels of nutrients in your body. HealthPak makes it easy for you to get the full range of nutrients you need every day, even when you’re on the go.*

THE SCIENCE OF HEALTHPAK
The CellSentials cellular nutrition system supplies optimal amounts of vitamins, minerals, phytonutrients, and more. The proprietary InCelligence Complex in Vita-Antioxidant goes beyond delivering optimal nourishment to also activate cells’ endogenous antioxidant protection and mitochondrial renewal support.*

The exclusive CellSentials Booster builds upon the protection and renewal activity initiated by the CellSentials. Available exclusively in HealthPak, the CellSentials Booster was formulated entirely based on USANA’s patent-pending InCelligence Technology™. It is formulated with four powerful nutrients shown to influence a broad network of cell-signaling pathways: alpha-lipoic acid, USANA’s patented Olivol® olive fruit extract, quercetin, and Pterocarpus marsupium extract containing pterostilbene.*

This unique combination delivers enhanced support for mitochondrial renewal with nutrients that target the cell-signaling pathway that initiates mitophagy, which breaks down and removes damaged mitochondria left behind in the cell after the production of adenosine triphosphate (ATP), or cellular energy. This helps preserve cellular efficiency for optimum cellular energy production.*

The CellSentials Booster also provides more nutrients with InCelligence technology that stimulate cells’ production of their own innate, endogenous antioxidants, such as glutathione and superoxide dismutase. Endogenous antioxidants are a dramatically powerful defense mechanism against oxidative damage, which can protect the health and longevity of cellular function.*

Supporting these processes, as well as additional cell-signaling networks, can help build cellular resilience to help your body meet increased needs when your lifestyle demands it. And because most of us fail to get enough magnesium, calcium, or vitamin D every day, MagneCal D provides an added boost to provide more of these crucial nutrients.*

USANA® HealthPak makes it easy to get the micronutrients you need every day. A 28-day supply of core supplements in convenient daily packets, HealthPak delivers advanced nutrition when and where you want it. HealthPak includes the CellSentials™ with patent-pending InCelligence cell-signaling technology, plus the exclusive MagneCal D™ and CellSentials Booster. This combination provides advanced nourishment for your cells. Plus, the innovative formulas made with InCelligence Technology unlock the innate intelligence of your cells to protect and renew good 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.

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

<table>
<thead>
<tr>
<th>SUPPLEMENT FACTS</th>
<th>SERVING SIZE: 1 PACKET</th>
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<tbody>
<tr>
<td>AMOUNT PER SERVING</td>
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<tr>
<td>UTUMIN A (AS BETA CAROTENE)</td>
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<tr>
<td>MAGNESIUM (AS MOLYBDENUM, MAGNESIUM, AND ZINC ASCORBATE)</td>
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<tr>
<td>CHOLECALCIFEROL</td>
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<tr>
<td>D-ALPHA TOCOPHEROL (SUGAROL)</td>
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<tr>
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<tr>
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<tr>
<td>RIBOFLAVIN</td>
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<tr>
<td>Niacin (as Niacinamide)</td>
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<tr>
<td>VITAMIN D3</td>
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<td>VITAMIN C</td>
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<td>INOSITOL</td>
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<tr>
<td>ALUMINUM AMINOCITRATE</td>
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<tr>
<td>ZINC SULFATE</td>
<td>10 mg</td>
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<tr>
<td>ALUMINUM D-(ALUMINUM SULFATE AND SODIUM ALUMINUM ACID COMPLEX)</td>
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<td>MANGANESE (AS MANGANESE GLUCONATE)</td>
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<td>CHROMIUM PICOLINATE</td>
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<td>SELENIUM (as L-SELENOGLUTATHIONE)</td>
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<td>BORON (as BORON CITRATE)</td>
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<td>URACIL (AS URACIL CITRATE)</td>
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<tr>
<td>CHLORIDE</td>
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**NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CRISPRAMELLOSE SODIUM, MODIFIED CELLULOSE, ASCORBYL PALMITATE, DEXTROSE, SUCROSE, (AS QUANTITATIVE ACID COMPLEX AND SILICON DIOXIDE), SODIUM CITRATE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT.

CONTAINS SOY.

LICENSING UNDER U.S. PATENT 7,435,927.

**PROTECTED UNDER U.S. PATENTS 6,304,542 OR 6,361,803.

STORE IN COOL, DRY CONDITIONS [BELOW 23°C (73°F)].

References

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.
USANA’s CellSentials Prenatal Vita-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 CELLSENTIALS PRENATAL VITA-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.

Prenatal Vita-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.*

Healthy 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, Prenatal Vita-Antioxidant is an excellent source of 600 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, 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. Prenatal Vita-Antioxidant provides 32 mg of B₆ and 200 µg of B₁₂ in each daily dose.

THE SCIENCE OF CELLSENTIALS PRENATAL VITA-AntioxidANT

The rapidly dividing cells of the developing fetus require biotin to aid in regulating healthy cellular responses. Prenatal Vita-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. Prenatal Vita-Antioxidant is a good source of provitamin A. It contains 15,000 IU of beta carotene per day, which is similar to the level contained in one carrot. The beta carotene form of vitamin A is more bioavailable than the folate you’ll find in food.

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. Prenatal Vita-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 Nutritional, CellSentials Prenatal Vita-Antioxidant is manufactured to the highest quality and safety standards. Plus, additional nutrients, such as vitamin K, choline, and USANA InCelligence Technology™, make the Prenatal Vita-Antioxidant a well-balanced supplement for supporting the health of your future family.*

References

CellSentials Prenatal Core Minerals

A comprehensive mineral supplement for pregnant women and their developing babies

Designed to complement Prenatal Vita-Antioxidant, Prenatal Core Minerals 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 PRENATAL CORE MINERALS

Prenatal CellSentials Prenatal Core Minerals 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.*

Prenatal Core Minerals 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 PRENATAL CORE MINERALS

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. Prenatal Core Minerals 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 during pregnancy can negatively impact cognitive function. Prenatal Core Minerals 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, CellSentials Prenatal Core Minerals 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 CellSentials Prenatal Core Minerals with Active Calcium™ Chewable, as needed, to increase your daily calcium and magnesium intake to recommended levels (see page 34). When taken together with CellSentials Prenatal Vita-Antioxidant, you will have balanced and comprehensive nutritional support for the health of your future family.*

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The Body Rox supplement is specially formulated to help fill the gap in a poor diet and help meet certain nutritional needs for growing adolescents.

**THE BENEFITS OF BODY ROX**

Establishing healthy dietary habits that will last for a lifetime and getting optimal nutrition are especially important during adolescence and teenage years of growth, development, and physical maturation. And while there is no substitute for a balanced diet, Body Rox is a convenient way to ensure that your teen is getting the nutrients he or she needs to perform at his or her mental and physical best every day.

Additionally, healthy lifestyle habits and maintaining optimal levels of essential vitamins and minerals in the body help maintain overall health and keep the body's immune system working as it should. Body Rox powers 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.

**THE SCIENCE OF BODY ROX**

Proper nutrition is the key to staying energized throughout the entire day. Body Rox is an exceptional formula to ensure teens are fulfilling their daily nutrient requirements. The B vitamins—especially B12, thiamin, and niacin—are essential for energy production because they help turn the foods we eat into useable fuel. Magnesium, copper, and zinc also help the body get the energy it needs by supporting nutrient metabolism.

The ingredients in Body Rox also support the needs of young athletes. Antioxidants are helpful for handling increased free-radical production caused by intense exercise, and strong bones, proper 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, 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.

In addition to helping the body, providing the brain with consistent levels of optimal nutrition will also 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.

Inner health will be reflected in your outer appearance, helping you put your best face (and hair and nails) forward. Beta carotene (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.

**THE USANA DIFFERENCE**

In three tablets a day, USANA’s Body Rox provides nutrients that adolescents and teens need to be their best every day. Only Body Rox offers USANA’s exclusive Antioxidant Phytonutrient Complex, which includes a special blend of antioxidant-rich phytonutrients, including our patented Olivil®, that defend the body’s cells from oxidative damage caused by pollution, stress, poor diets, and sunlight. It also contains a generous amount of vitamin D, which helps with the utilization of calcium in the bones. And a tasty fruit-flavored coating helps make swallowing each tablet just a little bit easier.

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### References

Usanimals, one of the USANA products for kids, is an advanced formulation of important nutrients beneficial for the maintenance of good health.

**THE BENEFITS OF USANIMALS**

Many studies show that most children do not receive the nutrition they need from their diets. Less than 25 percent of them eat the recommended five servings or more of fruits and vegetables each day, and adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from their diets. 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.

