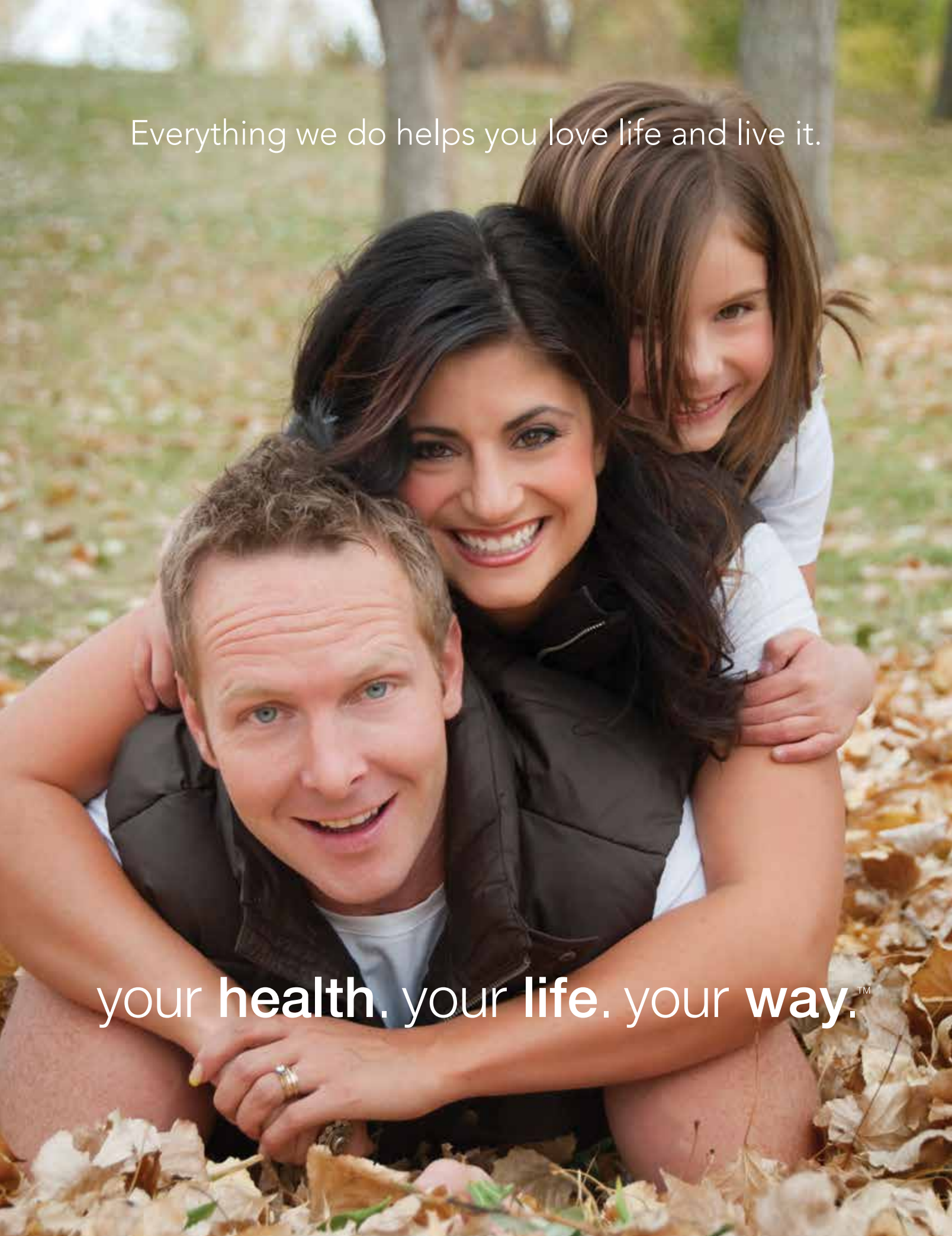




your health. your life. your way.™





Everything we do helps you love life and live it.

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





## Your Complete Reference

USANA 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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- Whitening Toothpaste

### Greater Expectations The USANA Difference

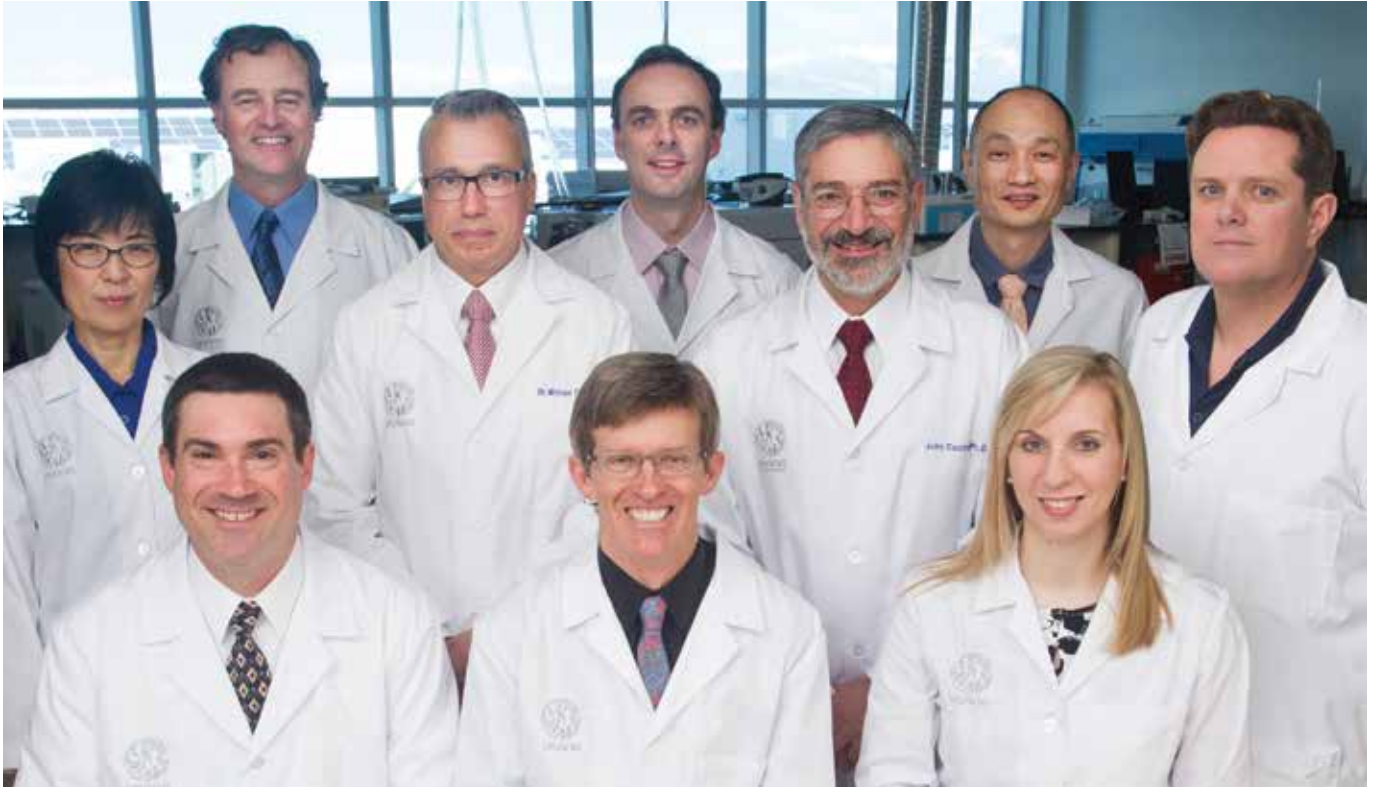
USANA uses only the finest grade ingredients, and we are one of only a few nutritional companies to manufacture products in our own state-of-the-art facilities. Every product is rigorously tested for potency, bioavailability, purity, and uniformity.



