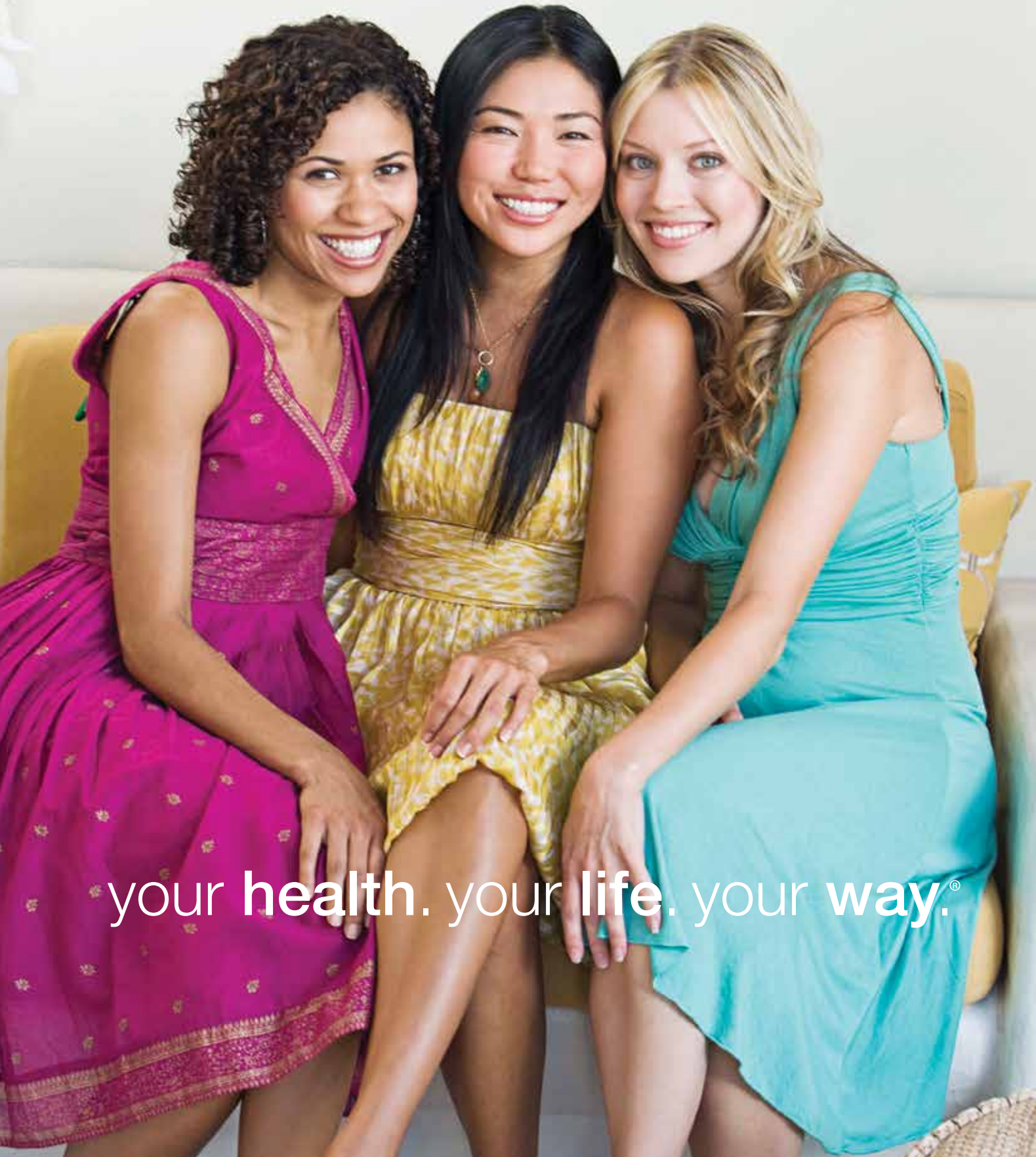




your health. your life. your way.®



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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 - Energizing Shower Gel
 - Revitalizing Shampoo
 - Nourishing Conditioner
 - Firming Body Nourisher
 - Intensive Hand Therapy
 - Natural 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 in Salt Lake City, Utah.

Take Charge of Your Health

Life is full of choices. There are the big ones, such as where to live, what career to pursue, and who you want to share your life with. But there are also other choices you make on a daily basis that may not seem quite as important: Will I exercise today? Do I have time for breakfast? Should I take the elevator or stairs? And what's for dinner?

We don't always think about how our day-to-day decisions can change our long-term health, but the impact is undeniable. The key to living your best life lies in your ability to make the healthiest choices you can, day after day, week after week. So what choices are you making today?