**THE SCIENCE OF USANIMALS**

**Beta-carotene:** Beta-carotene is converted to vitamin A in the body. Vitamin A helps in the maintenance of eyes, skin, and the proper function of the immune system.*

**B vitamins:** Usanimals contains a carefully proportioned complex of B vitamins, which support a healthy metabolism and normal growth and development.*

**Vitamin C:** An antioxidant critical to maintaining good health, vitamin C supports many important functions throughout the body. It supports a healthy metabolism and energy, the normal development of bones and tissues. It also plays a role in cellular growth.

**Iodine:** Most iron in the body is found in hemoglobin, the protein in red blood cells that helps supply oxygen to tissues. It also plays a role in cellular growth.

**Iron:** Most iron in the body is found in hemoglobin, the protein in red blood cells that helps supply oxygen to tissues. It also plays a role in cellular growth.

**Magnesium:** As a cofactor in more than 300 enzyme systems, magnesium helps support good health throughout the body. It supports a healthy metabolism and energy, the normal development of bones and teeth, tissue formation, and muscle and nerve function.*

**Zinc:** Zinc is a necessary element for normal growth and development. It is essential for supporting healthy teeth, tissue formation, and muscle and nerve function.*

**Calcium:** A healthy diet with adequate calcium and vitamin D, along with regular physical activity, helps in the healthy development of strong bones and teeth.*

**Vitamin D:** In addition to its important role in supporting bone health, vitamin D helps in the absorption and use of calcium and phosphorus throughout the body. It also helps maintain healthy immune function.*

**Vitamin E:** Vitamin E helps protect against free-radical damage to maintain good health. Eye health also depends on adequate amounts of vitamin E as well as vitamins A and C.*

**Other Ingredients:** Contains a carefully proportioned complex of B vitamins, which support a healthy metabolism and normal growth and development.*

**THE USANA DIFFERENCE**

Chewable Usanimals have a great-tasting natural berry flavor with no artificial flavors or sweeteners. The animal shapes stamped on each tablet also make staying healthy fun.

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### Supplement Facts

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<thead>
<tr>
<th>Component</th>
<th>% DV 2 Years or Older (1 Tablet)</th>
<th>% DV 4 Years or Older (2 Tablets)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (as beta-carotene)</td>
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</tr>
<tr>
<td>Vitamin B6 (as pyridoxine)</td>
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<tr>
<td>Vitamin C (as sodium ascorbate)</td>
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<tr>
<td>Vitamin D (as cholecalciferol)</td>
<td>200 IU 50% 500%</td>
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<tr>
<td>Vitamin E (as d-alpha-tocopheryl succinate)</td>
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</tr>
<tr>
<td>Vitamin K (as phylloquinone)</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Folate (as folic acid)</td>
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<tr>
<td>Vitamins A, C, D, E, and B6</td>
<td>12,500 IU 500% 1500%</td>
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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.
USANA’s BiOmega Jr. omega-3 supplement delivers a healthy amount of the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), along with vitamin D, in a creamy orange-pineapple flavored gel.

**THE BENEFITS OF BIOMEGA JR.**
Omega-3 fatty acids assist with maintaining the fluidity and permeability of cell membranes, and healthy brain cell membranes contain over 10 times more concentrated omega-3s than the rest of the body. Our bodies require omega-3 fatty acids, especially DHA, for proper brain development and structure, and 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. It’s also been found that low plasma levels of DHA and EPA have been associated with various developmental problems in children, such as impaired cognitive development.

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.

**THE SCIENCE OF BIOMEGA JR.**
A growing body of research shows the importance of omega-3 fatty acids for health, even at the earliest stages of life, but 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.

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, neurodevelopment, 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.)

**THE USANA DIFFERENCE**
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 supplement, either straight from the packet or mixed into yogurt or other creamy foods. For best results, store in the refrigerator and serve cold.

**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**

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<tr>
<th>AMOUNT PER SERVING</th>
<th>%DV*</th>
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<tr>
<td>CHOLESTEROL</td>
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<tr>
<td>TOTAL CARBOHYDRATE</td>
<td>0 g</td>
</tr>
<tr>
<td>TOTAL FAT</td>
<td>2 g</td>
</tr>
<tr>
<td>CALORIES</td>
<td>20</td>
</tr>
</tbody>
</table>

*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.
† DV NOT ESTABLISHED.
*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 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.
Proflavanol C<sup>100</sup> provides a powerful combination of grape seed bioflavonoids and USANA’s proprietary Poly<sup>®</sup> C vitamin C blend for excellent antioxidant defense and support for healthy circulation, normal immune function, healthy skin, and more. *

**THE BENEFITS OF PROFLAVANOL C<sup>100</sup>**

Our modern lifestyles are full of threats to our health. Pollution, fatty diets, and UV exposure all can result in oxidative damage to our cells, while stress, exposure to pathogens, or even intense exercise can tax our immune system.

Proflavanol C<sup>100</sup> is produced using USANA’s cutting-edge Nutritional Hybrid Technology, which combines 100 mg of grape seed extract and 300 mg of vitamin C into one pill. This powerful combination is designed to help protect health in a number of ways:

- Maintain good health by neutralizing free radicals, which, over time, can cause excessive oxidative stress *
- Support circulatory and cardiovascular health *
- Help retain healthy, normal cholesterol levels *
- Support balanced immune function *
- Maintain healthy, younger-looking skin *

**THE SCIENCE BEHIND PROFLAVANOL C<sup>100</sup>**

Proanthocyanidins, a subclass of bioflavonoids found in blue and purple berries and also concentrated in grape seeds, have been found to be 50 times more potent than vitamin E when it comes to neutralizing free radicals—the antioxidant activity that can help protect cells against damaging oxidative stress. And vitamin C has long been considered the “master antioxidant,” as it not only actively neutralizes free radicals but helps to regenerate other antioxidants as well. Working together in Proflavanol C<sup>100</sup>, vitamin C and grape seed bioflavonoids provide powerful antioxidant protection to help you maintain good health. *

These two ingredients are also important for supporting and maintaining sound cardiovascular function. Consumption of red wine, which contains proanthocyanidins, is believed to be one of the factors that contribute to the “French Paradox”—the fact that the French maintain good heart health despite a diet high in saturated fat. And, vitamin C can also help maintain long-term cardiovascular health. Together, these nutrients help protect against low-density lipoprotein (LDL) oxidation as well as support healthy blood vessels, normal capillary strength, and endothelial function to promote good circulation. Combining grape seed extract with vitamin C, as it is in our Proflavanol C<sup>100</sup> formula, can help retain healthy micro-vascular function. Interestingly, this only occurs when epicatechin, another of the bioflavonoids in grape seed extract, is also present in the blood. *

Grape seed extract also works synergistically with vitamin C to protect cells and enhance your body’s normal, natural immune function. Your immune system is an incredibly complex and intricate protective mechanism designed to shield your body. And when your shield is weak, your body is at risk. Grape seed bioflavonoids modulate cell-signaling pathways related to immune function while vitamin C plays a key role in immune function by supporting the normal production of white blood cells and antibodies. *

Vitamin C not only helps maintain the health of your immune system, but it also is a factor in many aspects of good health. Vitamin C helps in the development and maintenance of bones, connective tissue, teeth, and gums. It also helps the body metabolize fats and proteins. Because human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement. *

One type of connective tissue supported by vitamin C is collagen, which is integral to skin’s elasticity and firmness. Collagen tends to start breaking down as we age, and vitamin C helps regulate synthesis for this protein.

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**REFERENCES**

The Usana Difference

A unique supplement made with USANA’s innovative Nutritional Hybrid Technology, Proflavanol C® combines the highest quality grape seed extract with the free-radical quenching power of USANA’s Poly C vitamin C blend, which effectively raises levels of vitamin C in the body for a longer period of time than equal amounts of ascorbic acid only (ascorbic acid is the most common form of vitamin C used in other supplements). Combining the two nutrients into one supplement provides your body with powerful nutrients that can help you maintain good health.*

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 cardiovascular health.*

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Supplement your cells and help them function with antioxidants such as coenzyme Q10, found in CoQuinone 30.*

THE BENEFITS OF COQUINONE 30
When we’re young, our bodies store or produce ample amounts of coenzyme Q10 (CoQ10), which is used by the hundreds of mitochondria in each and every cell to generate adenosine triphosphate (ATP)—the form of energy cells use to function. As we age, the amount of CoQ10 that we absorb or produce naturally declines. 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. A high-quality, bioavailable CoQ10 supplement, such as CoQuinone 30, can help replenish our cells’ stores of CoQ10, and help hardworking cells, such as those in the heart, stay healthy.*

CoQuinone 30 also provides 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, 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 regenerate and recycle vitamin E.*

This unique supplement combines a well-absorbed form of CoQ10 with alpha-lipoic acid for maximum benefits. A key nutrient involved in converting glucose into energy, alpha-lipoic acid plays many roles in the body and is especially beneficial because it acts like a super antioxidant, going to work both inside the cell and in the outer cell membrane to fight off free radicals. It also assists cells in recycling CoQ10 after it has oxidized to provide even more defense against damaging oxidative stress.*

THE SCIENCE OF COQUINONE 30
The energy that every cell needs to function is produced through a complex process in the mitochondria, which are organelles within the cell. Within the mitochondria, cells store energy in a molecule called ATP, which is synthesized and used by every cell in the body. 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 maintenance of good heart function.*

THE USANA DIFFERENCE
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.*

CoQuinone 30 contains CoQ10 in the form of ubiquinone. Some competitors use ubiquinol instead, claiming it is a more bioavailable form of CoQ10, but a USANA in-house study confirmed other recently published research showing that both forms are equally beneficial.

