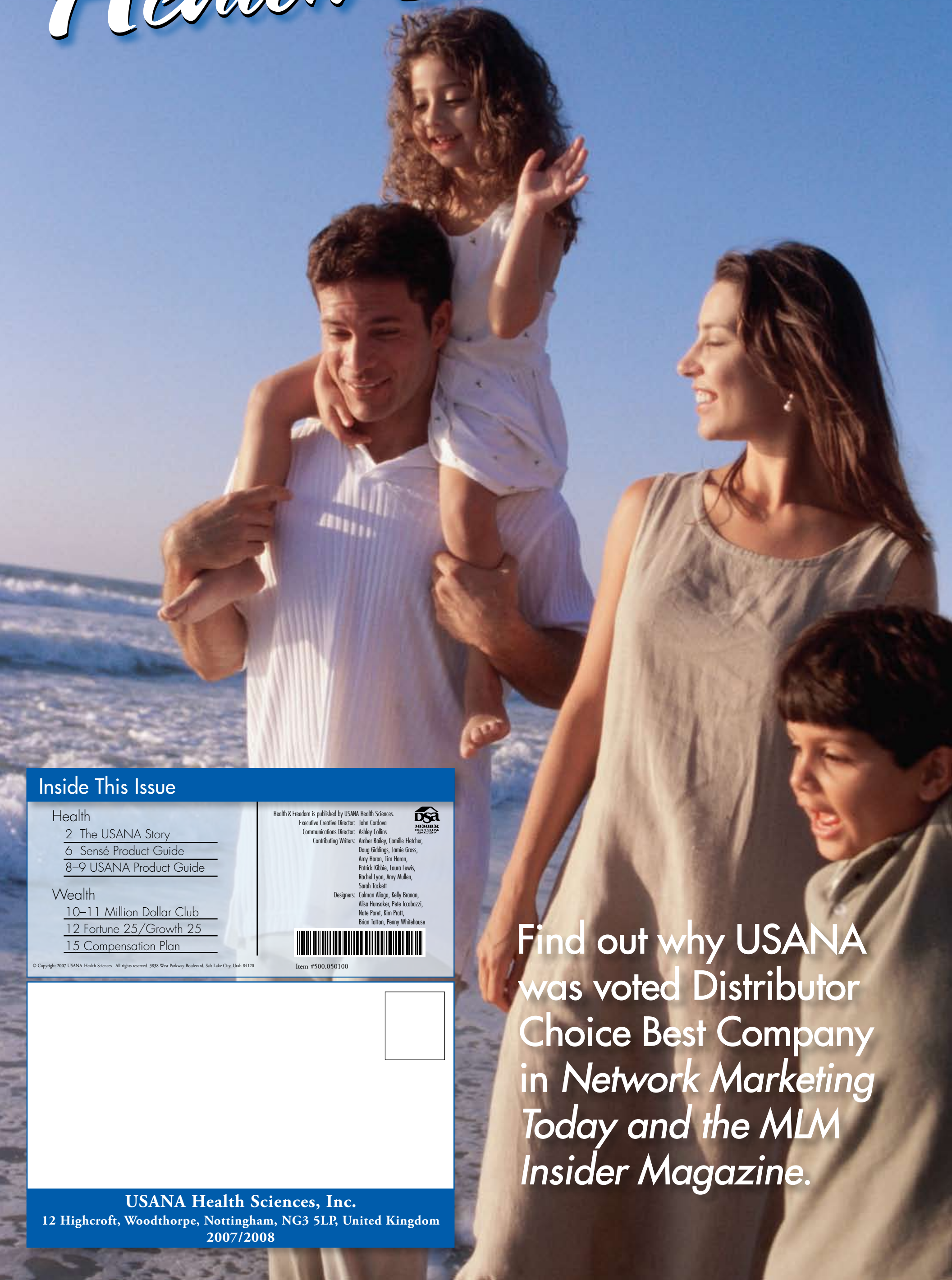


Health & Freedom



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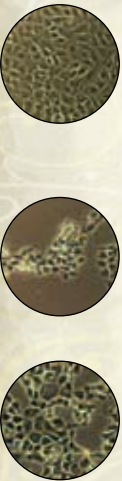
USANA Health Sciences, Inc.

12 Highcroft, Woodthorpe, Nottingham, NG3 5LP, United Kingdom
2007/2008

Our Modern World Is Full of Health Hazards

Yet we have the opportunity to be healthier than any other people in the history of the world

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



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

Cells after adding digested products from a fatty meal
Cellular damage is caused by oxidized lipids from fatty food. Consider that such damage could occur throughout the body.

Similar cells when antioxidants are included
Antioxidants provide a marked improvement in inhibiting cellular damage from oxidizable foods. Healthier eating habits are your first line of defence.

Myron Wentz, Ph.D. (immunology and microbiology), founder and chairman of USANA Health Sciences, hypothesizes that foods with high peroxide values, especially processed, fatty foods, generate “free radicals” that in turn damage healthy cells. Research has shown that supplementary antioxidants are important for combatting these free radicals in addition to the body’s normal defence systems.

“The human body is made of cells, and those cells work together to sustain your life,” Dr. Wentz says. “Taking antioxidants with food may help reduce the formation of oxidised lipids.” Other medical professionals concur on the importance of taking supplementation in addition to eating a healthy diet.



With a family of tens of thousands currently supplementing their diets with USANA products, science has been—and always will be—the primary focus of USANA Health Sciences. USANA, having modelled its quality programme after similar quality programmes used in the pharmaceutical industry, is able to confidently assure every customer that its products are of the highest quality.



Dave Wentz, President & Dr. Myron Wentz, Founder and Chairman of the Board

Led today by Dr. Wentz’ son and protégé, Dave Wentz, as well as a highly skilled management team, USANA continues to expand throughout the world, improving the lives of countless numbers of individuals in the process.

“My father started USANA Health Sciences with a focused vision of freeing the world from pain and suffering,” Dave declares. “He envisioned a world where people experienced physical health, emotional well-being, and financial stability. He wanted to give his family and families of thousands of others the means to enjoy life to its fullest in happiness and health. To accomplish this, he enlisted the help of many Associates who shared USANA’s vision and wanted to help make the world a healthier place.”



USANA Family Grows Worldwide

As you can see from this publication, USANA is literally a worldwide organisation, most recently opening its doors in Malaysia. You, too, can become successful regardless of your experience, race, sex, education, or business background.

When you become an independent USANA Associate, you are never alone in building your business. The person who gave you this publication has a very tangible interest in your success. His or her success depends in large part upon your success. So instead of a competitive arena, the USANA family works together, supporting one another, sharing training tips and business-building ideas.



Turner & Turner of 12 Highcroft, Woodthorpe, Nottingham NG3 5LP is the promoter of this trading scheme in the United Kingdom. The goods which are sold under this scheme are nutritional supplements, body care and related products produced or supplied by USANA Health Sciences, Inc. (“USANA”) of 3838 West Parkway Boulevard, Salt Lake City, Utah 84120 U.S.A. and such other goods or services as USANA may market from time to time.

It is illegal for a promoter or a participant in a trading scheme to persuade anyone to make a payment by promising benefits from getting others to join the scheme.

Do not be misled by claims that high earnings are easily achieved.



US Products Shown

Nutritionals You Can Trust

USANA follows Good Manufacturing Practices (GMP) recently enacted in the United States and which follow British Pharmacopeia Standards.

NSF Certification

Aside from voluntarily obtaining third-party verification of GMP status, USANA's Salt Lake City, Utah manufacturing facility has most recently been certified to be in compliance with GMP requirements set forth in NSF/ANSI Standard 173-2006, Dietary Supplements by NSF International. According to NSF—an independent, not-for-profit organisation that helps protect public health by writing standards for food, water, air, and consumer goods—"GMP registration reflects [a] continued commitment to ensuring quality and satisfaction and gives companies confidence that their organisation operates in conformance to established GMP."



Jennifer Azzi
USANA Associate, Olympic Gold Medalist, WNBA All-Star

"I have worked out my entire life and really enjoy being in shape. As I continue to exercise, eat right, and take my USANA products, it becomes more and more clear to me that this is about my health for the rest of my life. Today, I am earning a better day full of more energy and self-esteem as I carry on my regular workout routine. USANA products are, in my opinion, the best supplements in the world, and as a former WNBA all-star and Olympic gold medalist, I can truly say that I trust my health to USANA."

"The big tip for building a successful, long-term international USANA business with solid earnings potential is to steadily build an organisation of individuals from all over the world who have different skills and who are happy to work as part of a team. In the last six years, our USANA business has provided us with the opportunity to travel, live in many countries, and help knit the world together, stitch by stitch."