Your answer to that question directly affects your ability to live your life to its greatest potential.

USANA is your solution. We manufacture science-based products that make a healthier lifestyle easier to attain. Our quick, convenient, and tasty meal replacements and snacks leave you with no excuse for not eating right. Our high-quality supplements help fill in the gaps left in your diet with the right balance of vitamins, minerals, and antioxidants to support your health. To top it off, we supply a skin care line complete with self-preserving technology, so you can feel good about the products you use to nurture your skin.

We want to make it easier for you to make healthier choices. Because when you don't have to worry about your health, you can get out there and live your life.

"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, labelled levels of potency."

—Dr. Myron Wentz



Innovations Based on Sound Science

USANA's founder, Myron Wentz, Ph.D., created this science-based company because he had a vision of a world free from pain and suffering. A world free from disease. And he knew science could help him bring his vision to life. That vision has been carried on by each and every one of our 60+ scientists (and every single employee and USANA business owner since 1992). From researching new ingredients to constantly tweaking and improving even the most tried and true formulas, our scientists look at the needs of human cells, where health begins, and design products to meet those cellular needs.



Our commitment to quality goes beyond the formulas we create. We manufacture most of our products in our own manufacturing facilities so we can control the entire process, from raw ingredient to finished supplement. John Cuomo, Ph.D., USANA's executive director of product development and technology, explains, "The main reason to manufacture our products in-house is so we can control the process at every step. This is our house. This is our business. And nobody else is going to take care of it if we don't."

In addition to our own high standards of manufacturing, a variety of government agencies conduct periodic inspections of our facilities, requiring strict control of procedures and documentation. Our Salt Lake City, Utah, facility is certified to be in compliance with Good Manufacturing Practices (GMP) requirements set forth in NSF/ANSI Standard 173-2012, Dietary Supplements by NSF International, and it also became a registered FDA Drug Establishment in 2011. All components of the manufacturing process are evaluated and inspected according to strict GMP requirements issued by the FDA.



Front row from left to right: Brian Dixon, Ph.D.; Sean Surbeck; John Cuomo, Ph.D.; Michael Fuhrman, DC
 Second row from left to right: Cory Telford; Jenna Templeton; Howard Goldfine; Armando Vasquez
 Back row from left to right: Erik Schneider, MS; Austin Winegar; Jeremy Tian, Ph.D., MD; Mark Brown, Ph.D.; Jim Eng; Mark Levy, Ph.D.
 Not pictured: Keijun Koh; Toni McKinnon, RN, CCRP; Russ Barton, MS, CNS, CISSN; Kim Nguyen

Partners in Health

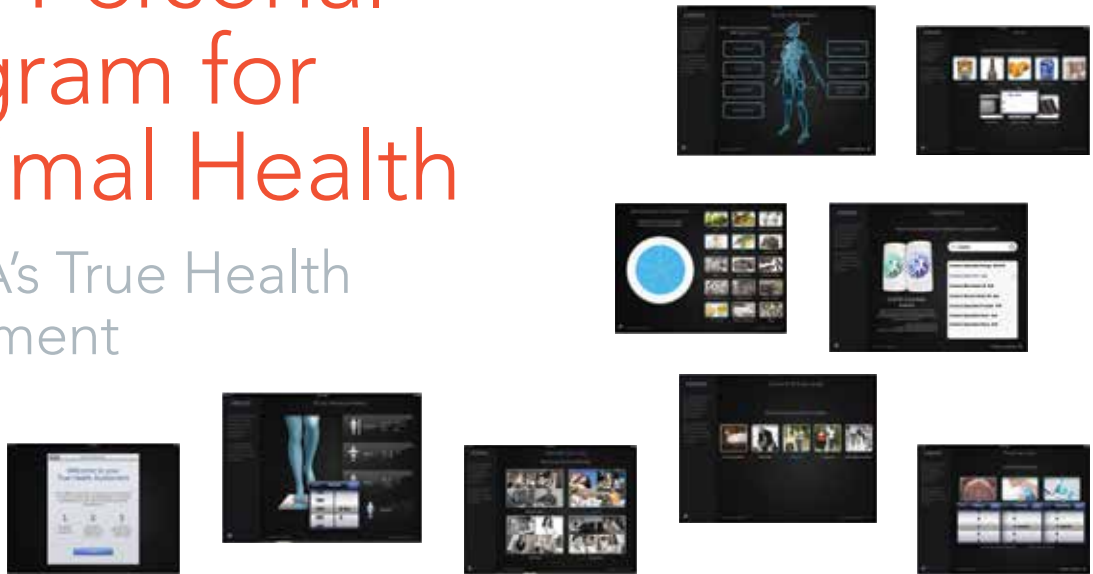
Our commitment to research doesn't stop after we leave our building. USANA collaborates with prominent institutions to advance the world's understanding of the effects of nutrition on health. In addition, USANA's in-house team works closely with our Scientific Advisory Council, a board comprised of top health experts, to get valuable insights into product applications and efficacy, as well as feedback on how best to promote human health.