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USANA's BiOmega fish-oil supplement contains a concentrated dose of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) to support healthy cellular function throughout the body.*

THE BENEFITS OF BIOmega

Your cells have a phospholipid bilayer that acts as a gatekeeper—keeping things out or letting them in. Key components of that bilayer, omega-3 and omega-6 fatty acids play a significant role in maintaining our good health at the most basic level. A 1:1 ratio of omega-3 and omega-6 is ideal, as they work together to promote health. However, average diets contain significantly more omega-6s. Eating fatty fish and supplementing with BiOmega are effective ways to increase omega-3 levels to help maintain a proper balance and support healthy cellular function.*

Omega-3 fatty acids are effective in supporting joint health, as well as healthy neural development and function. Omega-3s also encourage healthy skin. In addition, combining fish oil intake with regular exercise is more supportive than exercise alone for helping reduce body fat and supporting metabolic health.*

Supportive but not conclusive research shows that consumption of EPA and DHA may reduce the risk of coronary heart disease.* One serving of BiOmega provides 1050 mg of EPA and DHA omega-3 fatty acids. (See nutrition information for total fat, saturated fat, and cholesterol content.)

It is important that women who are pregnant get sufficient amounts of omega-3 fatty acids to support their child's brain and eye development.*

THE SCIENCE OF BIOmega

The omega-3 long-chain fatty acids are the biosynthetic precursors of eicosanoids, which are hormone-like substances that help retain normal health processes in our bodies.*

Incorporation of omega-3 fatty acids into the diet helps to support articular cartilage and joint comfort.*

Fatty acids influence brain development and structural integrity, impacting biochemical efficiency in the brain. Neural phospholipid membranes selectively concentrate DHA in photoreceptors and some cell-signaling sites, while the retina selectively incorporates EPA to support eye fluidity.*

Sufficient levels of omega-3 and omega-6 fatty acids can help maintain skin's barrier function to keep it looking healthy, and EPA may also help protect skin against the damaging effects of the sun.*

EPA and DHA help maintain healthy high-density lipoprotein and triglyceride levels in plasma, which are important for supporting healthy arterial function and blood flow.*

Pre- or post-partum women should consume DHA and EPA to support the growth and development of their child. DHA plays a role in the healthy development of the visual system, and it is one of the dominant fats in the nerve cells of fetal and infant brains.*

THE USANA DIFFERENCE

Produced from sustainably raised cold-water, deep-sea fish oil, USANA's BiOmega includes a careful balance of DHA and EPA at a more potent dose than many competitors.

BiOmega is purified to be virtually free of contaminants. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to maintain product quality during storage. BiOmega is also fortified with vitamin D to supply an additional 200 IU per day.* And with added lemon flavoring, there is no fishy aftertaste.

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USANA’s Booster C 600 is a delectable, lemon-berry flavored powder that supplies a powerful blend of ingredients shown to support immune defense. This product is for occasional use during times of stress or when you’re feeling run down.*

THE BENEFITS OF BOOSTER C 600

Deficiencies in vitamin C or zinc, which are needed for the 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 to 90 mg of vitamin C and 8 to 11 mg of zinc per day to avoid deficiency.*

In addition to delivering 10 mg of zinc, Booster C 600 is a potent source of 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 prolong the activity of 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 than ascorbic acid itself.*

THE SCIENCE OF BOOSTER C 600

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 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.*

THE USANA DIFFERENCE

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 your immune system a little added support.*

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Vitamin D is necessary for normal bone mineralization and growth, maintenance of muscle strength and coordination, cardiovascular health, and robust and balanced immune function.

THE BENEFITS OF VITAMIN D

Vitamin D status is a factor in the maintenance of good health. However, reports continue to show that populations around the world are suffering from vitamin D deficiency. In the U.S. alone, only one third are getting adequate amounts of vitamin D daily. The problem is widespread and increasing, with potentially severe repercussions for overall health.

Many cells in your body have vitamin D receptors and need vitamin D to function properly, including those in your skin and brain. USANA’s Vitamin D supplement is formulated with a high level of vitamin D to help prevent deficiency by ensuring you get adequate amounts throughout the entire year.

THE SCIENCE OF VITAMIN D

Vitamin D promotes a healthy, balanced immune system through its key role in regulation and differentiation of immune system cells. It also has been linked to healthy endothelial function, which is important for cardiovascular health. And, it also helps maintain normal functioning of the nervous system.*

In addition, recent research has shown the following:

- 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 may play a role in helping elderly people maintain lean muscle mass.*

Healthy vitamin D levels are a key part of minimizing age-associated bone loss. Vitamin D supports the development and maintenance of bones and teeth by helping in the absorption and use of calcium.* 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. Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Although vitamin D can be toxic in very large doses, toxicity is rarely the biggest cause for anxiety. Instead, deficiency has become relatively common. Vitamin D deficiency has been correlated to a number of health problems including: osteoporosis in postmenopausal women. 2002. Endocr Rev 23(4):560-9.


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THE USANA DIFFERENCE

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. A clinical study conducted by USANA scientists showed individuals taking USANA products are six times more likely to have vitamin D levels in the optimal range.*

Even when the winter months are behind us, it doesn’t mean your body needs less of a good thing. 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.*

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USANA’s Proglucamune daily supplement combines ancient wisdom with modern science to support robust immune function. The unique combination of zinc plus baker’s yeast and reishi and shiitake mushrooms in the InCelligence™ Beta-Glucan Complex is designed to help support your body’s natural defenses.*

THE BENEFITS OF PROGLUCAMUNE

Our modern lives demand a more effective way to stay fit and well, even during occasional times of stress. Proglucamune helps your immune system meet your unique needs and supports your body’s ability to adapt and respond to the effects stress or strenuous exercise can have on immune function. The InCelligence™ Beta-Glucan Complex is formulated with USANA InCelligence Technology™ to prime your immune cells’ natural protective responses, so they can protect your health effectively.*

THE SCIENCE OF PROGLUCAMUNE

The immune system is made up of many biological structures and processes that detect a wide variety of foreign agents and pathogens and distinguish them from the body’s own healthy tissue. There are three types of immunity: surface immunity, innate immunity, and adaptive immunity. Surface immunity is the first line of defense—the barriers that actively keep pathogens out.

If a pathogen is able to cross a surface barrier, then the innate immune system defenses are stimulated. Innate immunity includes a host of reactions, including the destruction of pathogens. The nutrients in the InCelligence™ Beta-Glucan Complex have a distinct molecular structure that binds to receptors on immune cells to prime their natural protective ability. This activity enables your body’s protective mechanisms to respond effectively without overstimulating an immune response. Proglucamune also supports the adaptive immune system, which is called into action if the innate immune system is overwhelmed.*

Proglucamune contains a potent blend of ingredients:

- Reishi (Ganoderma lucidum) and shiitake (Lentinula edodes) mushrooms have been used for thousands of years in traditional Chinese medicines to support vitality. They are rich in polysaccharides with immunomodulating properties and help promote cellular protection.*
- A specific strain of baker’s yeast (Saccharomyces cerevisiae) provides beta 1,3/1,6 glucan, a natural carbohydrate shown to prime the immune system. Clinical studies have shown that the strain of baker’s yeast in Proglucamune provides exceptional support for immunity and daily wellness, even during times of occasional, mild stress.*
- Zinc is an essential trace element that supports proper functioning of immune cells and serves as an intracellular signaling molecule for immune cells, enhancing the effectiveness of the InCelligence™ Beta-Glucan Complex. It also acts as an antioxidant to help defend against oxidative stress.*

THE USANA DIFFERENCE

Proglucamune is a superior product for helping immune cells adapt to your unique needs and protect your health, even during times of stress. The InCelligence Beta-Glucan Complex contains a certified organic blend of mushrooms combined with a strain of baker’s yeast proven to be effective for priming cells’ natural protective ability. The addition of zinc makes Proglucamune a perfect solution for promoting your body’s natural immune responses and supporting overall health and well-being every day.*