Jim & Jenny Eshelby, Hartlepool, England

Eight Debilitating Diseases that Could Send People to an Early Grave

The World Health Organisation warns that cancer, heart disease, and other chronic conditions, which already kill more than 24 million people a year, will impose increasing burdens of suffering and disability on hundreds of millions of others.

Health Enemy #1: Heart Disease

World Health Report 2003 listed total world deaths from all heart diseases (not just ischaemic/coronary artery disease) at 16.7 million.

Health Enemy #2: Cancer

In the year 2005, cancer was responsible for 7.6 million deaths.

Health Enemy #3: Stroke

Every year, 16 million people experience a stroke and 5.7 million die.

(Strong K, Mathers C, Bonita R. Preventing stroke: saving lives around the world. *Lancet Neurology* 2007; 6: 182-187)

Health Enemy #4: Diabetes

The 2007 estimate of worldwide adult diabetes sufferers was 236 million.

(International Diabetes Federation)

Health Enemy #5: Osteoporosis

Osteoporosis affects an estimated 75 million people in Europe, the United States, and Japan.

(EFO and NOF (1997) Who are candidates for prevention and treatment for osteoporosis? *Osteoporos Int* 7:1. - <http://www.iofbonehealth.org/facts-and-statistics.html>)

Health Enemy #6: Arthritis

The Arthritis Research Campaign estimates over 2.6 million people in the United Kingdom suffer from arthritis.

(<http://www.arc.org.uk/arthritisinfo/patpubs/6020/6020.asp>)

Health Enemy #7: Alzheimer's

"There are currently an estimated 37 million people worldwide with dementia, with Alzheimer's disease being responsible for causing the majority of the cases."

(http://www.who.int/whr/2001/media_centre/en/whr01_fact_sheet1_en.pdf)

Health Enemy #8: Obesity

Obesity has reached global epidemic proportions, with more than 1 billion adults overweight and at least 300 million of them clinically obese.

Five Reasons You Can Trust Your Health to USANA

one Groundbreaking nutritional research—USANA invests significant time and money in extensive scientific operations, information systems, research services, worldwide scientific alliances, and technical support. We believe that USANA experts are at the forefront of nutritional science.

two First-class ingredients—USANA's unique ingredient formulas are based on sound, scientifically validated research and tested ingredients.

three Guaranteed potency—USANA guarantees the claimed potency of its products. Most of USANA's nutrient formulations are manufactured in-house, following stringent analytical and quality control procedures. This means that USANA verifies each production batch so that what you read on a product label is what you'll receive in the product.

four High-quality manufacturing—USANA's quality program for nutritional products is modelled after the pharmaceutical industry. A variety of government agencies conduct periodic inspections, requiring strict control of procedures and documentation.

five Confidence of top athletes—USANA's Good Manufacturing Practices ensure the safety and quality of each product—products that have been proven so safe, effective, and virtually free of contaminants that renowned organisations such as U.S. Speedskating, Speed Skating Canada, Biathlon Canada, the elite athletes of the Sony Ericsson WTA Tour, and a myriad of other professional athletes worldwide, trust their health to USANA.



The USANA[®] Essentials with Patented* Olivol Extract: The Most Complete Multivitamin System on the Market

The USANA[®] ESSENTIALS, which include the MEGA ANTIOXIDANT and CHELATED MINERAL supplements, form the basis for the entire USANA nutritional system.

The Right Ingredients (Comprehensive Formula)

USANA has redefined the meaning of essential nutrients to include not only those that are required to supplement and minimise acute nutrient deficiency, but also nutrients that have been linked in recent research to the maintenance of various aspects of optimal health.

The Heart of the Olive[™]

Many dietary antioxidants such as vitamin C, vitamin E, bioflavonoids, carotenoids, and proanthocyanidins are present and numerous in many dietary sources. But unlike these readily available antioxidants, the phenolic antioxidants concentrated in USANA's patented Olivol[™] olive extract, the USANA patented extract, are found only in olive fruit. Because olives provide the only dietary sources of these powerful antioxidants, the benefits of olive fruit and olive oil consumption are extensive.

Advanced Doses

The USANA ESSENTIALS contain higher levels of almost all the essential vitamins and minerals listed in the EC RDA (European Community Recommended Daily Amount), providing levels associated with more optimal health.

Balanced Formula (A Synergy of Nutrients)

The formulations of the USANA ESSENTIALS were painstakingly designed to allow components to work in concert to achieve a synergy of optimal health benefits and safety.

The Correct Form (Highly Bioavailable)

At USANA, every effort is made to obtain the highest quality ingredients with dependable levels of potency. In addition, every step of the manufacturing process is subject to exacting quality control. All this ensures that the full benefits of these essential nutrients are available to the user.

*U.S. patent numbers 6,361,803 and 6,358,542

The ESSENTIALS—MEGA ANTIOXIDANT and CHELATED MINERAL—
are the only products on the market that contain Olivol, USANA's patented olive-fruit extract.

HealthPak 100[™]

The most convenient way to get your daily dose of nutrition

USANA's HEALTHPAK 100[™] is a nutritional supplement pack that offers a comprehensive daily supplement regimen with a full daily dose of the ESSENTIALS[™], bone-supporting nutrients from ACTIVE CALCIUM[™], and antioxidants in the exclusive AO BOOSTER[™] tablet. Each box contains 56 individually wrapped packets containing two MEGA ANTIOXIDANT, two CHELATED MINERAL, one ACTIVE CALCIUM, and one AO BOOSTER, providing you with optimal and balanced antioxidant activity—day and night.



"Within our first few months as Associates, USANA not only met our immediate financial needs but also brought an extraordinary vision of hope to our family. We realised that our business could be a vehicle to an amazing lifestyle.

"Through the power of the USANA products, we are able to enjoy our time freedom with a vibrant and healthy family. By

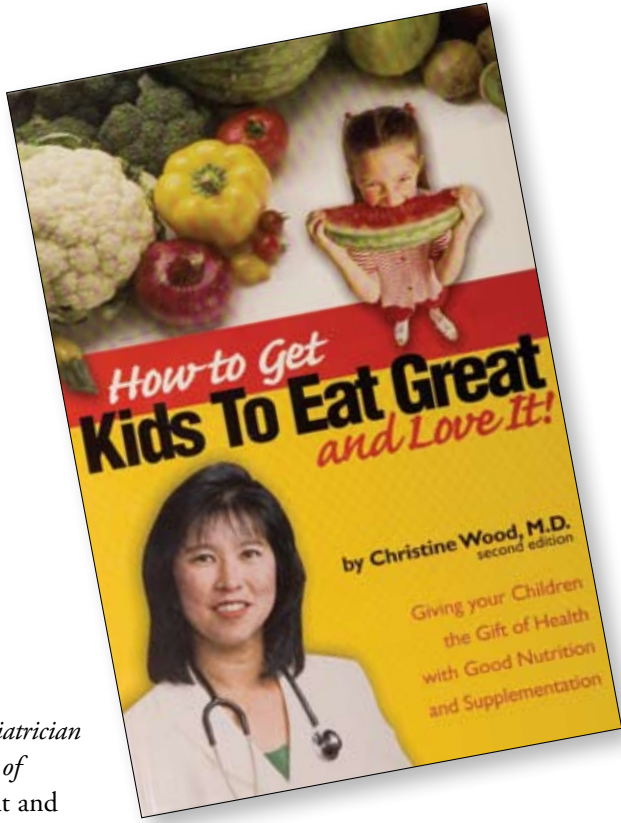
being a part of USANA and this life-changing business opportunity, we are able to live life in style with abundant health and wealth."

*Dustin & Melissa Fields
Washington, USA*



Overweight Children — Sound the Alarm

by Christine Wood, M.D.,
USANA Associate, practicing pediatrician
in Encinitas, California, author of
How to Get Kids To Eat Great and
Love It! and www.kidseatgreat.com



Most people are now well aware of the significant increase in overweight children. The prevalence of excess bodyweight among children in England appears to be rising at an accelerating rate and increasing the risk of these children developing type-2 diabetes.

The bottom line is that our children are not getting the nutrition and exercise that they need.

- American children are getting 40 per cent of their calories from extra fat and added sugars.
- Nearly one in seven 10-year-olds get 50-70 per cent of calories from snacks. Average soda consumption in 13- to 18-year-old males is three cans or more a day; 10 per cent drink more than seven cans a day.
- Nearly two-thirds of children fail to get the Recommended Dietary Allowances (RDA) for vitamin E and zinc. Half do not meet the RDA for calcium, and close to one-third fall short of the RDA for iron and vitamin B6.
- Nearly a quarter of all vegetables consumed by children and teens are in the form of chips.