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*.





Front row left to right: Steven Glidewell, PhD; Kevin Spelman, PhD; Rachel Brewer, PhD  
 Middle row left to right: Keijun Koh; Michael Fuhrman, DC; John Cuomo, PhD; Sean Surbeck  
 Back row left to right: Mark Brown, PhD; Mark Levy, PhD; Jeremy Tian, MD, PhD

# The USANA Difference

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 potency guarantee ensures that what is on the label is what is in the bottle. Our strict manufacturing processes make certain that every USANA nutritional supplement is of the absolute highest quality and contains the proper, labeled levels of potency."  
 —Dr. Myron Wentz

POTENCY GUARANTEED

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.

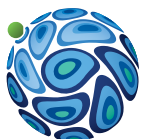


# LIVE YOUR BEST LIFE WITH INCELLIGENCE

## 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.



InCelligence

## 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?

# Your Personal Program for Optimal Health

## USANA's True Health Assessment



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

### Optimal Health by Design

Start with the **USANA® 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.

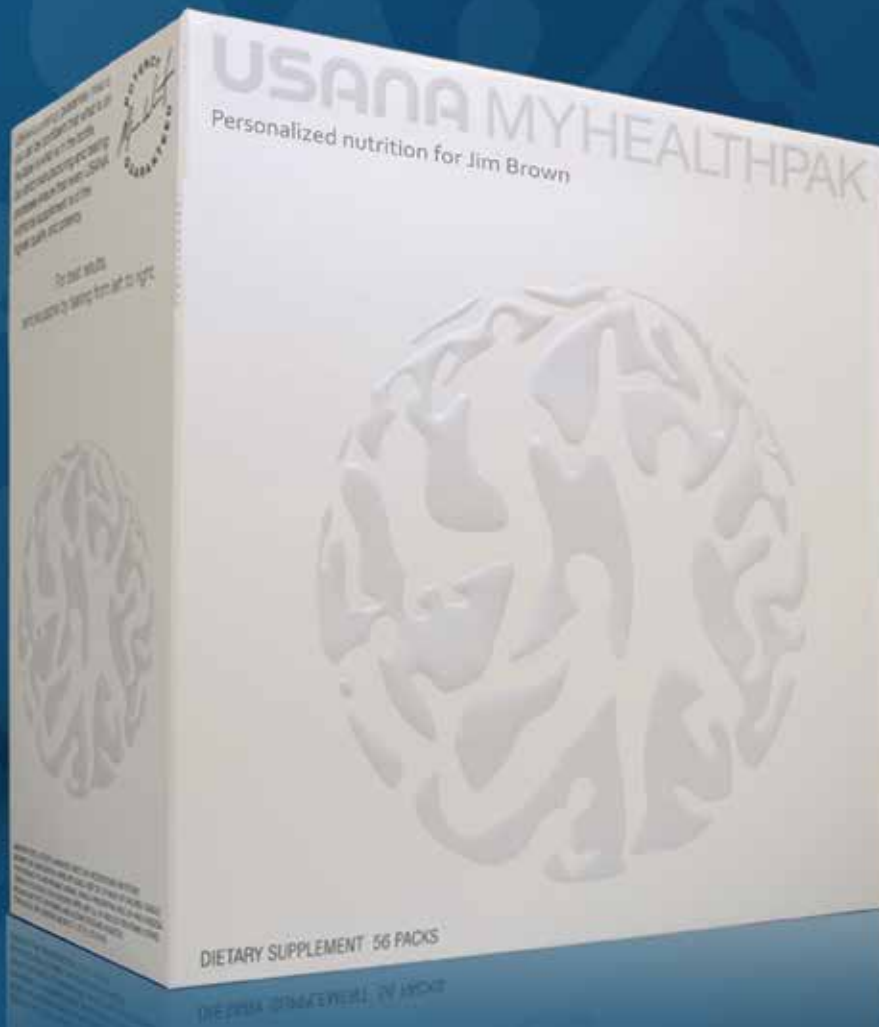
### Assess Yourself

USANA takes the guesswork out of designing a personalized program for optimal health. Simply log on to [truehealthassessment.com](http://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



your **health.** your **life.** your **way.**<sup>™</sup>

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

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

**MYHP** Available for MyHealthPak<sup>™</sup>

This symbol indicates which products are available in MyHealthPak.

Create your customized pack today at [USANAmhp.com](http://USANAmhp.com).

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

Visit [truehealthassessment.com](http://truehealthassessment.com)

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

# Your Health 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.

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

For a complete assessment of your lifestyle and product recommendations, visit the True Health Assessment at [truehealthassessment.com](http://truehealthassessment.com). These recommendations do not replace medical advice. Always follow the recommendations of your physician.

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.



## 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.





CellSentials™

# Core Minerals



Top-rated, broad-spectrum daily mineral supplement

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 supports the benefits 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, those 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.\*



Available for MyHealthPak™



ITEM #102

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

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN C (AS MAGNESIUM ASCORBATE AND CALCIUM ASCORBATE)	300 mg	500%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	112.5 mg	10%
IODINE (AS POTASSIUM IODIDE)	250 µg	170%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM ASCORBATE)	112.5 mg	30%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND SODIUM SELENITE)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	1 mg	50%
CHROMIUM (AS CHROMIUM POLYNICOTINATE)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
BORON (AS BORON CITRATE)	1500 µg	†
SILICON (AS CALCIUM SILICATE)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1500 µg	†
N-ACETYL L-CYSTEINE	80 mg	†

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, ORGANIC MALTODEXTRIN, PREGELATINIZED STARCH, SILICON DIOXIDE, VANILLA EXTRACT, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OLEIN, ORGANIC GUAR GUM.

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

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

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

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

STORE BELOW 25° C MADE IN USA

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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.\*

\*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.



CellSentials™

# Vita-Antioxidant



Top-rated, broad-spectrum daily vitamin and antioxidant supplement with the proprietary InCelligence™ Complex

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.\*

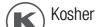
The InCelligence Complex includes quercetin, hesperidin, rutin, Meriva® Bioavailable Curcumin, alpha lipoic acid, resveratrol, EGCG from green tea, and USANA's patented Olivo® olive fruit extract. The cell-signaling processes it supports require a foundation of a full-spectrum of nourishing micronutrients, 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.



Available for MyHealthPak™



ITEM #103

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

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN A (AS 25% RETINYL ACETATE AND 75% (4500 IU) AS BETA CAROTENE AND MIXED CAROTENOIDS)	6000 IU	120%
VITAMIN C (AS POLY O-BLEND: POTASSIUM, CALCIUM, MAGNESIUM, AND ZINC ASCORBATES)	200 mg	330%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	100 IU	330%
VITAMIN K (AS K1 (PHYTONADIONE) AND K2 (MK-7) (MENAQUINONE))	270 µg	340%
VITAMIN B1 (AS THIAMIN HCL)	15 mg	1000%
VITAMIN B2 (AS RIBOFLAVIN)	15 mg	880%
NIACIN (AS NIACINAMIDE AND NIACIN)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	300 µg	80%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
MIXED TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	40 mg	†
INCELLIGENCE™ COMPLEX ALPHA LIPOIC ACID	50 mg	
MERIVA® BIOAVAILABLE CURCUMIN	36 mg	
COMPLEX (CURCUMIN LONGVA L. ROOT)*	15 mg	
GREEN TEA EXTRACT (CAMELLIA SINENSIS HUNT. LEAVES)	35 mg	
QUERCETIN DIHYDRATE	30 mg	
RUTIN	20 mg	
HESPERIDIN (CITRUS SPP. L., FRUIT)	20 mg	
RESVERATROL	20 mg	
OLIVO® OLIVE FRUIT EXTRACT, OLEA EUROPAEA L., FRUIT**	15 mg	
INOSITOL	64 mg	†
CHOLINE BITARTRATE	125 mg	†
COENZYME Q10	6 mg	†
LUTEIN (TAGETES ERRECTA L. FLOWER)	300 µg	†
LYCOPENE	500 µg	†

†DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED STARCH, CROSCARMELOSE SODIUM, SILICON DIOXIDE, ASCORBYL PALMITATE, ORGANIC MALTODEXTRIN, VANILLA EXTRACT, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OLEIN, ORGANIC GUAR GUM.