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Ginkgo-PS combines two powerful circulatory supplements—standardized Ginkgo biloba extract and phosphatidylserine (PS)—into a single tablet. By maintaining a healthy diet, staying active mentally and physically, and supplementing your diet with Ginkgo-PS, you can help preserve your cognitive health.*

**THE BENEFITS OF GINKGO-PS**
Several factors contribute to weakening mental function. The number of brain cells (neurons) steadily declines over the years, partly because of oxidative damage caused by free radicals. And the conductivity of neuron membranes also tends to decrease over time due to the gradual loss of critical phospholipids from the cell membrane and other structural components. The recommended daily dose of Ginkgo-PS provides your body with a generous amount of PS to help support these structures.*

In addition to normal biological processes working against you, the environment can also damage cellular tissue in the body and the brain. The body's normal physiological response to stress—a near constant in modern life—is to restrict blood circulation in the brain, which means your brain receives a reduced supply of vital oxygen and nutrients. The recommended daily dose of Ginkgo-PS provides your body with 100 mg of Ginkgo, which helps the body maintain healthy circulation.*

**THE SCIENCE OF GINKGO-PS**
Ginkgo extract contains a mix of bioflavonoids that provide antioxidant activity to fight free-radical damage. Its most important role, however, is facilitating blood circulation throughout the body and maintaining healthy oxygenation. More oxygen means more efficient use of other nutrients, which has positive results for mental performance, memory, and general cognitive function.*

Phosphatidylserine, or PS, is the ideal complement to Ginkgo biloba. PS is a phospholipid component of all cell membranes and is essential for proper cell function. It is found in highest concentration in the cell membrane of neural tissues. Many human clinical studies have been conducted on PS, including several double-blind, placebo-controlled trials. Measurable effects were related to memory, attention, and learning ability.*

**THE USANA DIFFERENCE**
USANA is one of few manufacturers to combine Ginkgo biloba and PS into a single product. Additionally, 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 similar products on the market.

**References**
USANA’s Visionex supplement is designed to help maintain long-term eye health and support visual performance.*

THE BENEFITS OF VISIONEX

One important reason for the loss of visual acuity over time is the damage to our eyes caused by environmental factors. Except when we are asleep, our eyes are constantly exposed to environmental elements such as air pollution, dryness, and oxidative damage from sunlight. The ingredients found in Visionex work together to help support healthy vision. The formula is designed to protect the delicate tissues of the eye from photo-oxidation.*

Supplementation with the lutein and zeaxanthin in Visionex can also help preserve visual function. Use of these important carotenoids sustains tolerance to and recovery from exposure to bright light, supports visual acuity in low-light or hazy conditions, and can maintain healthy vision by making edges appear clearer.*

Research also suggests that lutein may be beneficial in maintaining healthy skin.*

THE SCIENCE OF VISIONEX

When light shines through the inner layers of the retina, it is filtered through the yellow pigment of the macula. The macula is especially vulnerable to oxidative damage because it has a high metabolic rate and because the light focused on it encourages the production of free radicals. The yellow pigment helps protect the sensitive receptors in the macula from the potentially harmful effects of short-wavelength light.*

Macular pigment includes the carotenoids lutein and zeaxanthin, an isomer of lutein, which protect eye health in two ways: first as filters that absorb some of the high-energy blue light and, second, as antioxidants that quench light-induced free radicals and reactive oxygen species.

Average levels of macular pigment tend to be low, especially in those who do not eat many fruits and vegetables. And maintaining an adequate level is important, not only for long-term eye health, but also because macular pigment optical density (MPOD) has been linked to visual performance. Supplementing with lutein and zeaxanthin can help increase MPOD, which helps support visual acuity and maintain long-term eye health and tolerance to glare, contrast, and photostress.*

In addition to lutein and zeaxanthin, the Visionex formulation contains three other 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. And zinc appears to provide an additive effect to antioxidants in promoting good visual acuity.*

Lutein and zeaxanthin also offer benefits for skin appearance by increasing surface lipids (good for hydration and elasticity) and enhancing natural antioxidant photo-protective activity to reduce the visible effects of the sun. The vitamin C in Visionex also supports the synthesis of collagen, which is an important structural protein in the skin.*

THE USANA DIFFERENCE

Sun exposure and screen time in front of a computer’s glare can take a toll on your vision. Guard your long-term eye health with proper protection, such as sunglasses, and provide your eyes with the dietary carotenoids they need. The links between lutein and zeaxanthin and eye health are so strong that several national and regional health organizations have recommended an increase of dietary lutein. The amounts of lutein, zeaxanthin, and other eye-supporting nutrients working together in Visionex can help protect the future of your eyesight.*

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Active Calcium is more than just calcium—it is a carefully formulated, comprehensive bone health supplement.

**THE BENEFITS OF ACTIVE CALCIUM**

Calcium is necessary for human life. Our body uses calcium for blood clotting, nerve conduction, cell division, and other physiological functions. To support these processes, calcium is frequently pulled from our bones, where 99 percent of our body’s calcium is found. Dietary calcium, along with other nutrients, is then used to help remodel our bone structure. But if our body consistently uses more calcium than is replaced within the bones, it may lead to bone loss.

Our bodies cannot produce calcium. This is why consuming proper amounts of this essential mineral is so crucial: adequate calcium, as part of a healthy diet, may help prevent bone loss. Most adults should consume 1200 mg of calcium from food and supplements per day. USANA’s Active Calcium can help ensure you get sufficient amounts of calcium every day to help in the maintenance of your bones and teeth.*

**THE SCIENCE OF ACTIVE CALCIUM**

Our entire skeletal structure is not static. It constantly remodels itself and, every 10 years, we have an entirely new skeleton. This remodeling process requires sufficient amounts of calcium and vitamin D to form the bones properly. And, if there isn’t enough calcium or vitamin D available from the diet, it can result in bone loss and, possibly, osteoporosis. Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.*

Vitamin D enhances both calcium absorption in the small intestine and calcium utilization in bone formation. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. It also influences the utilization of phosphorus, another mineral that is important for the bone remodeling process.*

An essential nutrient that plays a key role in the bone remodeling process, magnesium helps in the development and maintenance of bones and teeth. Approximately 60–70 percent of the magnesium in the body is found in the skeleton, and higher intakes have been associated with higher levels of bone mineral density. Supplementing is especially important for middle-aged or older adults who are not receiving sufficient amounts of magnesium from their diet.*

Boron reduces calcium excretion and increases deposition of calcium in the bone.*

**THE USANA DIFFERENCE**

Active Calcium combines two forms of highly absorbable, elemental calcium with additional bone-supporting ingredients that all complement each other to give you the best support for healthy bones, so your skeleton can continue to be your strongest supporter.
Active Calcium Chewable is a carefully formulated, comprehensive bone health supplement in a chewable form.

THE BENEFITS OF ACTIVE CALCIUM CHEWABLE
USANA’s Active Calcium Chewable provides the same benefits as the tableted form of Active Calcium. It, too, can help ensure you get sufficient amounts of calcium every day to help in the maintenance of your bones and teeth. The chewable tablet is ideal for teens, those who dislike swallowing tablets, and pregnant women or anyone who suffers from occasional heartburn.*

Because the teenage years are a critical stage in development, USANA formulated this chewable calcium supplement to make it easier for those 12 and over to get enough calcium in their diet to keep bones healthy and strong. Preadolescent girls who take a calcium supplement experience greater gains in bone mineral content than those who do not.

Additionally, the calcium and magnesium compounds in Active Calcium Chewable act as an antacid, neutralizing stomach acids and thereby eliminating heartburn symptoms while also supplying calcium. This is especially helpful for pregnant women, who often suffer from heartburn and who also need adequate calcium to maintain healthy bones and support the baby’s developing bones and teeth as well.*

THE SCIENCE OF ACTIVE CALCIUM CHEWABLE
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THE USANA DIFFERENCE
Active Calcium Chewable combines two forms of highly absorbable, elemental calcium with additional bone-supporting ingredients in a chewable form. The ingredients complement each other to provide support for healthy bones.*

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USANA's Procosa supplement helps maintain and protect joint health with vitamin C and a unique InCelligence Joint-Support Complex made with vegetarian glucosamine and Meriva® bioavailable curcumin.*

**THE BENEFITS OF PROCOSA**
Healthy joints allow the bones to move together comfortably. However, in some individuals, the cartilage breaks down and becomes thin, resulting in more joint friction, discomfort, and stiffness.

In addition to a healthy diet and maintaining moderate physical activity, the unique blend of the InCelligence Joint-Support Complex (formulated with USANA InCelligence Technology™, vitamin C, and other nutrients can help support optimal joint health and function, so you can maintain an active, independent lifestyle. *

**THE SCIENCE OF PROCOSA**
Between the bones is a narrow space—the joint cavity. Your bones are capped with cartilage, which gets its lubrication and nutrients from synovial fluid, which also acts like a shock absorber. If synovial fluid and cartilage deteriorate, the spacing between the bones narrows, and eventually the bones will rub together.