Despite the challenges, parents need to take the ultimate responsibility to focus on maintaining their children's health now. This can be done in many ways. For example:

- Examine the foods that are brought into the house—understand how to read a nutrition label, and especially avoid trans fat.
- Set limits on media and sedentary activities—remove the TV from your child's bedroom.
- Decide what types of restaurants to frequent—there are better choices out there. Try to find less fried food choices.
- Get involved with schools—school boards need to hear from parents who support healthier food choices in schools.

Muñoz KA, Krebs-Smith SM, Ballard-Barbash R, Cleveland LE. Food intakes of US children and adolescents compared with recommendations. *Pediatrics*. 1997 Sept;100(3 Pt 1):323-9.

Forshee RA, Storey ML. Total beverage consumption and beverage choices among children and adolescents. *Int J Food Sci Nutr*. 2003 Jul;54(4):297-307.

Krebs-Smith SM, Cook A, Subar AF, Cleveland L, Friday J, Kahle LL. Fruit and vegetable intakes of children and adolescents in the United States. *Arch Pediatr Adolesc Med*. 1996 Jan;150(1):81-6.



The Importance of Nutrients at a Young Age

Research clearly shows that many children may not get the nutrition they need because of poor dietary choices, and their poor nutrition can lead to health problems such as diabetes and osteoporosis later in life.

Poor nutrition during the developmental years can retard growth and delay sexual maturation, while proper nutrition at this age helps to give adolescents the foundation for good health for the rest of their lives. To provide their bodies with adequate amounts of all the essential nutrients, kids and their parents should follow a well-balanced, proactive nutritional plan that includes high-quality vitamin and mineral supplementation in addition to eating a healthy diet.

USANA For All Generations

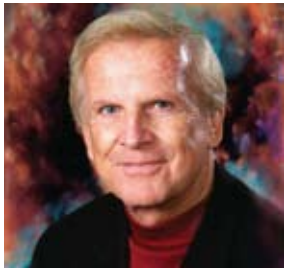
USANIMALS™

USANIMALS™ include vitamins C and E, two of the most powerful antioxidants needed by kids today. USANIMALS also contain an antioxidant phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders. Your children will love the Wild Berry flavour and animal shapes, and you will too because USANA uses only natural flavours and sweeteners.



USANA Athletic Advisory Council

The establishment of USANA's Athletic Advisory Council, composed of top Olympic athletes, world-renowned coaches, and sports science professionals from a variety of disciplines, is dedicated to educating athletes and the public about the health-enhancing properties of nutritional supplements and issues related to banned substances. The addition of this advisory council, which will grow and expand with the company, is another benchmark illustration of the USANA Difference.



Denis Waitley, Ph.D.
(Chair)



Jennifer Azzi



Derek Parra



Jose Antonio Rivera



JoAnn Dahlkoetter, Ph.D.



Don Beebe



Greg Werner



Arif Khatib



Dr. Jeff Schutt



Richelle Lund



Joanne McLeod



"From the first time I looked at USANA, it really caught my imagination and it has never let go. From the very first day I felt free. Not only did I have hope, I had something worthwhile to do and to offer others. The blend of health and freedom is exciting. The business training you get with USANA is better than an MBA and the personal challenge is a blast. This is a brilliant enterprise and it's fun. I love it!"

Yvete McCann,
Berkshire, England



"I'm sure glad that USANA came into my life. Thank you, USANA, for being part of my family."

PaTrisha-Anne Todd
Bournemouth, England

Sugar and Spice...

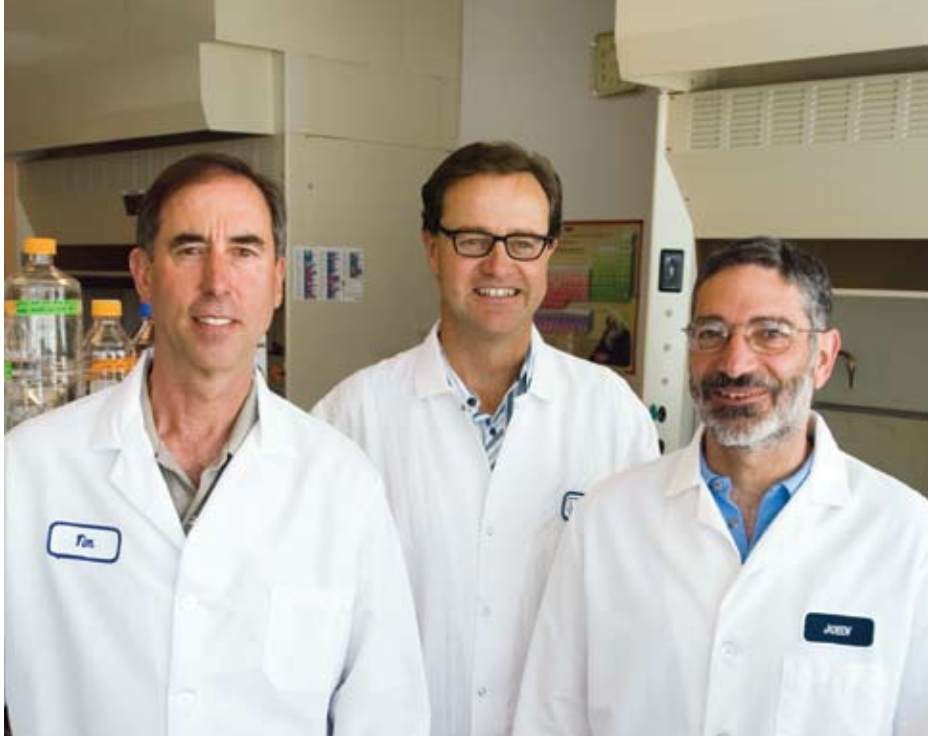
will only get you so far.



USANA
HEALTH SCIENCES



Official health supplement supplier of the Sony Ericsson WTA Tour.



Scientists Discover Solutions to Improve Your Health

Nutrition research is more than the mere study of nutrients—it also encompasses research in a variety of related areas. Consequently, in his vision to champion the science of nutrition, USANA Founder Myron Wentz has gathered a knowledgeable group of scientists from varying fields of expertise.

USANA's current scientific staff includes experts on human nutrition, cellular biology, biochemistry, natural product chemistry, and clinical research. Scientific results from a variety of sources, including published scientific literature, in-house laboratory research, and collaborative clinical studies, are all incorporated into product development and design.



The *Comparative Guide to Nutritional Supplements* recently awarded USANA its highest distinction possible—the NutriSearch Gold Medal of Achievement™.

USANA Products Named Best of the Best

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

Now in its 4th edition, Lyle MacWilliam's *Comparative Guide to Nutritional Supplements* compares over 1,500 nutritional products in North America to an independent nutritional benchmark developed from the individual recommendations of 12 recognized nutritional authorities.

Supplement Myths



Myth #1: I get all the vitamins I need from my food.

Research has shown that many people simply may not follow the recommended guidelines for healthy eating. Fast-food and convenience-food consumption, snacking, and soft-drink use have all increased, and it has been shown that many people may not meet even the basic RDAs for key nutrients.

Henderson L, Gregory J, Swan G. National Diet and Nutrition Survey: adults aged 19 to 64 years. Volume 1: Types and quantities of foods consumed. TSO (London 2002).

Myth #2: All vitamin/mineral supplements are the same.

A study published in the *Journal of Pharmaceutical Sciences* investigated the disintegrating properties of a variety of vitamin and mineral tablets and capsules commercially available on the Canadian market, including USANA's **MULTIMINERAL PLUS**. Researchers found that more than half of the nutritional supplements tested did not disintegrate properly. Products that did not disintegrate were further analyzed using USP disintegration conditions for dietary supplements. Of the 39 tablets tested, only 18 products, including USANA's **MULTIMINERAL PLUS**, disintegrated fully at the first stage.

Investigation of vitamin and mineral tablets and capsules on the Canadian Market. J Pharm Pharmaceut Sci (www.cpsCanada.org) 9(1):40-49, 2006.



"I have always thought of myself as an entrepreneur. Even as I spent countless years working as a roadside mechanic, I was searching for the right business vehicle to propel me forward and away from the rat race. I'm grateful that, thanks to a good friend, my path crossed with USANA when it did. Whilst working 70 plus hours a week in my day job, I was still able to consistently work my USANA business in my spare time. I'm now able to

run my business full time from the comfort of my own home, allowing me the time freedom to spend more quality time with family and friends. With USANA you truly can design your own life."