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

\*MERIVA® IS A REGISTERED TRADEMARK OF INDEVA S.p.A.

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

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

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

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

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HealthPak™

A premium selection of core supplements in convenient daily packets



InCelligence



ITEM #100

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

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

†DAILY VALUE NOT ESTABLISHED.

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

CONTAINS SOY.

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

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

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

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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 BENEFITS 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.\*

**THE USANA DIFFERENCE**

With the world's highest rated supplements—CellSentials—plus the exclusive MagneCal D and CellSentials Booster, HealthPak provides the most convenient and comprehensive nutrition you need for vibrant health every day. The individually wrapped pouches make it easy to stay consistent, even on the go. And the exclusive CellSentials Booster is a powerful supplement formulated entirely with InCelligence Technology for outstanding protection to help preserve your health and optimize your health span with normal aging.\*

\*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.



Mother/Child

## The Best Nutrition for Your Family

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





Mother/Child

# CellSentials Prenatal Vita-Antioxidant

A comprehensive vitamin supplement for pregnant women and their developing babies



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 CELLSSENTIALS 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.\*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Because it is needed for closure of the neural tube in the very first weeks of pregnancy, any woman of childbearing years should take folic acid. When taken as directed, 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, vitamin B12, biotin, and pantothenic acid, are important to support energy metabolism and healthy organ development. Vitamins B6 and B12 also support red blood cell formation, which is critical because a woman's blood volume increases by nearly 50 percent during pregnancy. Prenatal Vita-Antioxidant provides 32 mg of B6 and 200 µg of B12 in each daily dose.

## THE SCIENCE OF CELLSSENTIALS 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 a safe, non-retinoid form of this essential nutrient that poses no toxicity risk.

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

Aside from helping to develop strong bones and teeth by aiding calcium absorption, recent studies have shown a positive correlation between maternal vitamin D status and healthy neonatal outcomes, including healthy birth weight. 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 Nutritionals, 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.\*

ITEM #151

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

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV*
VITAMIN A (AS BETA CAROTENE AND MIXED CAROTENOIDS)	5,000 IU	60%
VITAMIN C (AS POLY (C) BLEND: POTASSIUM, CALCIUM, MAGNESIUM, AND ZINC ASCORBATES)	200 mg	330%
VITAMIN D3 (AS CHOLECALCIFEROL)	100 IU	125%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCONATE)	500 IU	330%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	640%
FOLATE (AS FOLIC ACID)	300 µg	40%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1250%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
VITAMIN K (AS K1 [PHYTONADIONE] AND K2 [MK-7 MENAQUINONE])	60 µg	†
VITAMIN B1 (AS THIAMIN HCL)	15 mg	†
VITAMIN B2 (AS RIBOFLAVIN)	15 mg	†
MIXED TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	40 mg	†
INCELLIGENCE™ COMPLEX		
ALPHA LIPIC ACID	50 mg	
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX (CURCUMA LONGA L. ROOT)**	36 mg	
GREEN TEA EXTRACT (CAMELLIA SINENSIS HUNT, LEAVES)	35 mg	
QUERCETIN DIHYDRATE	30 mg	
ROUTIN	20 mg	
HESPERIDIN (CITRUS SPP. L., FRUIT)	20 mg	
RESVERATROL	20 mg	
OLIVOL® (OLIVE FRUIT EXTRACT, OLEA EUROPAEA L., FRUIT)**	15 mg	
INOSITOL	64 mg	†
CHOLINE BITARTRATE	125 mg	†
COENZYME Q10	6 mg	†
LUTEIN (TAGETES ERRECTA L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†

\*%DV FOR PREGNANT WOMEN. †DAILY VALUE NOT ESTABLISHED

**OTHER INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, MODIFIED STARCH, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, SILICON DIOXIDE, ORGANIC MALTODEXTRIN, VANILLA EXTRACT, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OLEIN, ORGANIC GUAR GUM.

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

DISINTEGRATION, WHERE APPLICABLE.

\*\*"MERIVA" IS A REGISTERED TRADEMARK OF INDENA S.P.A.

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

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

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

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

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

STORE BELOW 25° C. 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.



Mother/Child

# 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 is accepted as the most common cause of preventable brain damage in the world. Iodine deficiency 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.\*

ITEM #151

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

## SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV*
VITAMIN C (AS MAGNESIUM ASCORBATE AND CALCIUM ASCORBATE)	300 mg	500%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM ASCORBATE)	112.5 mg	8%
IRON (AS FERROUS FUMERATE)	14 mg	80%
IODINE (AS POTASSIUM IODIDE)	120 µg	80%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM ASCORBATE)	112.5 mg	25%
ZINC (AS ZINC CITRATE)	10 mg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
SELENIUM (AS L-SELENOMETHIONINE AND SODIUM SELENITE)	100 µg	†
MANGANESE (AS MANGANESE GLUCONATE)	1 mg	†
CHROMIUM (AS CHROMIUM POLYNICOTINATE)	150 µg	†
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	†
SILICON (AS CALCIUM SILICATE)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1500 µg	†
L-CYSTEINE HCL	80 mg	†

\*%DV FOR PREGNANT WOMEN. †DAILY VALUE NOT ESTABLISHED

**OTHER INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, ORGANIC MALTODEXTRIN, PREGELATINIZED STARCH, SILICON DIOXIDE, VANILLA EXTRACT, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OLEIN, ORGANIC GUAR GUM.

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

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

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

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

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

STORE BELOW 25° C MADE IN USA  
102.010189 LB.001076

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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.



Mother/Child

Body Rox™

Complete daily vitamin, mineral, and antioxidant supplement for teenagers



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 Olivol®, 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.