Research has shown that joint space can be better maintained in those who take glucosamine. Glucosamine also stimulates production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.*

Glucosamine is a well-absorbed amino sugar that helps regulate normal cartilage formation by encouraging production of collagen and by acting as a building block for proteoglycans. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint.*

Meriva® is an innovative phytosome that combines curcumin with a phospholipid, so it passes through cell membranes more easily, making it nearly 30 times more bioavailable than traditional curcumin preparations. A potent antioxidant that helps protect joint cells, Meriva has been shown to support joint comfort and function.*

Together, glucosamine and Meriva make up the InCelligence Joint-Support Complex. In addition to the benefits listed above, there are two key cell-signaling processes the complex is designed to promote:

- Exercise can stimulate the immune system and result in temporary inflammation, which is part of the body's natural recovery mechanism for restoring normal structure and function to muscles and tendons. The InCelligence Joint-Support Complex influences the signaling pathways that modulate these responses to help proactively promote a healthy immune and inflammatory response after exercise.*

- Chondrocytes (cartilage cells) maintain healthy function through a natural cell renewal process in which damaged organelles in tissue are broken down and removed through a process called autophagy. However, age or other lifestyle factors may slow this process. The InCelligence Joint-Support Complex helps activate autophagy to renew healthy joint-cell function to preserve healthy articular cartilage and support healthy joint aging.*

Procosa also delivers 225 mg of vitamin C because it promotes collagen synthesis. Collagen is one of the main structural proteins that supports the integrity and strength of ligaments and tendons to maintain joint stability.*

**USANA DIFFERENCE**
The InCelligence Joint-Support Complex in Procosa was created using a unique combination of Meriva bioavailable curcumin with high-quality glucosamine hydrochloride. By blending the hydrochloride form of glucosamine with the potassium and magnesium sulfate in the formula, Procosa provides the same benefits of glucosamine sulfate without using shellfish or other animal-based ingredients. Not only is it one of the few vegetarian formulas available on the market, the addition of vitamin C makes Procosa a highly effective, comprehensive approach to joint health.*

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

**REFERENCES**
USANA’s PhytoEstrin supplement contains herbs such as chasteberry powder and black cohosh, which can help support the transition into menopause.*

THE BENEFITS OF PHYTOESTRIN

Natural approaches to maintaining health before, during, and after menopause have become popular over the last few years. For many women, regular exercise, a proper diet, nutritional supplementation with vitamin E, vitamin B5, and calcium, and botanical preparations of estrogen-like compounds—such as those found in PhytoEstrin—may help improve the quality of life during the transition to menopause and the years following.*

Some authorities theorize that high levels of soy isoflavones in Asian diets contribute to Asian women transitioning through menopause more easily than those women living in Western cultures. Soy isoflavones 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.

THE SCIENCE OF PHYTOESTRIN

For centuries, chasteberry, a shrub native to Mediterranean Europe and Central Asia, has been used to help support women’s health, particularly symptoms of peri- and post-menopause. And over the last 50 years, scientific studies have supported the use of chasteberry in supporting women’s health. Chasteberry has been found effective in easing menopausal symptoms, and is a mixture of iridoids, flavonoids, and glycosides.*

Black cohosh, a plant native to eastern North America, has also been in use for many years, particularly in Native American traditional medicine, to support women’s health and ease menopausal symptoms. Dong quai, a dried root found in China, has been used extensively in Asia for supporting women’s health as well.*

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

THE USANA DIFFERENCE

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 isoflavones, these herbs help support cardiovascular health while providing support through menopausal symptoms during the peri- and post-menopausal years.*

References


*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.
Palmetto Plus is a science-based supplement for men that supports long-term prostate health.

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

Maintaining prostate health should be a concern for all men, because as they age, many are at risk for developing prostate problems. However, a healthy diet and exercise, coupled with targeted, standardized botanical extracts, such as those found in Palmetto Plus, may help support long term prostate health.*

THE SCIENCE OF PALMETTO PLUS
Palmetto Plus is a comprehensive formula that, over time, may provide long-term support for prostate health. Considerable clinical research has shown that a significant percentage of men using saw palmetto show a positive correlation between saw palmetto and 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 supporting a balanced 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.*

THE USANA DIFFERENCE
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.*

*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.

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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Pure Rest is a fast-acting melatonin supplement that supports the body’s natural sleep and wake cycles.

THE BENEFITS OF PURE REST
USANA’s Pure Rest is a non-habit forming supplement that supports the natural increase of melatonin production at night. When taken at bedtime, Pure Rest supports the body’s natural circadian rhythms and helps promote sleep, which restores the body after daily exposure to free radicals and general wear and tear.*

Pure Rest promotes sleep, and sleep plays a significant role in keeping the immune system functioning normally while stimulating tissue repair, muscle growth, and protein synthesis.*

Sleep deprivation can have serious mental and physical consequences, resulting in poor concentration, impaired coordination, blurred vision, compromised immune function, and an increased risk of morbidity and mortality.

THE SCIENCE OF PURE REST
Pure Rest contains 2 mg of melatonin in a dissolvable, orange-flavored tablet.

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, feel drowsy, and eventually fall asleep. Evidence shows that getting enough quality sleep will not only help people feel energized and productive, but will also increase their odds of living healthier lives.

Those who sleep, on average, less than six hours per night have been shown to be much more likely to be obese and develop abnormal blood glucose levels (a precursor to type 2 diabetes) than those who average seven to eight hours a night. Women who do not get at least six hours of sleep a night are also more likely to have high blood pressure, which could lead to cardiovascular disease over time.

THE USANA DIFFERENCE
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. Pure Rest is not a sleeping pill and is not habit forming. Additionally, it is sugar free and contains no animal ingredients.

Because individual needs vary, USANA scores the tablets so they can easily be broken in half to adjust the dosage as necessary.

References
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.
The Digestive Enzyme supplement supplies enzymes to help you digest your meals more efficiently and alleviate the sense of fullness after a large meal or bloating associated with digestion. Now with added artichoke extract, this unique formula also helps provide relief from occasional digestive issues.*

THE BENEFITS OF DIGESTIVE ENZYME
Our body naturally produces enzymes to digest the foods we eat, but certain factors, including age or food sensitivities, may reduce our ability to digest foods efficiently. This can lead to stomach upset. Eating large meals can also cause mild indigestion.

Although eating a varied, healthy diet usually provides us with some enzymes to supplement those naturally made by the body, many of us don’t eat the way we should. And without a sufficient amount of functioning enzymes in our body, good digestive health may be impaired, which can lead to indigestion as well as a reduction in the amount of nutrients we are able to absorb from our foods.

USANA’s Digestive Enzyme is a digestive aid that supplies supplemental enzymes to help break down the foods we eat so the body receives the nutrients it needs to function properly. The added artichoke extract further helps support healthy digestion.*

THE SCIENCE OF DIGESTIVE ENZYME
Enzymes play an important role in human health. Many researchers over the last century have maintained that a loss of digestive enzymes may be a significant contributing factor to poor health as we age. This is likely partially because our food is not being broken down and we do not receive all the nourishment that we need from what we eat.

Digestive Enzyme helps aid digestion by augmenting the enzymes our pancreas naturally excretes with a wide range of the enzymes that help break down the food we eat:
- Alpha-amyrase supports the digestion of starch.
- Bromelain, protease, and papain support the digestion of protein, the absorption of which is important to maintaining muscle health.
- Lactase assists in the digestion of foods containing lactose (e.g., milk) and helps with symptoms of lactose intolerance (including gas, bloating, and cramping).
- Lipase supports the breakdown of fats.
- Cellulase supports the digestion of cellulose, which usually comes from plant materials.

Artichoke extract has been shown to be effective in relieving digestive complaints, such as mild dyspepsia (stomach upset), by aiding the digestion of fatty foods.*

THE USANA DIFFERENCE
Supplementing with Digestive Enzyme increases enzyme levels for optimal digestive efficiency. It is designed to support more complete digestion and absorption of macronutrients. The addition of artichoke extract 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.
USANA Probiotic food supplement supports digestive health with a unique blend of probiotics that brings balance to your belly.

THE BENEFITS OF USANA PROBIOTIC

Everything you ingest must go through your digestive system, which, in turn, provides all the micro- and macronutrients your body’s cells need to function properly. Because the digestive system is responsible for breaking down and absorbing the vitamins and minerals from food and nutritional supplements, maintaining digestive health is an important factor in optimizing nutrient intake and defending against deficiency-related illness.*

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.*

To keep everything working smoothly, it is vital that you drink plenty of water; exercise; and consume a proper diet with plenty of fiber from fruits, vegetables, and whole grains. In addition to eating a healthful diet, using probiotics can help create an ideal environment for healthy digestion.*

THE SCIENCE OF USANA PROBIOTIC

Your gut is host to both beneficial and potentially harmful bacteria. These bacteria, also known as microflora, may aid healthy digestion. Age, stress, illness, antibiotics and/or certain medicines, poor diet and hydration, lack of rest, and harmful environmental conditions may endanger the fine balance that is needed to support the normal intestinal flora. This imbalance can result in the reduction of beneficial bacteria in the gut, which can lead to digestive concerns that may not only be physically uncomfortable but also possibly harmful to your health.