Brian Knapp, London, England

USANA Scientific Advisory Council

Representing health-care professionals worldwide who support supplementation as part of a healthy lifestyle, USANA's Scientific Advisory Council provide USANA with valuable insights into product applications and efficacy as well as how well the products work and how best to promote human health.



Peter W. Rugg, (Chair)
M.D., FACEP



Monica Lewis MB, CHB



M. Ricardo Calderón M.D.,
MPH



Bart Moore M.D.



Ray Strand M.D.



Christine Wood M.D., FAAP

- Brain / Nervous
- Immune
- Endocrine
- Cellular Metabolic
- Cardiovascular
- Skeleton / Structural



An Extensive Selection of Products to Customize Your Nutrition

● Cardiovascular

COQUINONE™ 30 ● ●

USANA's commitment to quality, using only the best ingredients in the right amounts and proper formulations for optimal bioavailability and safety, can be seen at its best in COQUINONE™ 30. This product contains 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 mono-oleate in a base of medium-chain triglycerides. In a clinical trial COQUINONE 30 was shown to be more bioavailable than some other CoQ10 products.

● Skeleton/Structural

ACTIVE CALCIUM™ ● ●

ACTIVE CALCIUM™ provides complete nutritional support for optimal bone health and maintenance throughout life. It is carefully formulated with a balanced blend of calcium, magnesium, vitamin K, boron, silicon, and vitamin D to offer a comprehensive nutritional supplement for maintenance of strong, healthy bones. Regular exercise and a healthy diet with enough calcium helps teens and young adult white and Asian women maintain good bone health and may help to reduce the high risk of osteoporosis later in life.



PROFLAVANOL™ 90 ● ● ● ● ●

PROFLAVANOL™ 90 contains a unique blend of POLY C™ and grape-seed extract—antioxidants that appear to be some of the most powerful free-radical scavengers. Extra-strength PROFLAVANOL 90 contains the highest quality grape-seed extract available anywhere—providing you with a powerful weapon in your fight for optimal health.



“The USANA products have had such an impact on our health that it served as a foundation for our strong belief in building our business. We feel comfortable sharing the products with anyone without hesitation because we know they will improve their quality of life. That is why it is also such a great business opportunity!”

*Jacques Fiset and Sophia Marcoux,
Québec, Canada*

● Cellular Metabolic

BIOMEGA™ ● ● ●

USANA's BIOMEGA™ gel capsules supply the body with the polyunsaturated omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These nutrients help support cardiovascular health and optimal neural growth and development, and help support joint health.





USANA Health Sciences is proud to be the official health supplement supplier to the Sony Ericsson WTA Tour.



FIBREGY BAR™

The all-natural Iced Lemon **FIBREGY BAR™** was developed for your busy lifestyle. Each delicious bar has five grammes of fibre, only 1.5 grammes of fat, and no cholesterol. These convenient, on-the-go snacks have been formulated to provide hunger satisfaction and long-lasting energy when combined with a healthy diet. The delicious Iced Lemon flavour makes it easy to supplement and increase one's daily fibre intake of even the most finicky eater.

ditional Program



With a career spanning several years serving in the military and playing and coaching representative sports, Rugby in particular, Mike O'Shea has established a leading reputation. With this distinguished career came recognition, principally from Her Majesty the Queen in the Queen's Birthday Honours in 1995. "When I joined USANA it was a major step, one

which I would heartily endorse for anyone wishing to look after their health and grow their own business at the same time."

Mike O'Shea, Dorset, England

PROCOSA™ II ●

Feel the difference with USANA's advanced **PROCOSA™ II**, which offers 2,000 mg of glucosamine sulfate for support and maintenance of healthy cartilage. **PROCOSA II** also contains turmeric extract. Glucosamine, vitamin C, manganese, silicon, and turmeric are powerful ingredients that work together to provide short- and long-term support for healthy joints.

Foods

NUTRIMEAL™

NUTRIMEAL™ is a low-glycemic drink mix that provides complex carbohydrates, complete proteins, 8 grammes of fibre, and other vital nutrients. With only 260 kCal, a delicious glass of **NUTRIMEAL** will satisfy your hunger while helping you lose weight in combination with a healthy diet. **NUTRIMEAL** is available in Dutch Chocolate and French Vanilla flavours.

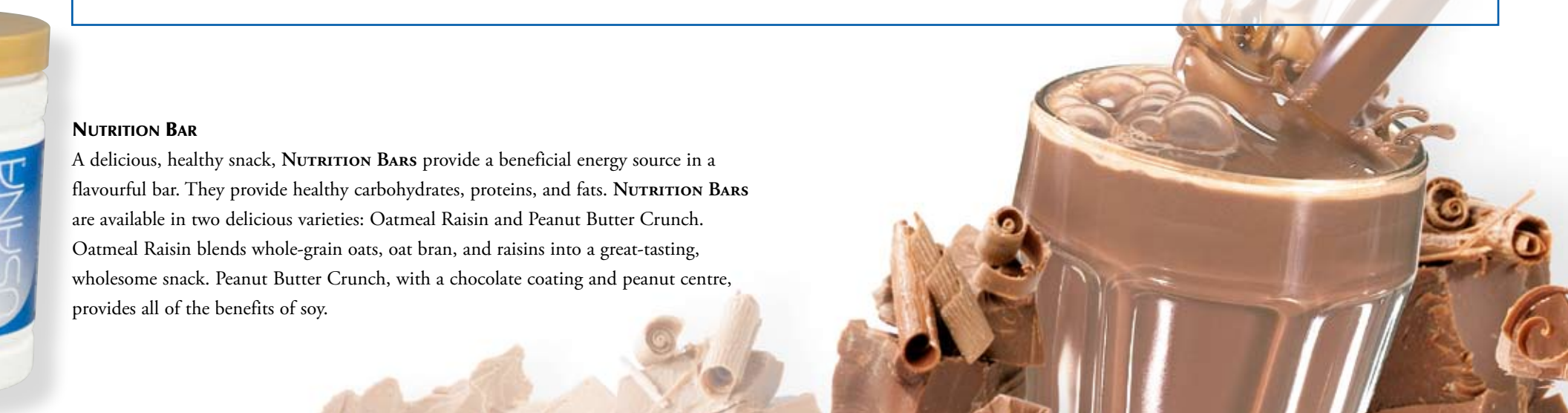


"Successful exercise coaches by trade, we were both working sixty hour plus weeks, where we were still trading time for money. Within 18 months of being introduced to USANA, both the products and business have dramatically changed our lifestyle. We now have more time freedom to spend with friends and family, a residual income that is growing expediently, and fantastic products that have helped us improve our health and the health of others. We are now well on the way to fulfilling our dreams and living the lifestyle that we never believed was possible. And it's only the beginning!"

*Daren & Kelly Vye
Dorset, England*

NUTRITION BAR

A delicious, healthy snack, **NUTRITION BARS** provide a beneficial energy source in a flavourful bar. They provide healthy carbohydrates, proteins, and fats. **NUTRITION BARS** are available in two delicious varieties: Oatmeal Raisin and Peanut Butter Crunch. Oatmeal Raisin blends whole-grain oats, oat bran, and raisins into a great-tasting, wholesome snack. Peanut Butter Crunch, with a chocolate coating and peanut centre, provides all of the benefits of soy.





2007 Inductees:



Frank Feng & Bin Yang
New South Wales,
Australia



Daniel & Dr. Paige Hunter
Texas, USA



Zhi Xian Jin & Steven Chen
Victoria, Australia



Rory Jones
Manitoba, Canada



Arnie & Linda Knight
Montana, USA



Delbra & Timothy Lewis
Alabama, USA



Jean-Simon Marcoux &
Nathalie Deslauriers
Québec, Canada



The Million Dollar Club is an elite group of Associates who have, throughout the course of their USANA careers, earned at least \$1 million US in commissions.