Available for MyHealthPak™



ITEM #104

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

## SUPPLEMENT FACTS

SERVING SIZE: 3 TABLETS

AMOUNT PER SERVING	%DV
VITAMIN A (AS BETA CAROTENE)	9,000 IU 180%
VITAMIN C* (AS POLY G. CALCIUM POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	500 mg 830%
VITAMIN D3 (AS CHOLECALCIFEROL)	1,000 IU 250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU 670%
VITAMIN K (AS PHYLOQUINONE)	60 µg 75%
VITAMIN B1 (AS THIAMIN HCL)	20 mg 1330%
VITAMIN B2 (AS RIBOFLAVIN)	20 mg 1180%
NIACIN (AS NIACIN AND NIACINAMIDE)	36 mg 180%
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	24 mg 1200%
FOLATE (AS FOLIC ACID)	500 µg 125%
VITAMIN B12 (AS CYANOCOBALAMIN)	150 µg 2500%
BIOTIN	300 µg 100%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	30 mg 300%
CALCIUM (AS CALCIUM CARBONATE, CALCIUM CITRATE, AND CALCIUM ASCORBATE)	225 mg 25%
IODINE (AS POTASSIUM IODIDE)	150 µg 100%
MAGNESIUM (AS MAGNESIUM AA COMPLEX, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM CITRATE)	112.5 mg 30%
ZINC (AS ZINC CITRATE)	12 mg 80%
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	150 µg 210%
COPPER (AS COPPER GLUCONATE)	1 mg 50%
MANGANESE (AS MANGANESE GLUCONATE)	3 mg 150%
CHROMIUM (AS CHROMIUM NICOTINATE AND CHROMIUM CHLORIDE)	150 µg 130%
MOLYBDENUM (AS MOLYBDENUM TRIOXIDE)	50 µg 65%
CHOLINE BITARTRATE	45 mg †
INOSITOL L-CYSTEINE HYDROCHLORIDE	45 mg †
ANTIOXIDANT PHYTONUTRIENT COMPLEX (QUERCETIN DIHYDRATE, OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L. FRUIT), GRAPE SEED EXTRACT [VITIS VINIFERA L. SEED], GREEN TEA EXTRACT-DECAFFEINATED [CAMELLIA SINENSIS HUNT, LEAVES], MERIVA® BIOAVAILABLE CURCUMIN COMPLEX)**	143.7 mg †
LUTEIN (TAGETES ERECTA L., FLOWER)	1,500 µg †
LYCOPENE	450 µg †
BROCCOLI CONCENTRATE (BRASSICA OLERACEA V. CAULIFLORA L., FLOWER)	15 mg †

† DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELOSE SODIUM, SILICON (AS SILICON DIOXIDE AND SILICON AMINO ACID CHELATE), MODIFIED CELLULOSE, DEXTRIN, ASCORBYL PALMITATE, HYDROLYZED RICE PROTEIN, NATURAL MANGO FLAVOR, DEXTROSE, SOY LECITHIN, STEVIA, SODIUM CARBOXYMETHYLCHELLULOSE, SODIUM CITRATE.

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

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

CONTAINS SOY.

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

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

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

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

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\*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.





Chewable daily vitamin, mineral, and antioxidant supplement for children

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 and is vital for the synthesis of collagen—a type of connective tissue. Collagen is the most abundant structural protein in the body and is essential for healthy skin, muscles, teeth, bones, skin, and blood vessels.\*

**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.\*

**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.\*

**Iodine:** The thyroid gland releases hormones that are important for healthy brain development, protein synthesis, metabolic function, and enzymatic activity. Iodine helps in the function of the thyroid gland to support normal growth and development.\*

**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 metabolism, skin, connective tissue formation, and immune function.\*

### 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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ITEM #105

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

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

† DAILY VALUE NOT ESTABLISHED

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

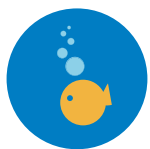
**WARNING:** ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

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

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Mother/Child

# BiOmega™ Jr.

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



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.

ITEM #144

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

## SUPPLEMENT FACTS

SERVING SIZE: 1 PACKET  
SERVINGS PER CONTAINER: 14

AMOUNT PER SERVING	%DV*
<b>CALORIES 20</b>	
CALORIES FROM FAT 20	
TOTAL FAT	2 g 3%
SATURATED FAT	0.5 g 3%
TRANS FAT	0 g
CHOLESTEROL	25 mg 8%
TOTAL CARBOHYDRATE	0 g 0%
<b>VITAMIN D3 (AS CHOLECALCIFEROL)</b>	<b>1000 IU 250%</b>
FISH OIL	2000 mg †
LONG CHAIN OMEGA-3 FATTY ACIDS	650 mg †
EPA	350 mg †
DHA	230 mg †

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

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

**CONTAINS:** EGG.

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

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\*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.



## Optimizers

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





Cardiovascular

# Proflavanol® C<sup>100</sup>

Powerful bioflavonoid supplement



Proflavanol C<sup>100</sup> provides a powerful combination of grape seed bioflavonoids and USANA's proprietary Poly® 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.



Available for MyHealthPak™

### HYBRID

ITEM #110

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

SUPPLEMENT FACTS	
SERVING SIZE: 2 TABLETS	
AMOUNT PER SERVING	%DV
POLY C® VITAMIN BLEND (AS CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES)	1000%
GRAPE SEED ( <i>VITIS VINIFERA L.</i> , SEEDS) EXTRACT	1

† DAILY VALUE NOT ESTABLISHED.

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

CONTAINS SOY.

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

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

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

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

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

STORE BELOW 25°C MADE IN USA

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## THE USANA DIFFERENCE

A unique supplement made with USANA's innovative Nutritional Hybrid Technology, Proflavanol C<sup>100</sup> 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.\*

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



Cardiovascular

# CoQuinone® 30



An optimal combination of coenzyme Q10 and alpha-lipoic acid

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.

MY Available for MyHealthPak™

ITEM #123

**DIRECTIONS:** TAKE ONE (1) OR TWO (2) CAPSULES DAILY, PREFERABLY WITH A MEAL.

SUPPLEMENT FACTS	
SERVING SIZE: 1 CAPSULE	
AMOUNT PER CAPSULE	%DV
COENZYME Q10	30 mg †
ALPHA-LIPOIC ACID	12.5 mg †
† DAILY VALUE NOT ESTABLISHED.	

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

CONTAINS SOY.

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

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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

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## References

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



Cellular Function

BiOmega™

Concentrated omega-3 fatty acid supplement



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.



MYHP Available for MyHealthPak™

ITEM #122

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

SUPPLEMENT FACTS		
SERVING SIZE: 2 CAPSULES		
AMOUNT PER SERVING		%DV
VITAMIN D (AS CHOLECALCIFEROL)	200 IU	50%
FISH OIL CONCENTRATE	2000 mg	†
TOTAL OMEGA-3 FATTY ACIDS	1200 mg	†
EPA (EICOSAPENTAENOIC ACID)	580 mg	†
DHA (DOCOSAHXAENOIC ACID)	470 mg	†
†DAILY VALUE NOT ESTABLISHED.		

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

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

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

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

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

STORE BELOW 25° C MADE IN USA

### References

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





Cellular Function

# Booster C 600™

Immune-support supplement



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, alkalimides, 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.\*

ITEM #143

## SUPPLEMENT FACTS

SERVING SIZE: 1 STICK PACK (3.9 g)		
AMOUNT PER PACKET		%DV*
<b>CALORIES</b>	10	
<b>TOTAL CARBOHYDRATES</b>	2 g	1%
SUGARS	2 g	
<b>VITAMIN C</b> (AS POLY C® – CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES – SODIUM ASCORBATE AND ASCORBIC ACID)	600 mg	1000%
<b>ZINC (AS AMINO ACID CHELATE)</b>	10 mg	66%
BLACK ELDERBERRY EXTRACT ( <i>SAMBUCUS NIGRA L.</i> )	30 mg	†
ECHINACEA EXTRACT ( <i>ECHINACEA PURPUREA</i> )	100 mg	†

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

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

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

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

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

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Cellular Function

# Vitamin D



A fat-soluble vitamin that supports cellular function and bone health

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 concerns. Because of the prevalence of deficiency, in the most recent revision of the Dietary Reference Intakes (DRI), the recommended dietary intake for certain age groups was increased as much as 50 percent. Talk to your doctor about healthy vitamin D levels, and ask for a test to find out if you are deficient.