Scientific Advisory Council

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

Your Personal Program for Optimal Health

USANA's True Health Assessment



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

Optimal Health by Design

Start with the **USANA® Essentials™** daily vitamin, mineral, and antioxidant supplement 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 **USANA® Nutritionals** help you fill nutrient gaps and address your personal health concerns.
- **USANA® Foods** support healthy eating, making them a great foundation for overall well-being as well as healthy weight management.
- **Rev3 Energy™** provides a healthier alternative to crash-and-burn energy drinks, so you can get through your day focused and revitalized.

- **Sensé™** skin care products, with patented Self-Preserving Technology, are designed to help reverse visible signs of aging and help keep you looking as young as you feel.

Assess Yourself

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

Now that you know how to get on the right track, you can use the **True Health Companion**, a web health management system, to help you monitor your health goals and progress. With this extra support, you'll never forget to make your health a priority.





Jenna Templeton,
USANA R&D lab associate.

ASSOCIATE WITH SMART.

SCIENTISTS ARE SMART.


Smart is good. But you don't have to be a scientist to be smart. Just be curious. Strive for knowledge. Learn. And associate with smart.


Have smart friends. Like USANA's scientists. They're smart. They partner with research institutions across the country to discover what our bodies need to be healthy. Then, they turn that knowledge into award-winning nutritional products for you and hundreds of thousands of people in USANA's ever-expanding global markets.

BE SMART. OR, AT LEAST, ASSOCIATE WITH SMART.

Visit USANA.com.




























Your Health Recommendations at a Glance

1 Start with your Essentials. 

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

3 Choose products tailored to your interests.

Palmetto Plus™ PhytoEstrin™

	 Cardiovascular health	 Brain & mental function	 Immunity	 Mobility (bone, joint, strength)	 Eye health & vision	 Healthy weight	 Digestion/ Detox	 Healthy skin
 BiOmega™	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Poly C®	Generally recommended, as needed	Generally recommended, as needed	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Vitamin D	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Optomega®	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Proflavanol® C ¹⁰⁰	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 CoQuinone™ 30 & 100	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Active Calcium Plus™	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Active Calcium™ Chewable	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Procosa®	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Ginkgo-PS™	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Visionex™	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Pure Rest™	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 USANA® Probiotic	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Digestive Enzyme	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Hepa Plus®	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Fibergy® Plus	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Nutrimeal™	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 Snacks and Bars	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended
 RESET™ Kit	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended	Strongly recommended

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

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



Essentials™

Helping you build a strong foundation for exceptional health, the Essentials provide a comprehensive spectrum of the necessary vitamins and minerals adults need every day for optimal health and energy levels.



Essentials

MultiMineral Plus



Top-rated daily mineral supplement for adults

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

THE BENEFITS OF MULTIMINERAL PLUS

Everyone knows the importance of vitamins to help support good health, but minerals are just as vital. Minerals and trace elements represent less than one half of one per cent of the total nutrients we consume every day. Without them, though, our bodies would be unable to function. Minerals balance and regulate our body chemistry, build teeth and bones, help efficiently metabolize nutrients, and provide antioxidant support. Many vitamins and enzymes also need a mineral co-factor to function properly. Each mineral plays many roles in the body.

THE SCIENCE OF MULTIMINERAL PLUS

Instead of adhering to recommended daily values, the levels of micronutrients in MultiMineral Plus are based on cutting-edge research, providing doses that often exceed those of standard minerals. This formula provides minerals in the right amounts for optimal cellular performance.

Each mineral in MultiMineral Plus plays an integral part in helping your body run at optimal levels—especially when combined with bioavailable vitamins and antioxidants:

CALCIUM

The most common mineral in the body, calcium is essential for healthy bones and teeth. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

MAGNESIUM

Because it helps regulate calcium levels, magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 60–70 per cent of the body's magnesium is found. It is involved in the metabolism of carbohydrates and amino acids, necessary for energy production, and it plays an important role in neuromuscular contractions. Every organ, including the lungs, kidneys, and heart, needs a proper balance of magnesium to function optimally.

IODINE

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

ZINC

A component of hundreds of enzymes, zinc is involved in carbohydrate, fat, and protein metabolism. It is important for insulin production and hormone function. Zinc also helps in connective tissue formation, helps maintain healthy skin, promotes healthy immune function and healthy vision, and supports normal fetal growth.