Zachary Ross & Collette Larsen
California, USA

Brandie & Tren Grant
Utah, USA

Mable & Vincent Chan
British Columbia, Canada

John Kinnear
British Columbia, Canada

Diane & Jeremy Stansfield
Utah, USA

Nanc & Dan Christy
California, USA

Liesbeth Van Eerten
Queensland, Australia

Elizabeth C. Vine
Texas, USA

Jeff & Jackie Smith
Utah, USA

Rick & Terri Young
Utah, USA

Dean & Evelyn Koontz
Washington, USA

Jean & Peter Cheung
British Columbia, Canada

Sterling & Mary Ottesen
Utah, USA

Ursula Dowhey
Manitoba, Canada

Patti Mulhern
Washington, USA

Jennifer & Brian Douglas
Utah, USA

Lyndon Redman &
Marie-France Morin, Nevada, USA

Nancy & Larry Bunn
Washington, USA

Tom & Lorie Mulhern
Washington, USA

Kevin & Gaewyn Goodwin
Auckland, New Zealand

Susan Waitley
California, USA

Seta Der Artinian & Hubert Krause
Québec, Canada

Terry Allen
Florida, USA

Paul & Leslee Maki
Utah, USA

Robert & Daryl Allen
California, USA

Barbara Souther
British Columbia, Canada

Bruce Pierce
Arizona, USA

William Ohochinsky
Saskatchewan, Canada

Bud & Bunny Barth
California, USA

Elizabeth Strand
South Dakota, USA

Jenny & Mike Larsen
Idaho, USA

Deanna & Dave Waters
Manitoba, Canada

Pete & Dora Zdanis
Pennsylvania, USA

Michael & Barbara Hollender
Florida, USA

Connie & Michael Allen
Alberta, Canada

Monica & Bryan Penrod
Texas, USA

April & Mike Fano
Utah, USA

Susanne & John Cunningham
Manitoba, Canada

Sophia Marcoux & Jacques Fiset
Québec, Canada

Rita Hui
Hong Kong, China



Mario & Kveta Martucci
Ontario, Canada



Alandra McLaren
British Columbia, Canada



Janet Moore
Washington, USA



Layda & Bryan Morris
Texas, USA



Annette & Victor Que
British Columbia, Canada



Matt & Shanna Ryan
Texas, USA



Amy Shen & Xian Lin
New South Wales, Australia



Myrna & Steve Swartz
Texas, USA



Queen & Alan To
Hong Kong, China



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Utah, USA

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British Columbia, Canada

Neil & Vivian Reinhart
British Columbia, Canada

Line & Luc Dubois
Quebec, Canada

Virend & Yogandrie Singh
New South Wales, Australia

Dan & Rebecca Brink
Utah, USA

Kelli Lessie
California, USA

Dr. Wen Chi & Zhang Houg Wu
New Jersey, USA

Tang Jung Liu & Hsiu Jou Pan
Taipei, Taiwan

Dean & Sherri Chionis
Illinois, USA

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British Columbia, Canada

Germain & Lyne Lafortune
British Columbia, Canada

Eric & Sue Davis
Queensland, Australia

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California, USA

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Queensland, Australia

John Appleton
Western Australia, Australia

Suzanne & Michel Lavoie
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Steven Lu
Hong Kong, China

David Herrick
Texas, USA

Dixie Moore
California, USA

Mike & Lynette Ray
Singapore

Lynn Allen-Johnson
Florida, USA

Turner & Turner of 12 Highcroft, Woodthorpe, Nottingham NG3 5LP is the promoter of this trading scheme in the United Kingdom. The goods which are sold under this scheme are nutritional supplements, body care and related products produced or supplied by USANA Health Sciences, Inc. ("USANA") of 3838 West Parkway Boulevard, Salt Lake City, Utah 84120 U.S.A. and such other goods or services as USANA may market from time to time.

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Do not be misled by claims that high earnings are easily achieved.

“The Fortune 25 includes some of USANA’s most successful Associates. These enterprising individuals have worked diligently to become the top 25 income earners in the company. This diverse group has an incredible dedication to the USANA vision, an unwavering drive to succeed, and a true desire to attain true health and true wealth.”

—Dave Wentz, President

Zachary Ross & Collette Larsen, California, USA							
Jeremy & Diane Stansfield, Utah, USA							
Rita Hui, Hong Kong, China							
Lynn Allen-Johnson, Florida, USA							
Mable & Vincent Chan, British Columbia, Canada							
Connie Yao & Jim Barabe, British Columbia, Canada							
Hsiu Jou Pan & Tang Jung Liu, Taipei, Taiwan							
Monica & Bryan Penrod, Texas, USA							
Layda & Bryan Morris, Texas, USA							
Daniel & Dr. Paige Hunter, Texas, USA							
Jacques Fiset & Sophia Marcoux, Québec, Canada							
Delbra & Timothy Lewis, Alabama, USA							
Lyndon Redman & Marie-France Morin, Nevada, USA							
Dora & Pete Zdanis, Pennsylvania, USA							
Zhang Houg & Dr. Wen Chi Wu, New Jersey, USA							
Conchita Vargas Lugo & Paola Vargas Lugo, Chihuahua, Mexico							
Susanne & John Cunningham, Manitoba, Canada							
Queen & Alan To, Hong Kong, China							
Amy Shen & Xian Lin, New South Wales, Australia							
Susan Waitley, California, USA							
Tony & Tammy Daum, Florida, USA							
Rick & Terri Young, Utah, USA							
Frank Feng & Bin Yang, New South Wales, Australia							
Matt & Shanna Ryan, Texas, USA							
Fiona Jamieson-Folland & Chris Folland, Auckland, New Zealand							



“If you make a decision and you have a reason why you want to do this business, you can overcome any challenge that comes your way—and challenges will always come your way. During the hard times, we made sure we were following USANA’s duplicable system right to the tee. We had faith that we would reach our goal if we applied daily action in our business. We always had to have the long-term vision front of us—what we wanted for our lives. Knowing that USANA is a business rather than a job, we knew we may not see results immediately. We constantly had a long-term goal in mind and always focused on the future we were working toward.”

Monica & Brian Penrod, Texas, USA

GROWTH²⁵

ON THE MOVE

“USANA’s Growth 25 celebrates Associates worldwide who have made the largest increase in absolute commission points (CVP) for the year 2006-2007. USANA’s Growth 25 is a distinguished group of people who have risen to the challenge of building a thriving business and committed themselves to spreading the vision of true health and true wealth around the world.”

—Mark Wilson, Executive Vice President of Customer Relations

Lynn Allen-Johnson, Florida, USA							
Jeremy & Diane Stansfield, Utah, USA							
Conchita Vargas Lugo & Paola Vargas Lugo, Chihuahua, Mexico							
Zachary Ross & Collette Larsen, California, USA							
Peter & Bibiana Pau, Washington, USA							
Mable & Vincent Chan, British Columbia, Canada							
Connie Yao & Jim Barabe, British Columbia, Canada							
Jon & Helen Yoshihara, California, USA							
Fiona & Ewan Leslie, Florida, USA							
Dr. Karen Wolfe, California, USA							
Daniel & Dr. Paige Hunter, Texas, USA							
Brian Valant, Hawaii, USA							
Xiao Nan Wang, New York, USA							
Tony & Tammy Daum, Florida, USA							
Layda & Bryan Morris, Texas, USA							
Montserrat Pastrana, Yucatán, Mexico							
Justina Rudez, Florida, USA							
Dr. Glenn & Sheryl Barney, California, USA							
Tao Pang & Chun Y. Liu, Maryland, USA							
Brandon & April Willer, Ohio, USA							
Annette & Victor Que, British Columbia, Canada							
Stephen Daniel, Texas, USA							
Karen Shumka, British Columbia, Canada							
Mara & Martín Martínez, Nuevo León, Mexico							
Delbra & Timothy Lewis, Alabama, USA							

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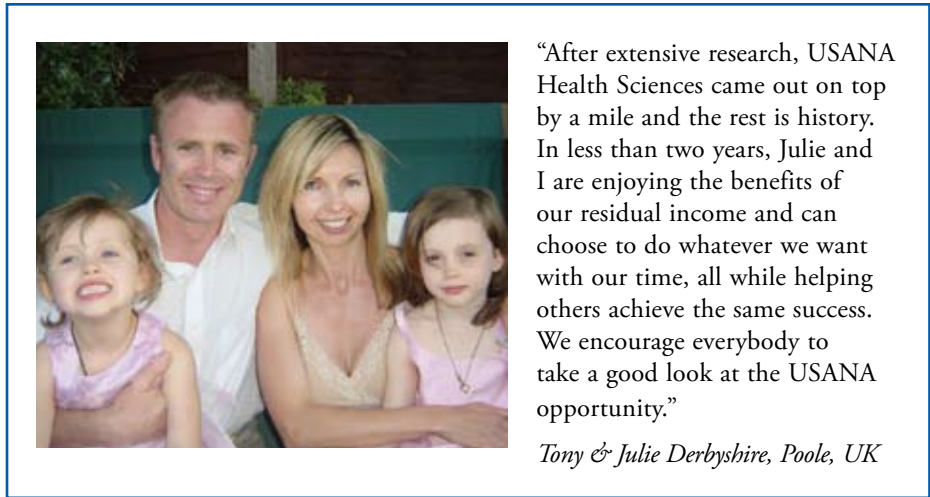
“A dream that’s too big is just the right size.”