## 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.\*

MYHEALTHPAK Available for MyHealthPak™

ITEM #109

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

### SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

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

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

CONTAINS SOY:

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

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

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

USANA HEALTH SCIENCES, INC.  
3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA  
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Cellular Function

# Proglucamune™



## Potent immune-support supplement with zinc and the InCelligence™ Beta-Glucan Complex



ITEM #146

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

SUPPLEMENT FACTS	
SERVING SIZE: 2 TABLETS	
AMOUNT PER SERVING	%DV
ZINC (AS ZINC GLUCONATE)	6 mg 40%
INCELLIGENCE™ BETA-GLUCAN COMPLEX (BAKER'S YEAST EXTRACT [SACCHAROMYCES CEREVISIAE, CELL WALL] 250 mg, REISHI MUSHROOM [GANODERMA LUCIDUM, WHOLE MUSHROOM POWDER] 250 mg, SHIITAKE MUSHROOM [LENTINULA EDODES, WHOLE MUSHROOM POWDER]) 50 mg	†

† DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, VEGETABLE FATTY ACID, ORGANIC MALTODEXTRIN, CROSCARMELLOSE SODIUM, SILICON DIOXIDE, VANILLA EXTRACT, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OLEIN, ORGANIC GUAR GUM.

IF YOU HAVE AN AUTOIMMUNE DISEASE, AN IMMUNE SYSTEM DISORDER, OR IF YOU ARE TAKING IMMUNOSUPPRESSANT MEDICATION, CONSULT YOUR DOCTOR BEFORE USING THIS PRODUCT.

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

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

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

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

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



Nervous

Ginkgo-PS™



Supports acute memory function and cognition

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.



Kosher



Available for MyHealthPak™

ITEM #126

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

## SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING	%DV
GINKGO ( <i>GINKGO BILOBA</i> LEAVES)	25 mg †
SOY LECITHIN (WITH PHOSPHATIDYL SERINE)	125 mg †
† DAILY VALUE NOT ESTABLISHED.	

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

CONTAINS SOY.

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

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

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

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

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### References

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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.\*

ITEM #134

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

## SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	500 mg	840%
ZINC (AS ZINC CITRATE)	10 mg	70%
LUTEIN (TAGETES ERECTA L., FLOWER)	10 mg	†
ZEAXANTHIN	2,000 µg	†
BILBERRY EXTRACT (VACCINIUM MYRTILLUS L.) FRUIT	50 mg	†
†DAILY VALUE NOT ESTABLISHED		

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

CONTAINS SOY.

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

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

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

USANA HEALTH SCIENCES, INC.  
3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA  
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Skeletal

# Active Calcium™

Complete bone health formula



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.



Available for MyHealthPak™

ITEM #120

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

SUPPLEMENT FACTS		
SERVING SIZE: 4 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	400 IU	100%
VITAMIN K (AS PHYLOQUINONE)	60 µg	75%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	800 mg	80%
MAGNESIUM (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM OXIDE)	400 mg	100%
BORON (AS BORON CITRATE)	1.32 mg	†

† DAILY VALUE NOT ESTABLISHED.

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

CONTAINS SOY.

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

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

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

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

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\*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.



Skeletal

# Active Calcium™ Chewable

Complete bone health formula in a chewable tablet



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

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.\*

## 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.\*

ITEM #121

## DRUG FACTS

ACTIVE INGREDIENTS	PURPOSE
CALCIUM CARBONATE 356 mg	ANTACID
MAGNESIUM OXIDE 158 mg	ANTACID
<b>USES</b>	
RELIEVES • ACID INDIGESTION • HEARTBURN • SOUR STOMACH	
<b>WARNINGS</b>	
ASK A DOCTOR OR PHARMACIST BEFORE USE IF YOU ARE TAKING A PRESCRIPTION DRUG. ANTACIDS MAY INTERACT WITH CERTAIN PRESCRIPTION DRUGS.	
<b>WHEN USING THIS PRODUCT</b>	
• DO NOT TAKE MORE THAN 6 TABLETS IN A 24-HOUR PERIOD	
• DO NOT USE THE MAXIMUM DOSAGE FOR MORE THAN 2 WEEKS	
<b>KEEP OUT OF REACH OF CHILDREN. IN CASE OF OVERDOSE, GET MEDICAL HELP. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, HAVE KIDNEY DISEASE, OR HAVE A MEDICAL CONDITION.</b>	
<b>DIRECTIONS</b> • CHEW 2–4 TABLETS AS SYMPTOMS OCCUR, OR AS DIRECTED BY A DOCTOR.	
<b>OTHER INFORMATION</b> • CONTAINS 200 mg OF CALCIUM PER TABLET • STORE IN A COOL, DRY PLACE.	
<b>INACTIVE INGREDIENTS</b> • HONEY POWDER, CALCIUM CITRATE, FRUCTOSE, SOY LECITHIN, MAGNESIUM CITRATE, XYLITOL, VEGETABLE FATTY ACID, CITRIC ACID, GUAR GUM, MALIC ACID, RICE PROTEIN HYDOLYSATE, NATURAL CITRUS FLAVOR, CALCIUM SILICATE, NATURAL VANILLA FLAVOR, CHOLECALCIFEROL (100 IU).	
<b>QUESTIONS OR COMMENTS?</b> CALL TOLL FREE 1-800-950-9595.	

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

## SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS		%DV FOR PREGNANT WOMEN	
AMOUNT PER SERVING		%DV	%DV
VITAMIN D3 (AS CHOLECALCIFEROL)	200 IU	50%	50%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	400 mg	40%	30%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM OXIDE)	200 mg	50%	45%

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

CONTAINS SOY.

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

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

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

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Skeletal

Procosa®



Unique joint-support supplement with vitamin C and the InCelligence™ Joint-Support Complex

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 joint 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.\*

### THE 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.

\*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.



Available for MyHealthPak™



InCelligence

ITEM #131

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

## SUPPLEMENT FACTS

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

† DAILY VALUE NOT ESTABLISHED.

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

MERIVA® IS A TRADEMARK OF INDENA S.p.A. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

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

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120, USA.

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LB 000374







Endocrine

PhytoEstrin™

Supports women's health\*



MY Available for MyHealthPak™

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.\*

ITEM #129

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

## SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

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

† DAILY VALUE NOT ESTABLISHED.

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

CONTAINS SOY.

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

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

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

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Endocrine

# Palmetto Plus™

Supports long-term prostate health



MY Available for MyHealthPak™

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.\*

ITEM #128

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

SUPPLEMENT FACTS	
SERVING SIZE: 1 CAPSULE	
AMOUNT PER CAPSULE	%DV
SAW PALMETTO EXTRACT (SERENOA REPENS. FRUIT)	320 mg †
LYCOPENE (SOLANUM LYCOPERSICUM. FRUIT)	5 mg †
SOY ISOFLAVONES (GLYCINE MAX. SEED)	25 mg †
†DAILY VALUE NOT ESTABLISHED	

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

CONTAINS SOY.

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

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

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

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

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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Endocrine  
**Pure Rest**<sup>™</sup>  
 Melatonin supplement



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.

ITEM #141

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

SUPPLEMENT FACTS		
SERVING SIZE: 1 TABLET		
AMOUNT PER SERVING		%DV
MELATONIN	2 mg	†
†DAILY VALUE NOT ESTABLISHED		

OTHER INGREDIENTS: XYLITOL, NATURAL ORANGE FLAVOR, ASCORBYL PALMITATE, SILICON DIOXIDE.  
 LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.  
 INSOMNIA MAY BE A SYMPTOM OF SERIOUS UNDERLYING MEDICAL ILLNESS. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. DO NOT DRIVE OR OPERATE MACHINERY WHEN TAKING MELATONIN.  
 THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.  
 USANA HEALTH SCIENCES, INC.  
 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120 USA  
 STORE BELOW 25° C 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.