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 replenish beneficial microflora, which can help restore a proper microbial equilibrium in the gut and aid good digestion. 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 suggests that probiotics, including Bifidobacterium BB-12 and Lactobacillus rhamnosus LGG, 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. These probiotics may help prevent harmful bacteria from taking hold in the intestinal tract and encourage the growth of healthy bacterial growth to help support proper nutrient absorption.*

THE USANA DIFFERENCE

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 stomach enzymes 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 well-documented to survive transit through the harsh, acidic environment of the stomach to colonize the intestines.*

USANA Probiotic employs an advanced 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.*

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Hepasil DTX™

Comprehensive liver-support formula featuring the InCelligence™ Detox-Support Complex

A healthy lifestyle coupled with a supplement such as USANA’s Hepasil DTX with the unique InCelligence Detox-Support Complex is a great way to maintain healthy liver function and balance the body’s natural detoxification processes.*

THE BENEFITS OF HEPASIL DTX

Your liver performs a number of functions vital to maintaining good health, including filtering virtually everything that goes into your blood stream. Almost every nutrient you put into your mouth—from food, drinks, medications, and supplements—goes through your liver, where it is broken down into a form that can be used by your body or be filtered out and eliminated.*

Enhanced with USANA InCelligence Technology™, Hepasil DTX supports healthy liver function in many ways, including supplying the body with nutrients that promote the natural detoxification process as well as endogenous antioxidant activity.*

THE SCIENCE BEHIND HEPASIL DTX

A key ingredient in Hepasil DTX, choline helps the liver metabolize fats and cholesterol and move them out of the liver. Upon entry into the cell, choline is oxidized to become betaine, which plays a role in donating methyl groups necessary for detoxification reactions.

The liver uses biotin to support metabolism of macronutrients and the synthesis of glycogen for energy.

In addition to alpha-lipoic acid and n-acetyl l-cysteine, the InCelligence Detox-Support Complex in Hepasil DTX also delivers a comprehensive array of phytochemicals, including green-tea extract, milk-thistle extract, broccoli concentrate, and USANAs patented Olivol®. These powerful nutrients target a cell-signaling pathway that supports naturally protective processes within a healthy liver:

- Balancing detoxification reactions by stimulating the production of Phase II detoxification enzymes, including glutathione-S-transferases, these enzymes link with the highly reactive intermediary metabolites generated in the liver during Phase I and convert them into a form that can be excreted from the body.
- Defending against oxidative stress caused by free radicals generated during Phase I by acting as direct antioxidants and also activating the production of the body’s endogenous antioxidants, including glutathione, which is most concentrated in the liver.

Taking three tablets of Hepasil DTX a day for 28 days can help significantly increase natural glutathione production and overall antioxidant capacity. In fact, the formula is patent pending because of the increase in glutathione, vitamin C antioxidant capacity, and detoxification activity it helps produce within the body.*

THE USANA DIFFERENCE

Hepasil DTX has two patents pending: one for the formula’s effectiveness and a second because it safely combines previously incompatible but equally important nutrients into one bi-layer tablet using USANAs Nutritional Hybrid Technology. This technology enables USANA to manufacture a truly unique, comprehensive liver-support supplement. The InCelligence Detox-Support Complex unlocks the innate intelligence of your body’s natural processes to help support the longevity of your liver cells and protect your health from an increasingly toxic world.*

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Diet/Energy

USANA believes in making superior products to meet all your individual health needs. Which is why we’ve developed all sorts of nutritious bars and shakes for when your busy lifestyle needs a nudge in a...healthier direction.
MySmartShake Protein Bases
A high-protein foundation for your MySmartShake

MySmartShake is a convenient way to customize your diet, and Protein Bases are where your MySmartShake begins. Choose a plant-based protein, a whey protein, or a soy protein. After selecting your base, add a Flavor Optimizer and/or a Booster to customize your shake...or simply enjoy as is!

Whichever base you choose, you’ll receive high-quality, complete protein with no added sugars. These options are also an excellent source of dietary fiber to help you feel fuller, longer. They include a small amount of saturated fat from coconut oil, which is a beneficial fat. You’ll receive the benefits of medium-chain triglycerides (MTCs) from coconut oil, which are healthy fatty acids.*

For those with additional dietary concerns, these products are not genetically engineered, contain clean ingredients, have a low glycemic impact, and are gluten free.† Each base has a light vanilla flavor, but feel free to add a Flavor Optimizer or blend in fresh fruits to make your shake taste just the way you like it.

PLANT
- 150 calories
- 18 g protein
- 0 g sugar
- 8 g fiber

WHEY
- 150 calories
- 18 g protein
- 0 g sugar
- 8 g fiber

SOY
- 150 calories
- 18 g protein
- 0 g sugar
- 8 g fiber

*No gluten-containing ingredients are used in this product. Manufactured on equipment that also processes products containing milk, egg, peanuts, soy, tree nuts, sesame, wheat, and gluten.

†No gluten-containing ingredients are used in this product. Manufactured on equipment that also processes products containing milk, egg, peanuts, soy, tree nuts, sesame, wheat, and gluten.
**MySmart™ Whey**

**ITEM #207**

**INGREDIENTS:** WHEY PROTEIN CONCENTRATE, GLUTEN FREE † OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, POTASSIUM PHOSPHATE, XANTHAN GUM, GUAR GUM, SEA SALT, NATURAL FLAVORS, SUNFLOWER LECITHIN, STEVIA.

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, EGG, FISH, SHELLFISH, TREE NUTS, WHEAT, GLUTEN, AND SOY.

This is a sealed container. Do not use if container is broken.

Customer Service: 1-888-950-9595

STORE AT ROOM TEMPERATURE (25ºC)

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

MADE IN USA

**NUTRITION FACTS**

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<thead>
<tr>
<th>Serving Size: 2 scoops (39 g)</th>
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Vitamin A: 0%  •  Vitamin C: 0%
Calcium: 10%  •  Iron: 4%

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

**Amount in Shake:** 2 scoops provides 5 g Saturated Fat sourced from the added MCTs and coconut oil.

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

**MySmart™ Soy**

**ITEM #205**

**INGREDIENTS:** SOY PROTEIN CONCENTRATE, GLUTEN FREE † OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, POTASSIUM PHOSPHATE, XANTHAN GUM, GUAR GUM, SEA SALT, NATURAL FLAVORS, SUNFLOWER LECITHIN, STEVIA.

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, EGG, FISH, SHELLFISH, TREE NUTS, WHEAT, GLUTEN, AND SOY.

This is a sealed container. Do not use if container is broken.

Customer Service: 1-888-950-9595

STORE AT ROOM TEMPERATURE (25ºC)

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

MADE IN USA

**NUTRITION FACTS**

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<tr>
<th>Serving Size: 2 scoops (39 g)</th>
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Vitamin A: 0%  •  Vitamin C: 0%
Calcium: 2%  •  Iron: 15%

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

**Amount in Shake:** 2 scoops provides 5 g Saturated Fat sourced from the added MCTs and coconut oil.

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

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

**Calories:**
- 2,000: Less than 65 g
- 2,500: Less than 60 g

**Saturated fat:**
- Less than 20 g
- Less than 25 g

**Cholesterol:**
- Less than 300 mg
- Less than 200 mg

**Sodium:**
- Less than 2,400 mg
- Less than 2,000 mg

**Potassium:**
- 3,500 mg
- 3,500 mg

**Total Carbohydrate:**
- 25 g
- 30 g

**Dietary Fiber:**
- 5 g
- 10 g

**Protein:**
- 30 g
- 40 g

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

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

45
Flavor Optimizers are small stick packs designed to add a unique flavor to your MySmartShake Protein Base. All flavors are free from common allergens, not genetically engineered, and are low calorie. Choose from five delicious options:

- Dark Chocolate
- Cappuccino
- Orange Cream
- Peach Mango
- Banana

†No gluten-containing ingredients are used in this product. Manufactured on equipment that also processes products containing milk, egg, peanuts, soy, tree nuts, sesame, wheat, and gluten.