*Zachary Ross & Collette Larsen
California, USA*

A single mother with a high school education and no business experience, Collette Larsen was braving new territory when she got started in her home-based business.

However, she believed in herself, had a burning desire to support her children, and was determined to turn her life around. “USANA seemed to have advantages over other opportunities I had looked into,” she explains.

Collette started sharing USANA with friends and family, and within a few years had growing numbers of Associates and on her team. In 1998, she asked her son Zachary to assist in managing the thriving organisation, and together, they have helped take Larsen Global Alliance to even greater heights. Now one of the most respected and recognised Associates within USANA, Collette aptly concludes, “When I signed my name to my USANA application, the impossible became the inevitable.”



“After extensive research, USANA Health Sciences came out on top by a mile and the rest is history. In less than two years, Julie and I are enjoying the benefits of our residual income and can choose to do whatever we want with our time, all while helping others achieve the same success. We encourage everybody to take a good look at the USANA opportunity.”

Tony & Julie Derbyshire, Poole, UK



Dreams Become Reality

*Justin Morris
Bournemouth, UK*

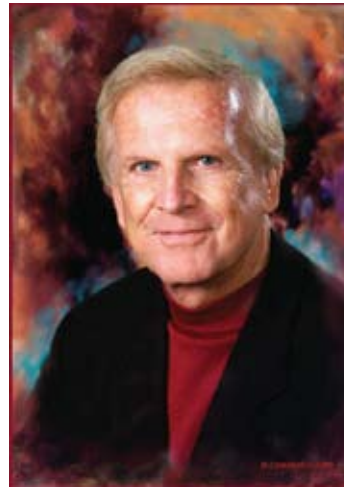
Before joining USANA, Justin Morris described his life as “Too much month at the end of the money.” Justin and his wife, Keeley, struggled to keep their

family afloat while Justin lived his dream of playing professional golf until a wrist injury sidelined him for 14 months.

During that time, Keeley discovered USANA. Justin didn’t want to abandon golf and saw the opportunity as a way to earn income as he healed. “It clicked with me that this is a fantastic vehicle to get me back where I wanted to be,” he says, “knowing that I would be helping people’s health and financial lifestyles along the way.”

Now the Morrises have created a successful business that provides income in addition to priceless family time. “My wife is a stay at home mum and we both get to enjoy the most precious times watching our daughter grow up,” Justin says.

Though Justin is eyeing a return to professional golf in 2008, he appreciates “doing what we want when we want instead of being a slave to money, to enjoy life to the fullest in happiness and health.”

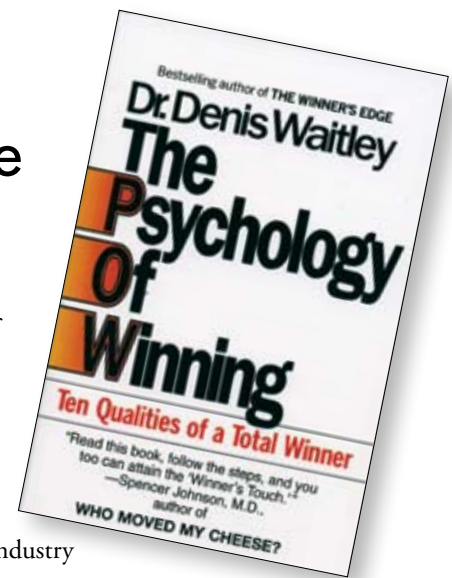


by Denis Waitley, Ph.D.

Why the USANA Opportunity Is the Right Choice

The kind of professional career and business each of us needs to be looking for is an organisation that offers the following:

- A clear and elevating mission to help improve quality of life
- The finest quality products or services in the industry it serves
- An environment that fosters empowerment
- The opportunity to succeed on one’s own merits and efforts
- A growth opportunity that is soundly capitalised, with staying power, resources, and integrity weighed before profit as the ultimate bottom line.



USANA offers all of that, plus the only consumer-approved network marketing model. If you want to jump into the “entrepreneur reality,” I encourage you to consider the USANA opportunity.



Watch Out, World—Make Way for Generation Y

Duke Tubtim, California, USA

Often described as the most educated, media-savvy, and technologically advanced population in the history of the earth, Generation Y has never known a world without CDs, cable television, remote controls, or computers. And without a doubt, they are shaping the future of the world.

Not surprisingly, Gen Yers are also playing an integral role in the international growth of USANA. And nowhere is this transformation taking more shape than within Southern California—led by one of USANA’s most successful and dynamic leaders, Duke Tubtim, and his lively team of young, exuberant Associates.

Along with fellow renowned leaders such as Elvis Ky, Jeff Doria, and Jeffrey Kim, to name a few, Duke’s team is making their mark as quintessential Gen Yers.

The organisation’s exemplary work ethic has set a new standard among their colleagues and peers, and their stalwart dedication to their principles and beliefs is rapidly transforming them into a veritable *tour de force*, not only in their native Southern California, but also throughout the world. Faithfully adhering to Duke’s long-held mantra, “Once you stop growing, that’s when you start dying,” USANA’s next generation is eager to see what the future holds.



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Benefits of USANA's Binary Compensation Plan



"Plug into what your direct team are doing and make it your mission to duplicate what you see! Remember that the seeds you plant as you build your USANA business need time to grow. Let them get on with growing, and plant some more!"

*Fiona Jamieson-Folland and
Chris Folland,
Auckland,
New Zealand*

1. USANA is one of very few companies with a worldwide, seamless binary compensation plan. This allows for individuals, their respective uplines, and all leaders to receive commissions from sales made from any country. Most companies require starting a new downline and/or learning a new compensation plan for the additional countries they operate in.
2. Through USANA's fast-start bonus and retail program, Associates can make commissions immediately as they begin to build their business. As that organisation builds, they can expect to receive commissions from sales made by those in their organisation. USANA's compensation plan is among the most lucrative in the industry as determined by the percentage of gross sales paid to Associates.
3. USANA's commission plan is designed so that there are many Associates earning a phenomenal income, even more making a healthy full-time income, and thousands making excellent part-time incomes, rather than a single individual at the top earning millions.
4. The compensation plan pays on all levels in your organisation. There are no "level" limitations or breakaways. This means that you are able to build lasting income as product sales continue to be made by individuals in your organisation.
5. You can begin to build a viable organisation with as few as two Associates. This "power of two" means finding two enthusiastic, effective individuals and placing one on the left leg and one on the right leg who then find customers and duplicate the same practice in their organisation.
6. USANA's compensation plan does not limit payout. Many competing plans use cycling or other gimmicks to generate huge payouts for early participants but are then forced to significantly restrict the earnings of later distributors by placing an earnings cap on their payout. USANA has no such caps. Each Business Centre earns commissions on the first 5,000 volume points on each leg, and then additional Business Centres are provided to Associates to allow them to continue to tap into volume built deep in their organisation.



"I never thought I could run my own business, let alone run an international business from my bedroom! I don't know any other way I could have found the success that's come in just a few short years since joining USANA. Anybody can be successful in this business thanks to the absolutely fantastic system USANA provides. I didn't have prior business experience, I never went to uni; I just followed USANA's proven system for success. The key for anyone wishing to benefit from USANA, whether from a health or business aspect, is to just get started. It is action that makes success possible."

Nick Wilson, London, England

THE INCOME MAXIMIZER™

USANA's online tools, according to Pete and Dora Zdanis, are second to none in the network marketing industry, significantly reducing the time required for daily administrative tasks and providing USANA Associates everywhere the opportunity to spend more time doing what they do best—sharing Dr. Wentz' vision and building their businesses.

"These outstanding tools have played a key role in building our USANA organisation," Pete declares. "And if you put them to work for you, you'll be amazed at how proficient you will become as a business builder."

*Dora & Pete
Zdanis
Pennsylvania, USA*



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USANA's Income-producing Business Plan Is Revolutionizing How People Create Wealth

The USANA Binary Compensation Plan

The USANA Binary Compensation Plan is a binary system in which you build balanced left-side and right-side downline organisations for the purpose of selling USANA's nutritional and personal-care products. The weekly commissions you earn are based on the balanced Group Sales Volume (GSV) points accumulated in your left-side and right-side downline organisations.

USANA Business Centres are designed to pay you weekly commissions on Sales Volume with no limit to the number of levels from which you can earn your commissions. In addition, a USANA Business Centre allows you to be paid on the Sales Volume created by your downline Associates and Preferred Customers.