Digestion/Detox

## Digestion/Detox

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





Digestive

# Digestive Enzyme

Enzyme-containing digestive support supplement



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-amylase 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.\*

ITEM #111

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

### SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING	%DV
NATURAL ENZYME BLEND (ALPHA-AMYLASE, BROMELAIN, PROTEASE, LIPASE, LACTASE, PAPAIN, CELLULASE)	120 mg †
ARTICHOKE ( <i>CYNARA SCOLYMUS</i> L.) EXTRACT	25 mg †

†VALUE NOT ESTABLISHED.

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

CONTAINS SOY. NO ANIMAL DERIVED INGREDIENTS.

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

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

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

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

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

### References

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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.



Digestive

USANA® Probiotic

Probiotic food supplement for digestive and immune health\*



ITEM #108

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

#### THE BENEFITS OF USANA PROBIOTIC

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*<sup>®†</sup> and *Lactobacillus rhamnosus LGG*<sup>®†</sup>—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.\*

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

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

**Ingredients:** Mannitol, Inulin, *Lactobacillus rhamnosus LGG*<sup>®</sup>, *Bifidobacterium BB-12*<sup>®</sup>, Silicon Dioxide. BB-12<sup>®</sup> is a registered trademark of Chr. Hansen. LGG<sup>®</sup> is a registered trademark of Valio Ltd.

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

STORE AT ROOM TEMPERATURE (25° C).

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<sup>†</sup>Trademarks are the property of their respective owners.

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





Digestive

# 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 USANA's 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 USANA's 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.\*

MY Available for MyHealthPak™

HYBRID



InCelligence

ITEM #135

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

## SUPPLEMENT FACTS

SERVING SIZE: 3 TABLETS

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

† DAILY VALUE NOT ESTABLISHED.

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

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

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

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

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

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

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

MADE IN USA STORE BELOW 25° C

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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.



## 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 (MCTs) 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.

## MySmart™ Plant

ITEM #206

### NUTRITION FACTS

Serving Size: 2 scoops (39 g)  
Servings Per Container 14

Amount Per Serving		% Daily Value*	
<b>Calories</b>	150		
Calories from Fat	45		
<b>Total Fat</b> 6 g			9%
Saturated Fat 4 g**			20%
Trans Fat 0 g			
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 310 mg			13%
<b>Potassium</b> 350 mg			10%
<b>Total Carbohydrate</b> 12 g			4%
Dietary Fiber 8 g			32%
Soluble Fiber 4 g			
Insoluble Fiber 3 g			
Sugars 0 g			
<b>Protein</b> 18 g			36%
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	25%

\*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 4 g Saturated Fat sourced from the added MCTs and coconut oil.

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

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

**INGREDIENTS:** PROTEIN BLEND (PEA PROTEIN ISOLATE, POTATO PROTEIN ISOLATE), GLUTEN FREE<sup>1</sup> OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, POTASSIUM PHOSPHATE, GUAR GUM, XANTHAN GUM, SEA SALT, NATURAL FLAVORS.

**CONTAINS:** TREE NUT (COCONUT) AND TRACE AMOUNTS OF SOY.

**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 (25°C)**

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

MADE IN USA

BC 0001333

\*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.

# MySmart™ Whey

ITEM #207

<b>NUTRITION FACTS</b>	
Serving Size: 2 scoops (39 g)	
Servings Per Container 14	
Amount Per Serving	
<b>Calories</b>	150
Calories from Fat	45
% Daily Value*	
<b>Total Fat</b> 6 g	9%
Saturated Fat 5 g**	25%
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	15%
<b>Sodium</b> 200 mg	8%
<b>Potassium</b> 340 mg	10%
<b>Total Carbohydrate</b> 13 g	4%
Dietary Fiber 8 g	32%
Soluble Fiber 4 g	
Insoluble Fiber 3 g	
Sugars 0 g	
<b>Protein</b> 18 g	36%
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: 2,000 2,500	
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

BE.0001381

**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.

**CONTAINS:** MILK, TREE NUT (COCONUT)

**\*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 (25°C)**

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

# MySmart™ Soy

ITEM #205

<b>NUTRITION FACTS</b>	
Serving Size: 2 scoops (39 g)	
Servings Per Container 14	
Amount Per Serving	
<b>Calories</b>	150
Calories from Fat	50
% Daily Value*	
<b>Total Fat</b> 6 g	9%
Saturated Fat 5 g**	25%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 280 mg	12%
<b>Potassium</b> 350 mg	10%
<b>Total Carbohydrate</b> 12 g	4%
Dietary Fiber 8 g	32%
Soluble Fiber 4 g	
Insoluble Fiber 3 g	
Sugars 0 g	
<b>Protein</b> 18 g	36%
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: 2,000 2,500	
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

BE.0001382

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

**CONTAINS:** SOY, TREE NUT (COCONUT)

**\*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 (25°C)**

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



# MySMARTSHAKE Flavor Optimizers

Delicious flavors to add to your MySmartShake

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

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



<sup>†</sup>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.

## Dark Chocolate

ITEM #280

<b>NUTRITION FACTS</b>		
Serving Size: 1 Stick Pack		
Servings Per Container: 7		
Amount Per Serving		
<b>Calories</b>	5	
Calories from Fat	0	
% Daily Value*		
<b>Total Fat</b> 0 g	0%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
<b>Cholesterol</b> 0 mg	0%	
<b>Sodium</b> 10 mg	0%	
<b>Potassium</b> 60 mg	2%	
<b>Total Carbohydrate</b> 9 g	3%	
Dietary Fiber 1 g	4%	
Sugars 0 g		
Sugar Alcohol 8 g		
<b>Protein</b> 0 g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	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.		
Calories: 2,000 2,500		
Total fat	Less than 65 g	80 g
Sat. fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

**INGREDIENTS:** 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, 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

## Orange Cream

ITEM #289

<b>NUTRITION FACTS</b>		
Serving Size: 1 Stick Pack		
Servings Per Container: 7		
Amount Per Serving		
<b>Calories</b>	0	
Calories from Fat	0	
% Daily Value*		
<b>Total Fat</b> 0 g	0%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
<b>Cholesterol</b> 0 mg	0%	
<b>Sodium</b> 0 mg	0%	
<b>Total Carbohydrate</b> 10 g	3%	
Dietary Fiber 0 g	0%	
Sugars 0 g		
Sugar Alcohol 9 g		
<b>Protein</b> 0 g		
Vitamin A 0%	Vitamin C 70%	
Calcium 0%	Iron 0%	
*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		
Total fat	Less than 65 g	80 g
Sat. fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

**INGREDIENTS:** 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

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

ITEM #288

NUTRITION FACTS	
Serving Size: 1 Stick Pack	
Servings Per Container: 7	
Amount Per Serving	
Calories	5
Calories from Fat	0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 100 mg	3%
Total Carbohydrate 8 g	3%
Dietary Fiber 0 g	0%
Sugars 0 g	
Sugar Alcohol 8 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
*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	
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** 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 (25°C)

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

# Peach Mango

ITEM #281

NUTRITION FACTS	
Serving Size: 1 Stick Pack	
Servings Per Container: 7	
Amount Per Serving	
Calories	5
Calories from Fat	0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 9 g	3%
Dietary Fiber 1 g	4%
Sugars 0 g	
Sugar Alcohol 9 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	70%
Calcium	0%
Iron	0%
*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	
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** ERYTHRITOL, NATURAL FLAVORS, TURMERIC 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 (25°C)

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

# Banana

ITEM #282

NUTRITION FACTS	
Serving Size: 1 Stick Pack	
Servings Per Container: 7	
Amount Per Serving	
Calories	0
Calories from Fat	0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 65 mg	2%
Total Carbohydrate 10 g	3%
Dietary Fiber 0 g	0%
Sugars 0 g	
Sugar Alcohol 9 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
*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	
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** 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 (25°C)

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

Diet/Energy



# MySMARTSHAKE Protein Plus Booster

Enhance your MySmartShake with extra protein

Looking for extra protein in your shake? Mix one scoop of this Protein Plus Booster with your MySmartShake Protein Base for an additional 10 grams of high-quality, complete whey protein.