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**Dark Chocolate**

**NUTRIENT FACTS**

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<tr>
<td>% Daily Value†</td>
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<td>Total Fat</td>
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<td>Trans Fat</td>
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<tr>
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<td>Protein</td>
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<tr>
<td>Calcium</td>
<td>0%</td>
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<td>Iron</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 2,500.</td>
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**INGREDIENTS:** ERYTHRITOL, COCOA POWDER, NATURAL FLAVOR, ORGANIC RICE CONCENTRATE, STEVIA, MEDIUM CHAIN TRIGLYCERIDES.†

**No gluten-containing ingredients are used in this product. Manufactured on equipment that also processes products containing milk, egg, peanuts, soy, tree nuts, gluten, and wheat.**

Customer Service: 1-888-950-9595

STORE AT ROOM TEMPERATURE (25°C)

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

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**Orange Cream**

**NUTRIENT FACTS**

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<td>% Daily Value†</td>
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<td>Total Fat</td>
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<tr>
<td>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 2,500.</td>
<td></td>
</tr>
</tbody>
</table>

**INGREDIENTS:** ERYTHRITOL, NATURAL FLAVOR, ASCORBIC ACID, STEVIA, MEDIUM CHAIN TRIGLYCERIDES, ORGANIC RICE CONCENTRATE.†

**No gluten-containing ingredients are used in this product. Manufactured on equipment that also processes products containing milk, egg, fish, shellfish, soy, tree nuts, gluten, and wheat.**

Customer Service: 1-888-950-9595

STORE AT ROOM TEMPERATURE (25°C)

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

**INGREDIENTS:** ERYTHRITOL, COFFEE EXTRACT, MEDIUM CHAIN TRIGLYCERIDES, NATURAL CAPPUCCINO FLAVOR, ORGANIC RICE CONCENTRATE.

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT.

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

Customer Service: 1-888-950-9595

**STORE AT ROOM TEMPERATURE (25ºC)**

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

MADE IN USA

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Stick Pack</td>
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<tr>
<td><strong>Servings Per Container:</strong> 7</td>
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<table>
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<th>Calories from Fat</th>
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<tbody>
<tr>
<td>Total Fat g</td>
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<td>Saturated Fat g</td>
<td>0</td>
<td>0%</td>
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<tr>
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<tr>
<td>Sodium mg</td>
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</tr>
<tr>
<td>Potassium mg</td>
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<tr>
<td>Total Carbohydrate g</td>
<td>0</td>
<td></td>
<td>Dietary Fiber g</td>
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<td>0%</td>
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<tr>
<td>Sugars g</td>
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<td>Protein g</td>
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% Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

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

### Peach Mango

**INGREDIENTS:** ERYTHRITOL, NATURAL FLAVORS, TUMERIC POWDER, STEVIA, ASCORBIC ACID, ORGANIC RICE CONCENTRATE, MEDIUM CHAIN TRIGLYCERIDES.

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT.

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

Customer Service: 1-888-950-9595

**STORE AT ROOM TEMPERATURE (25ºC)**

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

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<tbody>
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<td><strong>Servings Per Container:</strong> 7</td>
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<th>Calories from Fat</th>
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<tr>
<td>Cholesterol mg</td>
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<td>Sodium mg</td>
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</tr>
<tr>
<td>Sugars g</td>
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<td>Sugar Alcohol g</td>
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<td>3%</td>
<td>Protein g</td>
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% Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

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

### Banana

**INGREDIENTS:** ERYTHRITOL, NATURAL FLAVORS, POTASSIUM CITRATE, STEVIA, MEDIUM CHAIN TRIGLYCERIDES, ORGANIC RICE CONCENTRATE.

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT.

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

Customer Service: 1-888-950-9595

**STORE AT ROOM TEMPERATURE (25ºC)**

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

MADE IN USA

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<tr>
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</thead>
<tbody>
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<td>0%</td>
<td>Saturated Fat g</td>
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<td>0%</td>
</tr>
<tr>
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<td>0</td>
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<td>Trans Fat g</td>
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<tr>
<td>Sodium mg</td>
<td>0</td>
<td>0%</td>
<td>Cholesterol mg</td>
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<td>0%</td>
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<td>0%</td>
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<tr>
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<td>9</td>
<td>3%</td>
<td>Protein g</td>
<td>0</td>
<td>0%</td>
</tr>
</tbody>
</table>

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

Calories: 2,000 2,500

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

---

your health. your life. your way.
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.
Fibergy Plus is a convenient, naturally low-glycemic way to add more fiber to your diet.

THE BENEFITS OF FIBERGY PLUS
Consuming multiple sources of dietary fiber is important, because different types of fiber provide specific benefits and serve unique purposes within the body. 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. It can also help regulate food intake because it can keep you feeling full longer after a meal.* The FDA states that 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. As a result, diets high in soluble and insoluble fiber are important for not only digestive health, but overall health as well.

THE SCIENCE OF FIBERGY PLUS
In addition to cellulose, the unique blend of Fibergy Plus contains two important sources of fiber: inulin and psyllium. Psyllium is a bulking agent that sweeps the gastrointestinal tract and normalizes stool consistency to promote regularity. This activity is crucial for health, because if undigested food material and metabolic waste build up due to slow elimination, they may contribute to health problems in the future.*

When combined with a diet low in saturated fat, soluble fiber can help maintain healthy triglyceride, blood pressure, and cholesterol levels already in the normal range. Additionally, 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 the 2.9 grams of the soluble fiber from psyllium necessary per day to have this effect.**

Psyllium fiber can be helpful for those trying to lose weight. Because it is a bulking agent that helps food digest more slowly, consuming psyllium with a meal that includes protein may reduce food consumption later in the day, as it enhances satiety.*

Inulin serves as a prebiotic, a non-digestible food ingredient that promotes the growth of healthy bifidobacteria in the digestive tract. Healthy bacteria are desirable in the gut as they assist the digestive tract’s ability to absorb nutrients and break down foods.*

THE USANA DIFFERENCE
Fibergy Plus is cholesterol free, fat free, and low in sodium. And just one serving of Fibergy Plus accounts for almost half of the daily recommended value of dietary fiber.

The formula was also designed without added flavors, making it convenient to mix in with any juice or flavored beverage of your choice. Adding Fibergy Plus to your USANA MySmartShake can make it easier to skip unhealthy snacks throughout the day, as the high fiber content combined with the low-glycemic shake leaves you feeling satisfied longer.*

Pairing Fibergy Plus with USANA® Probiotic is a beneficial combination as well. USANA® Probiotic supplies healthy bifidobacteria and works in a symbiotic relationship with inulin found in Fibergy Plus to support healthy digestion by supporting the growth of healthy bacteria in the gut.*

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**Although diets with low saturated fat are recommended, new research has shown that coconut oil has many positive benefits.
Convenient, tasty snacks

Eating better doesn’t have to be complicated. Enjoy USANA’s MySmartBar—a tasty approach to snacking smarter.

Dark Chocolate is a rich, decadent flavor that will satisfy your taste buds and deliver high-quality, complete protein and fiber.

Peanut Butter is a delicious bar that will remind you of peanut butter cookies, without all of the unhealthy ingredients.

Coconut Cashew is a flavorful, unique bar that combines sweet and salty in an unexpected—but delicious—way.

- Gluten free†
- Low glycemic impact
- High-quality protein
- Not genetically engineered
- No trans fats
- High dietary fiber

†No gluten-containing ingredients are used in this product. Manufactured on equipment that also processes products containing milk, egg, peanuts, soy, tree nuts, sesame, wheat, and gluten.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Serving Size: 1 Bar (38 g)</th>
<th>Servings Per Container: 14</th>
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</thead>
<tbody>
<tr>
<td>Calories Per Serving</td>
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</tr>
<tr>
<td>Calories from Fat</td>
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<td>Total Fat</td>
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<tr>
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<tr>
<td>Trans Fat</td>
<td>4.5 g**</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Protein</td>
<td>10 g</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
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<tr>
<td>Calcium</td>
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</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

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

**Amount in bar: 1 bar provides 4.5 g Saturated Fat sourced from the coconut oil.

INGREDIENTS: PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, PEANUT PROTEIN ISOLATE, MILK PROTEIN ISOLATE), PREBIOTIC TAPIOCA FIBER (IMO), ORGANIC COCONUT OIL, ORGANIC DARK CHOCOLATE (ORGANIC SUGAR, ORGANIC CHOCOLATE LIQUOR, ORGANIC COCOA BUTTER, ORGANIC DEXTROSE, ORGANIC VANILLA), COCOA POWDER, WATER, SEA SALT, NATURAL BUTTER FLAVOR, NATURAL VANILLA FLAVOR, POTASSIUM SORBATE, STEVIA.

CONTAINS: MILK, TREE NUTS (COCONUT).