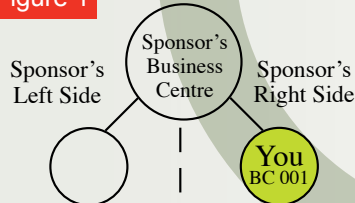
Another powerful advantage of USANA's programme is that there are no monthly group volume requirements.

The income you receive from USANA will be in direct proportion to your ability to retail USANA's products to your customers as well as your ability to build an organisation of Associates who, like you, retail to their customers and build an organisation of Associates.

Starting a Business Centre

Your sponsor places you in an open position in his or her sales organisation (Figure 1). This open position is called a Business Centre (BC). Each Business Centre has left and right sides in which

Figure 1



Sales Volume accumulates. You activate and earn commissions on 1 or 3 Business Centres by following a few simple steps:

- Complete an Associate Application form and purchase a Business Development System.
- Order USANA products that total 150 points, or 450 points with 3 Business Centres, in Personal Sales Volume (PSV). These products may be for personal use and for retail sale, and may be ordered in a single order or accumulated over time.
- Order USANA products worth 100 PSV (or 200 PSV for 3 Business Centres) for personal use and resale every four weeks.

How Business Centres Work to Provide Income for You

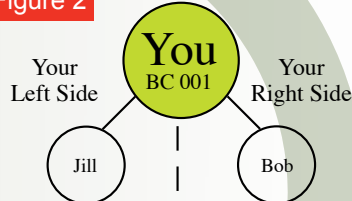
As you begin to build your downline, you have the option to start with 1 Business

Centre or 3 Business Centres. One Business Centre gives you direct income from group volume, whereas 3 Business Centres gives you leveraged income from group volume.

With 1 Business Centre, as you sponsor Associates you place them in open positions in your downline (Jill and Bob, Figure 2), always remembering to keep the left and right sides balanced. A unique aspect of the binary compensation plan is that you and everyone in your upline are able to build your downline organisation because new Associates are always added downline. This structure creates a synergy wherein everyone benefits when new Associates are added. This translates into faster growth for you and for those in your downline organisation.

If you choose to personally sponsor more people in USANA, you would place them in an open position under either Jill or Bob, which in turn will help their success. Plus, while you sponsor individuals in your sales organisation, someone in your upline may also sponsor an Associate and position him or her on the left or right side of your Business Centre. However, your success in USANA comes by sponsoring people on your left and right sides, sharing the products with others, and teaching them to do the same.

Figure 2



Calculating Commissions

Commissions are awarded first in commission points, which are converted to the Associates' local currency. Commissions are paid on whole increments of balanced GSV accumulated in your left- and right-side organisations (Figure 3). Extra GSV, up to 5,000 points on each side, is carried forward—it's like money in the bank.

Figure 3

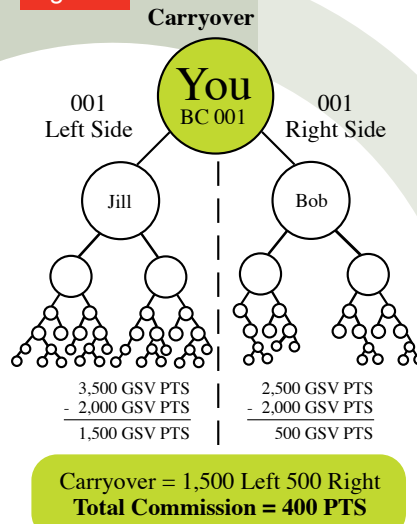
Commission Payout Schedule		
Payout will be based on U.S. dollars		
Group Sales Volume Points	Left	Right
250	250	40
500	500	100
1,000	1,000	200
2,000	2,000	400
3,000	3,000	600
4,000	4,000	800
5,000	5,000	1,000

Calculating Commissions with 1 Business Centre

Assume that your 001 Business Centre is active and has 100 points in PSV within the current week. To determine the GSV, which is the combined PSV of your downline from which your commission for the week is calculated, you total the points in PSV generated during the current week from every Business Centre in the left and right side of your 001 Business Centre. In Figure 4, you have 2,000 points in GSV on your

left side and 2,000 points on your right; your own PSV counts toward the GSV of your upline. According to the Commission Payout Schedule (Figure 3) your highest balanced GSV is 2,000 on each side, which would earn you a commission of 400 points for the week.

Figure 4

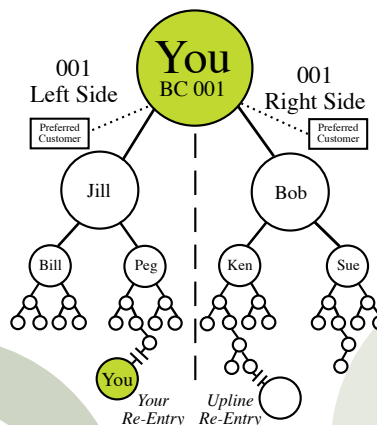


Carryover

In Figure 4, you have a total of 3,500 points on your left side and 2,500 points on your right. According to the Commission Payout Schedule, your highest balanced GSV is 2,000 on each side, equalling 400 points for the week. The extra GSV would carry forward, and you would start the next week with 1,500 points in GSV on your left side and 500 points on your right side.

Figure 5

Preferred Customers and Re-Entry



Preferred Customer

Another way to accumulate GSV is to add Preferred Customers to the left and right side of your Business Centres (Figure 5). Preferred Customers can order USANA products at Associate prices, but they do not accumulate PSV, nor are they paid commissions. Although you do not earn retail commissions from the orders of Preferred Customers, their orders earn points, which are added to your GSV total for the side in which they are placed (left or right). Those Associates who choose not to be Distributors, and thus do not retail products, fulfill their sales requirements through Preferred Customers.

Additional Income Potential

As you become increasingly successful selling USANA's nutritional and personal-care products, you can qualify for Re-Entry Certificates, which allow you to increase your number of Business Centres and your income potential.

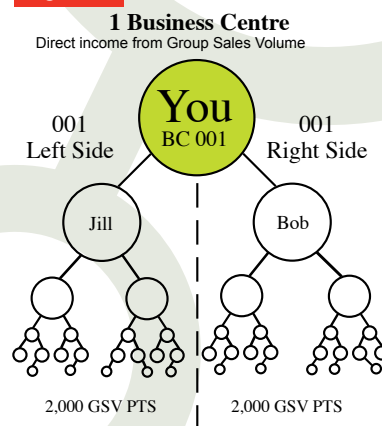
Whenever you maximise a Business Centre (accumulate 5,000 points in GSV, current and carryover, in both your left and right sides in a single week), you earn a Re-Entry Certificate (Figure 5). A Re-Entry Certificate allows you to re-enter in your own downline with an additional Business Centre. To activate a Business Centre with a Re-Entry Certificate, you send a written request to USANA with placement information and generate 150 points in PSV at the time you place the new Re-Entry. The product order corresponding to the PSV generated must be attached to the placement information. You can earn up to two Re-Entry Certificates per Business Centre, and no matter how many Business Centres you activate, it only takes 200 points in PSV in your 001 Business Centre within each four-week period to keep all of them active.

Doubling Commissions with 3 Business Centres

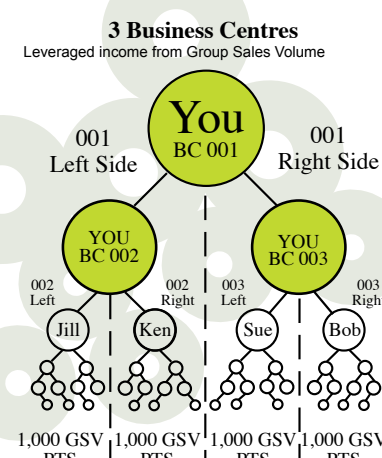
As illustrated in Figure 6, you can see the difference between building a business with 1 Business Centre versus 3 Business Centres. As you build Business Centres 002 and 003, you are simultaneously building Business Centre 001 without additional effort. With 3 Business Centres, you build balanced legs on two Business Centres and earn commissions on three.

At the bottom of Figure 6, you will see that your 002 and 003 Business Centres each have 1,000 points in GSV on the left side and 1,000 points on the right. According to the Commission Payout Schedule, the highest balanced GSV is 1,000, earning you 200 commission points for the week in the 002 and 003 Business Centres. Your 001 Business Centre would earn the same 400 points as compared to the one Business Centre on the top of Figure 6. That's an 800-point commission for you—twice the commission for the week.