## THE USANA DIFFERENCE

- No additives
- No fillers
- Protein from 100 percent whey concentrate



<sup>†</sup>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.

ITEM #208

Mix 2 TBSP of MySmartShake Performance Booster with your MySmartShake Protein Base for an additional 10 grams of high-quality protein. Add more water for desired consistency.

## NUTRITION FACTS

Serving Size: 2 Tbsp. (12 g)  
Servings Per Container 28

Amount Per Serving		% Daily Value*	
<b>Calories</b>		50	
Calories from Fat		5	
<b>Total Fat</b> 0.5 g		1%	
Saturated Fat 0.5 g		3%	
Trans Fat 0 g			
<b>Cholesterol</b> 25 mg		8%	
<b>Sodium</b> 40 mg		2%	
<b>Total Carbohydrate</b> 1 g		0%	
Dietary Fiber 0 g		0%	
Sugars 1 g			
<b>Protein</b> 10 g		20%	
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	0%
*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
Total fat	Less than 65 g	65 g	80 g
Sat. fat	Less than 20 g	20 g	25 g
Cholesterol	Less than 300 mg	300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg	2,400 mg
Potassium	Less than 3,500 mg	3,500 mg	3,500 mg
Total Carbohydrate	300 g	300 g	375 g
Dietary Fiber	25 g	25 g	30 g
Protein	50 g	50 g	65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

86.0001287

**INGREDIENTS:** WHEY PROTEIN CONCENTRATE

**CONTAINS:** MILK

**\*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 (25°C)**

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

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.

# MySMARTSHAKE Fibergy® Plus

Nutritious fiber blend

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 help 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.\*

ITEM #226

Mix 1 TBSP of MySmartShake Fibergy Plus with your MySmartShake Protein Base for an additional 12 grams of high-quality fiber. Add more water for desired consistency.

## NUTRITION FACTS

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

Amount Per Serving		% Daily Value*	
<b>Calories</b>		15	
Calories from Fat		0	
<b>Total Fat</b> 0 g		0%	
Saturated Fat 0 g		0%	
Trans Fat 0 g			
<b>Cholesterol</b> 0 mg		0%	
<b>Sodium</b> 30 mg		1%	
<b>Total Carbohydrate</b> 9 g		3%	
Dietary Fiber 12 g		48%	
Soluble Fiber 6 g			
Insoluble Fiber 4 g			
Sugars 0 g			
<b>Protein</b> 0 g		0%	
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
		Calories:	2,000      2,500
Total fat	Less than 65 g		80 g
Sat. fat	Less than 20 g		25 g
Cholesterol	Less than 300 mg		300 mg
Sodium	Less than 2,400 mg		2,400 mg
Potassium	3,500 mg		3,500 mg
Total Carbohydrate	300 g		375 g
Dietary Fiber	25 g		30 g
Protein	50 g		65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**INGREDIENTS:** PSYLLIUM, CANE FIBER, ORGANIC AGAVE INULIN, GUM ARABIC, CITRUS PECTIN, MEDIUM CHAIN TRIGLYCERIDE, CITRIC ACID, NATURAL FLAVOR, FLAXSEED.

\*NO DAIRY, SOY, OR GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES: MILK, EGG, FISH, SHELLFISH, TREE NUTS, WHEAT, GLUTEN, AND SOY.

\*SOLUBLE FIBER FROM FOODS SUCH AS USANA FIBERGY PLUS, AS PART OF A DIET LOW IN SATURATED FAT AND CHOLESTEROL, MAY REDUCE THE RISK OF HEART DISEASE. A SERVING OF USANA FIBERGY PLUS SUPPLIES 2.9 GRAMS OF THE SOLUBLE FIBER FROM PSYLLIUM NECESSARY PER DAY TO HAVE THIS EFFECT.

This is a sealed container. Do not use if seal is open.

**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

**CAUTION:** This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing. If you are taking any medications (prescription and/or over-the-counter), take this product at least 2 hours before or 2 hours after your medication.

\*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.

\*\*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.

## Dark Chocolate

ITEM #237

<b>NUTRITION FACTS</b>	
Serving Size: 1 Bar (38 g)	
Servings Per Container 14	
Amount Per Serving	
<b>Calories</b>	140
Calories from Fat	60
% Daily Value*	
<b>Total Fat</b> 7 g	11%
Saturated Fat 4.5 g**	23%
Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	3%
<b>Sodium</b> 230 mg	10%
<b>Potassium</b> 55 mg	2%
<b>Total Carbohydrate</b> 15 g	5%
Dietary Fiber 7 g	28%
Soluble Fiber 1 g	
Insoluble Fiber 5 g	
Sugars 5 g	
<b>Protein</b> 10 g	20%
Vitamin A	0%
Vitamin C	0%
Calcium	15%
Iron	6%
*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 bar: 1 bar provides 4.5 g Saturated Fat sourced from the coconut oil.	
	Calories: 2,000 2,500
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, PEA PROTEIN ISOLATE, MILK PROTEIN ISOLATE), PREBIOTIC TAPIOCA FIBER (IMO), ORGANIC TAPIOCA SYRUP, 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. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES EGGS, MILK, PEANUT, SOY, TREE NUTS, 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

BX.00063

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.

# Peanut Butter

ITEM #236

NUTRITION FACTS	
Serving Size: 1 Bar (38 g)	
Servings Per Container 14	
Amount Per Serving	
<b>Calories</b>	150
Calories from Fat	70
% Daily Value*	
<b>Total Fat</b> 7 g	11%
Saturated Fat 2 g**	10%
Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	3%
<b>Sodium</b> 180 mg	8%
<b>Potassium</b> 95 mg	3%
<b>Total Carbohydrate</b> 14 g	5%
Dietary Fiber 6 g	24%
Soluble Fiber 1 g	
Insoluble Fiber 4 g	
Sugars 4 g	
<b>Protein</b> 11 g	22%
Vitamin A 0%	Vitamin C 0%
Calcium 15%	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 bar: 1 bar provides 2 g Saturated Fat sourced from the coconut and peanut ingredients.	
	Calories: 2,000 2,500
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	Less than 3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

BX.00666

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

**CONTAINS:** MILK, PEANUTS, TREE NUTS (COCONUT)

**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 (25°C)**

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

MADE IN USA

# Coconut Cashew

ITEM #239

NUTRITION FACTS	
Serving Size: 1 Bar (38 g)	
Servings Per Container 14	
Amount Per Serving	
<b>Calories</b>	140
Calories from Fat	50
% Daily Value*	
<b>Total Fat</b> 6 g	9%
Saturated Fat 3.5 g**	18%
Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	3%
<b>Sodium</b> 120 mg	5%
<b>Potassium</b> 70 mg	2%
<b>Total Carbohydrate</b> 14 g	5%
Dietary Fiber 9 g	36%
Soluble Fiber 2 g	
Insoluble Fiber 7 g	
Sugars 2 g	
<b>Protein</b> 9 g	18%
Vitamin A 0%	Vitamin C 0%
Calcium 15%	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 bar: 1 bar provides 3.5 g Saturated Fat sourced from the coconut and cashew ingredients.	
	Calories: 2,000 2,500
Total fat	Less than 65 g 80 g
Sat. fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

BX.00664

**INGREDIENTS:** PREBIOTIC TAPIOCA FIBER (IMO), PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE), RAW CASHEWS, CASHEW BUTTER, ORGANIC COCONUT OIL, ORGANIC DARK CHOCOLATE (ORGANIC SUGAR, ORGANIC CHOCOLATE LIQUOR, ORGANIC COCOA BUTTER, ORGANIC DEXTROSE, ORGANIC VANILLA), COCONUT FLAKES, ORGANIC TAPIOCA SYRUP, WATER, SEA SALT, NATURAL HONEY FLAVOR, NATURAL VANILLA FLAVOR, POTASSIUM SORBATE.