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

Customer Service: 1-888-950-9595

STORE AT ROOM TEMPERATURE (25ºC)

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

MADE IN USA

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### Peanut Butter

**NUTRITION FACTS**  
Serving Size: 1 Bar (38 g)  
Servings Per Container 14

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<th>Amount Per Serving</th>
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<td>Trans Fat</td>
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<td>-</td>
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<tr>
<td>Cholesterol</td>
<td>10 mg</td>
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</tr>
<tr>
<td>Sodium</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
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<td>12%</td>
</tr>
<tr>
<td>Soluble Fiber</td>
<td>1 g</td>
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<tr>
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<td>Sugars</td>
<td>4 g</td>
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<tr>
<td>Protein</td>
<td>11 g</td>
<td>22%</td>
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**Vitamin A** 0%  
**Vitamin C** 0%  
**Calcium** 15%  
**Iron** 4%

Calories: 2,000  
Calories per gram: Fat 9  
Carbohydrate 4  
Protein 4

**CONTAINS:**  
Milk, Peanuts, Tree Nuts (Coconut)

**INGREDIENTS:**  

**NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT.**

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES EGGS, MILK, PEANUT, SOY, TREE NUTS, AND WHEAT.**

Customer Service: 1-888-950-9595

STORE AT ROOM TEMPERATURE

USANA HEALTH SCIENCES INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UT 84120, USA  
MADE IN USA

### Coconut Cashew

**NUTRITION FACTS**  
Serving Size: 1 Bar (38 g)  
Servings Per Container 14

<table>
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<tr>
<th>Amount Per Serving</th>
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<tr>
<td>Protein</td>
<td>9 g</td>
<td>18%</td>
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**Vitamin A** 0%  
**Vitamin C** 0%  
**Calcium** 15%  
**Iron** 4%

Calories: 2,000  
Calories per gram: Fat 9  
Carbohydrate 4  
Protein 4

**CONTAINS:**  
Milk, Peanuts, Tree Nuts (Coconut)

**INGREDIENTS:**  

**NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT.**

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES EGGS, MILK, PEANUT, SOY, TREE NUTS, AND WHEAT.**

Customer Service: 1-888-950-9595

STORE AT ROOM TEMPERATURE

USANA HEALTH SCIENCES INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UT 84120, USA  
MADE IN USA
If you’re hungry and in a hurry, you need food that’s quick and nutritious—and if you can recognize and pronounce the ingredients, all the better. But is it nutty to think we could create a nutritious bar that combines savory, sweet, and satisfying? A bar packed with wholesome ingredients that come straight from Mother Nature?

Well, if a bar that brings together raw almonds, cashews, and seeds with naturally sweet dried fruits is nutty...then yes—you could call us a little nutty. Actually, make that Berry Nutty.

**EAT TO YOUR ADVANTAGE:**

- All-natural ingredients
- Gluten free†
- Soy free†
- Dairy free†
- Low glycemic
- No trans fats
- Low sodium
- Not genetically engineered
- Prebiotic fiber
- Sanoviv inspired

**WHAT IS SANOVIV?**

Sanoviv Medical Institute is a cutting-edge health-care facility created by USANA's founder, Dr. Myron Wentz. The professionals on staff at Sanoviv apply the principles of holistic care along with modern medicine to create comprehensive programs for a variety of medical needs. USANA often works closely with Sanoviv to develop new products.

†For our customers sensitive to gluten, dairy, or soy: no gluten, dairy, or soy are used in this product. However, Berry Nutty Nutrition Bar is manufactured on equipment that also processes products containing gluten, wheat, egg, peanuts, tree nuts, soy, tree nuts, wheat, and gluten.
GETTING STARTED THE SMART WAY
The seven-day USANA MySmart™Start kit is an easy and convenient way to tackle your fitness goals. And the good news? You will see and feel a difference. Not only that, but we give you everything you need to succeed. Every day, simply replace any two meals with tasty MySmartShakes, fruits and veggies, and eat one low-glycemic meal of your choice (we even provide you with a list of foods to help you get the best results). You’ll also enjoy 1–2 MySmartBars anytime each day. On top of this, we supply you with our award-winning supplements—our daily HealthPak™ pouches are included in this kit.

MYSMARTSTART CHECKLIST
- Morning MySmartShake (with your choice of Flavor Optimizer)
- AM HealthPak
- MySmartBar (choose 1 of 3 delicious choices)
- Low-glycemic meal or a MySmartShake
- MySmartBar or a serving of fruit or veggies
- Evening MySmartShake or a low-glycemic meal
- PM HealthPak

For best results, we suggest eating your low-glycemic meal for lunch.

SMARTIPS
- Stay hydrated by drinking water every day (4–6 glasses in addition to the water used to make your shakes)
- Avoid strenuous exercise during the program
- Eat 2–3 servings of fruit (a great addition to your shakes) and 2–3 servings of vegetables (as part of your low-glycemic meal)
- Walk for 20–30 minutes each day (about 3,000 steps)

The MySmart™Start fitness program lowers your daily caloric intake and recommends moderate exercise for best results. It is suggested that you take these products to your physician and secure their 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 MySmartStart program, except on the advice of their health-care professional.
Rev3 Energy® Drink
A refreshing way to recharge your energy levels

Cleaner. Smarter. Stronger. Rev3 Energy Drink is all the power of an energy drink—refined. With an advanced formula developed by USANA’s nutrition experts, Rev3 offers two superior alternatives to crash-and-burn energy drinks.

REV3 ENERGY® DRINK
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. Rev3 also contains coenzyme Q10, which is involved in the production of 95 percent of the energy required by the body.

A REVOLUTION IN ENERGY DRINKS
Rev3 is low glycemic and formulated to provide 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.

THE USANA DIFFERENCE
Rev3 has a crisp, all-natural taste. Rev3 is unique among most common energy drinks because it has no artificial flavors, no artificial sweeteners, 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.*

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

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<td>% DV</td>
</tr>
<tr>
<td>TOTAL CARBOHYDRATE 6%</td>
</tr>
<tr>
<td>SUGARS 17g</td>
</tr>
<tr>
<td>PROTEIN 0g</td>
</tr>
</tbody>
</table>

| VITAMIN B1 100% • VITAMIN B2 100% |
| RIBOFLAVIN 100% • FOLIC ACID 100% |
| BIOTIN 100% • PANTOTHENIC ACID 100% |
| CALCIUM 10% • MAGNESIUM 15% |

OTHER INGREDIENTS: PURIFIED REVERSE OSMOSIS CARBONATED WATER, CRISTALLLINE FRUCTOSE, EVAPORATED CANE SYRUP, PROPRIETARY ENERGY COMPLEX (L-CARNITINE FUMARATE, GREEN AND WHITE TEA BLEND, CONTAINING 80 mg CAFETINE, KOREAN GINSENG, RHODIOLA, D-RIBOSE, CITRIC ACID, MALIC ACIDS, 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 COFFEE. 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

*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® Surge Pack
All the power of Rev3 Energy in a convenient stick 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. With 80 mg of naturally derived caffeine, Rev3 Energy Surge Pack 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.

THE USANA DIFFERANCE
Rev3 Energy Surge Pack 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. Teas also provide numerous beneficial ingredients, including a thermogenic agent to aid in energy production, and antioxidants and phytioneutrients known to be beneficial to health and metabolism.*
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.
THE BASICS

Gentle Daily Cleanser

This mild, soap-free formula washes away surface dirt and makeup 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.

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.

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.
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.

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 keeps 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.

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.
Eye Nourisher

Care for the delicate skin around the eye with this lightweight, moisturizing complex enriched with shea butter and Irish moss. Regenosomes 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.

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.

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.

Ingredients:

**Eye Nourisher**

**Rice Bran Polisher**
- 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, Glycerol Laurate, Magnesium Alumina Silicate, Undecylenyl 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, Viola Vinifera (Grape) Fruit Extract, Camellia Sinensis Leaf Extract, Echinacea Angustifolia Extract, Centella Asiatica Extract, Quillaja Saponaria Bark Extract, Salvia Scarea (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, Fragrance (Parfum). Dermatologist/Allergy/Clinically Tested.

**Nutritious Crème Masque**
- Water (Aqua), Glycerol Stearate, Dicaprylyl Maleate, Kollidon, Stearyl Alcohol, Glycerin, C12-15 Alkyl Benzoate, Cetearyl Alcohol, Titanium Dioxide, Magnesium Alumina 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 Scarea (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 Soja (Soybean) Protein, Bisabolol, Capryloyl Glycine, Glycerol Laurate, Retinyl Palmitate, Undecylenyl 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.

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.

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.
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.

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.

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 WHITENING TOOTHPASTE?

USANA’s 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. Whitening Toothpaste is naturally formulated to remove plaque to clean teeth and also fight bacteria to control bad breath. Whitening Toothpaste also contains silica to gently remove stains without bleach or harsh abrasives. And Vitamin E from vegetable oils moisturizes gums. 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, Whitening Toothpaste is formulated without it. So, you can decide the role that fluoride will play in maintaining your healthy smile.
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