Figure 6



2,000 Left 2,000 Right GSV BC 001
4,000 GSV earns 400 PTS



2,000 Left 2,000 Right GSV BC 001 = 400 PTS
1,000 Left 1,000 Right GSV BC 002 = 200 PTS
1,000 Left 1,000 Right GSV BC 003 = 200 PTS
4,000 GSV earns 800 PTS

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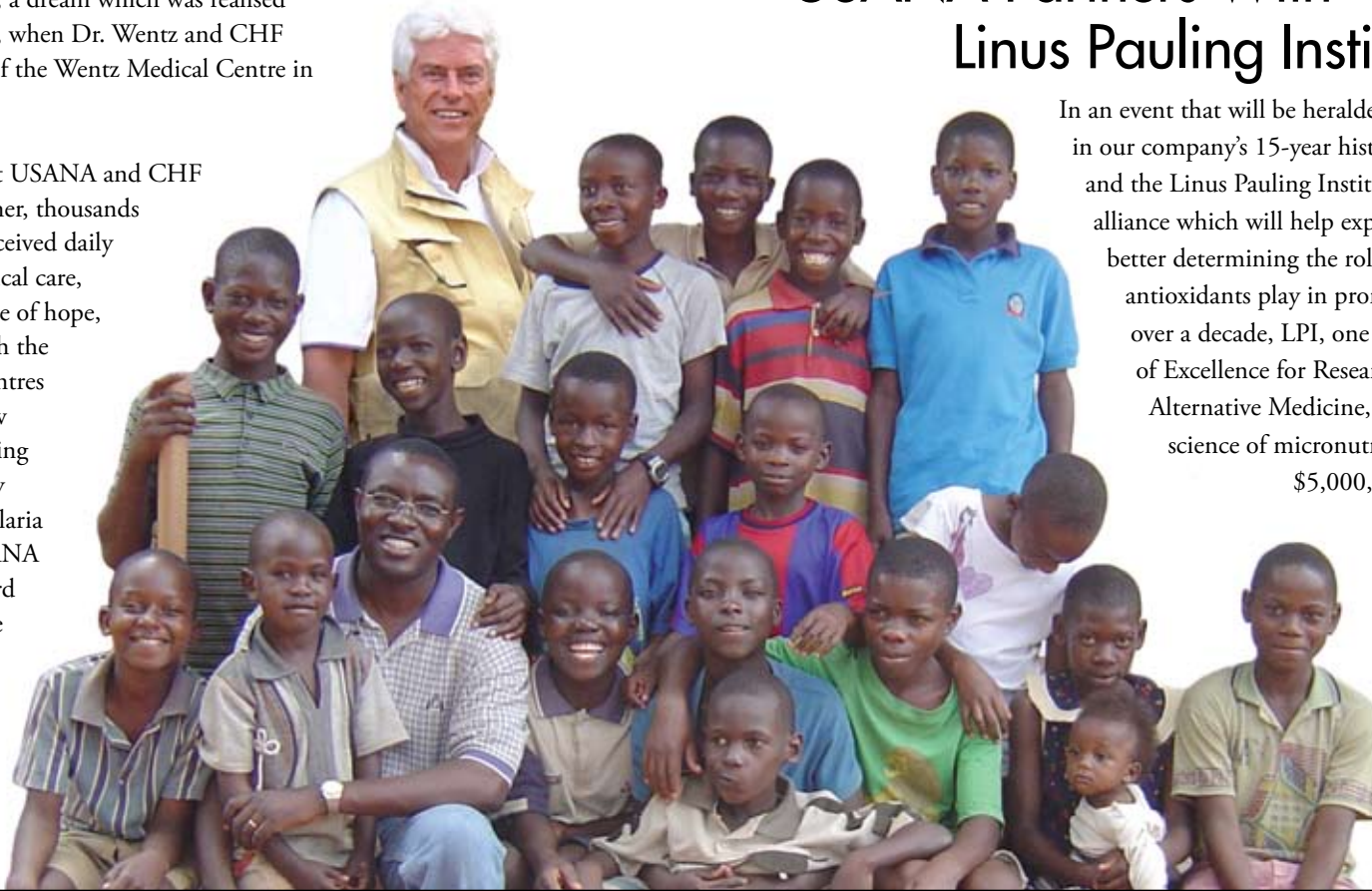
USANA & Children's Hunger Fund: A Partnership for Change

USANA's vision of true health extends to all people, especially children, which is why it has formed a partnership with Children's Hunger Fund (CHF), an organisation *Forbes* magazine named as one of the nation's most cost-effective charities, with more than 99 cents of every dollar going directly to children in need.

This partnership was further strengthened in the summer of 2004 when USANA Founder Dr. Myron Wentz travelled to Africa, where he visited several impoverished refugee camps in northern Uganda. Driven to action by that heart-wrenching experience, Dr. Wentz and CHF began sending food to the camp's children and helping families begin building homes and growing crops. In little more than a year, malnutrition was reduced by 90 per cent, and the refugee population was reduced by more than 60 per cent.

Fueled by this success, Dr. Wentz resolved to establish a state-of-the-art medical centre for the diagnosis and prevention of disease in Africa, a dream which was realised on August 1, 2005, when Dr. Wentz and CHF opened the doors of the Wentz Medical Centre in Gaba, Uganda.

In the six years that USANA and CHF have worked together, thousands of children have received daily nourishment, medical care, and a renewed sense of hope, particularly through the Wentz Medical Centres in Uganda and now Cambodia, by serving children affected by diseases such as malaria and HIV. The USANA family looks forward to doing even more to help make this world a healthier, happier place for future generations.



Dr. Wentz Receives Albert Einstein Award

In June 2007, Dr. Wentz was honoured at a special ceremony in Jerusalem with the Albert Einstein Award for Outstanding Achievement in the Life Sciences. Given by Global Capital Associates, this award salutes leaders whose vision and commitment have contributed to the critical advancement of vital life-saving and life-enhancing technology to benefit mankind. Dr. Wentz received the award in recognition of his many scientific and charitable endeavours.



USANA Partners With Linus Pauling Institute

In an event that will be heralded as one of the most pivotal in our company's 15-year history, USANA Health Sciences and the Linus Pauling Institute (LPI) have formed an alliance which will help expand Dr. Wentz' vision by better determining the role that vitamins, minerals, and antioxidants play in promoting optimal health. For over a decade, LPI, one of the nation's first Centres of Excellence for Research on Complementary and Alternative Medicine, has been a world leader in the science of micronutrition. USANA will contribute \$5,000,000 US to LPI's research

programs over the next 10 years.

In particular, we hope to foster LPI's clinical research efforts aimed at defining the true benefits of supplemental vitamins, minerals, and antioxidants for human health and aging.

USANA Receives Acclaim from *Forbes* for Third Year Running

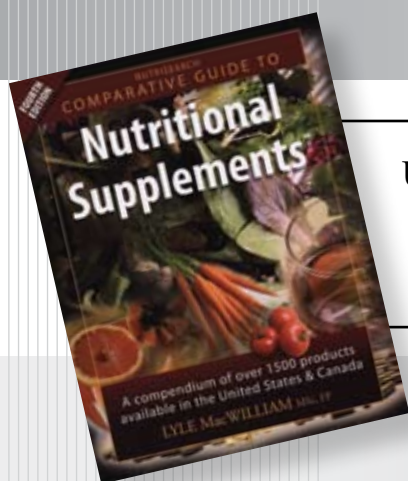
#12 on *Forbes*' 200 Best Small Companies list in 2006, and the only direct sales company to make the top 20 for each of the last three years (*Forbes*, Oct. 30, 2006; Oct. 31, 2005; Nov. 1, 2004)

USANA rated **#1** Distributor Choice for the ninth year
(*NetWork Marketing Today* & *the MLM Insider Magazine*)



USANA one of only four supplement companies to receive
Top 5-Star Rating and **Gold Medals of Achievement**

(USANA ESSENTIALS™ & HEALTHPAK™ 100, *Nutriscience Comparative Guide to Nutritional Supplements™*, 4th edition)



Best Dietary Supplement

(Utah Best of State, 2007, 2006, 2004, 2003)

Best Personal-Care Products

(Utah Best of State, 2007)



Recognition for USANA's excellence doesn't stop there:

- *Success from Home* dedicates entire issue to USANA's products and opportunity (Nov. 2006)
- 39 athletes from USANA-sponsored teams win 25 medals at the 2006 Torino Winter Games
- USANA listed in *The Wall Street Journal's* "Smart Money Stock Screen/Efficiency Experts" (April 20, 2006)
- USANA chosen as the official health supplement supplier for numerous athletic organisations, including the Sony Ericsson WTA Tour (Women's Professional Tennis)
- *Business Week* names USANA to its 100 Hot Growth Companies list (2004 and 2005)