**CONTAINS:** MILK, TREE NUTS (COCONUT AND CASHEW)

**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 (25°C)**

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

MADE IN USA





# MySMARTBARS Berry Nutty™ Nutrition Bar

Whole foods nutrition bar

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, dairy, eggs, and soybeans.



ITEM #234

## NUTRITION FACTS

SERVING SIZE: 1 BAR (40 g)  
SERVINGS PER CONTAINER 14

AMOUNT PER SERVING			
<b>CALORIES</b>		160	
CALORIES FROM FAT		90	
<b>% DAILY VALUE*</b>			
<b>TOTAL FAT</b>	10 g	15%	
SATURATED FAT	1.5 g	8%	
TRANS FAT	0 g		
POLYUNSATURATED FAT	2 g	8%	
MONOUNSATURATED FAT	4 g	8%	
<b>CHOLESTEROL</b>	0 mg	0%	
<b>SODIUM</b>	125 mg	6%	
<b>POTASSIUM</b>	150 mg	3%	
<b>TOTAL CARBOHYDRATE</b>	18 g	7%	
DIETARY FIBER	8 g	32%	
SOLUBLE FIBER	4 g		
INSOLUBLE FIBER	4 g		
SUGARS	6 g		
<b>PROTEIN</b>	6 g	12%	
VITAMIN A	0%	VITAMIN C	2%
CALCIUM	4%	IRON	6%

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

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

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

**INGREDIENTS:** ALMONDS (RAW), CASHEWS (RAW), PREBIOTIC TAPIOCA FIBER (IMO), NOT GENETICALLY ENGINEERED SOLUBLE CORN FIBER, GLUTEN FREE ROLLED OATS, DRIED CHERRIES, DRIED CRANBERRIES (APPLE JUICE CONCENTRATE, SUNFLOWER OIL), CRACKED FLAXSEED, ORGANIC TAPIOCA SYRUP, ORGANIC COCONUT OIL, ORGANIC AGAVE INULIN, SEA SALT.

**CONTAINS:** TREE NUTS (ALMONDS, CASHEWS, AND COCONUT).

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

ORDER EXPRESS: 1-888-950-9595  
STORE AT ROOM TEMPERATURE (25°C)

**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

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.

# MySMARTSTART Kit

## 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.\*



ITEM #138

## NUTRITION FACTS

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

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

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

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

OTHER INGREDIENTS: PURIFIED REVERSE OSMOSIS CARBONATED WATER, CRYSTALLINE FRUCTOSE, EVAPORATED CANE SYRUP, PROPRIETARY ENERGY COMPLEX (L-CARNITINE FUMARATE, GREEN AND WHITE TEA BLEND, CONTAINING 80 mg CAFFEINE, KOREAN GINSENG, RHODIOLA, D-RIBOSE, CITRIC ACID, MALIC ACID), PROPRIETARY PHYTOCHEMICAL BLEND (ACEROLA EXTRACT, GRAPE SEED EXTRACT, OLIVOL®, ALOE VERA EXTRACT, POMEGRANATE, AND NATURAL VEGETABLE JUICE) NATURAL FLAVORS, POTASSIUM SORBATE, CHOLINE CHLORIDE, COENZYME Q10, ULTRA TRACE MINERALS.  
OLIVOL OLIVE-FRUIT EXTRACT IS PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

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

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

CM\_00014

\*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 DIFFERENCE

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 phytonutrients known to be beneficial to health and metabolism.\*

ITEM #139

DIRECTIONS: ADD ONE (1) PACKET PER DAY TO 14-16 OZ OF WATER OR TO TASTE.

## NUTRITION FACTS

SERVING SIZE: ONE PACKET (4.25 g)  
SERVINGS PER CONTAINER: 14

AMOUNT PER SERVING	%DV*
CALORIES	10
TOTAL CARBOHYDRATE	2 g 1%
SUGARS	2 g †
CALCIUM (AS CALCIUM CARBONATE)	35 mg 4%
RHODIOLA EXTRACT (RHODIOLA ROSEA, ROOT)	200 mg †
WHITE, BLACK, AND GREEN TEA EXTRACT BLEND CONTAINING 80 mg CAFFEINE (CAMELLIA SINENSIS HUNT, LEAVES)	700 mg †
CITRIC ACID	450 mg †
MALIC ACID	150 mg †
KOREAN GINSENG EXTRACT (PANAX GINSENG, ROOT)	100 mg †

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

OTHER INGREDIENTS: CRYSTALLINE FRUCTOSE, HONEY POWDER, NATURAL FLAVORS, STEVIA.

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

WR139.010002

Diet/Energy



## Sensé™

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

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



# 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.



ITEM #300

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

Dermatologist/Allergy/Clinically Tested.



ITEM #301

Ingredients: Water (Aqua), SD Alcohol 40-B, Glycerin, Polysorbate 20, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Magnesium Ascorbyl Phosphate, Allantoin, Disodium EDTA, Panthenol, Pentylene Glycol, Sclerotium Gum, Glyceryl Laurate, Sodium PCA, Undecylenoyl Glycine, Capryloyl Glycine, Glycine, Proline, Glycine Soja (Soybean) Protein, Tetrahexyldecyl Ascorbate, Camellia Sinensis Leaf Extract, Centella Asiatica Extract, Echinacea Angustifolia Extract, Quillaja Saponaria Bark Extract, Salvia Sclarea (Clary) Extract, Vitis Vinifera (Grape) Fruit Extract, Yucca Schidigera Root Extract, Diisopropyl Dimer Dilinoleate, Sea Salt, Tocopheryl Acetate, Calcium PCA, Butylene Glycol, Magnesium PCA, Manganese PCA, Retinyl Palmitate, Tocopherol, Oryzanol, Fragrance (Parfum)

Dermatologist/Allergy/Clinically Tested.



ITEM #302

### Drug Facts

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

### Uses

Helps Prevent Sunburn. If used as directed with other sun protection measures, decreases the risk of skin cancer and early skin aging caused by the sun.

### Warnings

See external box for warnings.

### Directions

Smooth moisturizer onto skin every morning and liberally before sun exposure. Avoid eye area.

### Inactive Ingredients

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

# Night Renewal Crème

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



ITEM #303

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

Dermatologist/Allergy/Clinically Tested.

ITEM #304



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

Dermatologist/Allergy/Clinically Tested.

ITEM #305



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

Dermatologist/Allergy/Clinically Tested.

## THE ENHANCERS Serum Intensive

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

## 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.



ITEM #306

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

# Rice Bran Polisher

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



ITEM #307

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

Dermatologist/Allergy/Clinically Tested.

# Nutritious Crème Masque

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



ITEM #308

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

Dermatologist/Allergy/Clinically Tested.

# SENSE™ BODY CARE

## Energizing Shower Gel

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



ITEM #311

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

## Revitalizing Shampoo

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



ITEM #312

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

## Nourishing Conditioner

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



ITEM #313

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

# Firming Body Nourisher

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



ITEM #314

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

# Intensive Hand Therapy

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



ITEM #315

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

# 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.

ITEM #399

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







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