SELENIUM

Selenium is an antioxidant for the maintenance of good health.

COPPER

Copper helps produce and repair connective tissue, and it helps form red blood cells.

MANGANESE

Important for fat and carbohydrate metabolism, manganese is necessary for maintaining a healthy, normal blood-glucose balance as well as proper brain function. It is an important co-factor in the production of glycosaminoglycans, compounds that make up cartilage and connective tissues, bones, arteries, and other organs.

ITEM #102

RECOMMENDED USE: PROVIDES MINERALS FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ :** FOURNIT DES MINÉRAUX POUR L'ENTRETIEN D'UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: TAKE TWO (2) TABLETS TWICE DAILY WITH FOOD. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE DEUX (2) COMPRIMÉS DEUX FOIS PAR JOUR, AVEC DE LA NOURRITURE. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

TWO TABLETS CONTAIN: MEDICINAL INGREDIENTS	DEUX COMPRIMÉS CONTIENNENT : INGRÉDIENTS MÉDICINAUX
CALCIUM (CITRATE, CARBONATE)	135 mg
MAGNESIUM (CITRATE, HVP* CHELATE)	150 µg
IODINE (POTASSIUM IODIDE)	150 µg
ZINC (CITRATE)	10.05 mg
SELENIUM (SELENOMETHIONINE, HVP* CHELATE)	100.5 µg
COPPER (GLUCONATE)	1 mg
MANGANESE (GLUCONATE)	2.5 mg
CHROMIUM (POLYNICOTINATE, PICOLINATE)	150 µg
MOLYBDENUM (CITRATE)	25.05 µg
SILICON (HVP* CHELATE)	2 mg
VANADIUM (CITRATE)	20 µg
BORON (CITRATE)	1.5 mg

(*HYDROLYSED VEGETABLE PROTEIN / *PROTÉINES VÉGÉTALES HYDROLYSÉES)
NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, STARCH, SILICON DIOXIDE, DEXTRIN, RICE PROTEIN, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SEA SALT, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX : CELLULOSE MICROCRYSTALLINE, HYDROXYPROPYLCELLULOSE, CROSCARMELLOSE SODIUM, PALMITATE D'ASCORBYLE, AMIDON, DIOXYDE DE SILICIUM, DEXTRINE, PROTÉINÉ DE RIZ, EXTRAIT DE VANILLE, DEXTROSE, LÉCITHINE DE SOJA, SEL DE MER, CITRATE DE SODIUM.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGÉNÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

FOR ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. DO NOT TAKE IF YOU ARE PREGNANT OR NURSING. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A HISTORY OF NON-MELANOMA SKIN CANCER, HAVE BEEN DIAGNOSED WITH ESTROGEN-DEPENDENT CANCER OR OTHER MEDICAL CONDITION, OR ARE TAKING A PRESCRIPTION DRUG. CONSULT YOUR PHYSICIAN FOR USE BEYOND 6 MONTHS. / POUR ADULTES SEULEMENT. GARDER HORS DE LA PORTÉE DES ENFANTS. N'UTILISEZ PAS CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITEZ. CONSULTEZ VOTRE MÉDECIN AVANT DE PRENDRE CE PRODUIT SI VOUS AVEZ DES ANTÉCÉDENTS DE CANCER DE LA PEAU NON-MÉLANOME, REQU UN DIAGNOSTIC DE CANCER LIÉ À L'ŒSTROGÈNE OU POUR TOUT AUTRE PROBLÈME DE SANTÉ, OU SI VOUS PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE. CONSULTEZ VOTRE MÉDECIN POUR UNE UTILISATION AU-DELÀ DE 6 MOIS.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

USANA HEALTH SCIENCES, INC. SALT LAKE CITY, UTAH 84120
DISTRIBUTED BY: / DISTRIBUÉ PAR : USANA CANADA COMPANY
80 INNOVATION DRIVE, WOODBRIDGE, ONTARIO L4H 0T2

STORE BELOW 25° C / CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25° C

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LB 00055

CHROMIUM

Chromium provides support for healthy glucose metabolism and helps the body metabolize carbohydrates and fats.

MOLYBDENUM

Molybdenum helps the body metabolize proteins.

THE USANA DIFFERENCE

Because it is one half of the **USANA® Essentials™**—the top-rated supplements in the world—MultiMineral Plus is the best mineral supplement to protect your health. Formulated by a team of experts using highly bioavailable forms of each nutrient, the USANA Essentials surpass virtually every competitor for completeness, potency, and quality. USANA also makes the Essentials in our own state-of-the-art facilities, which allows us to oversee the entire production cycle to ensure that our products deliver only the safest, most effective formulas for you and your family.



Essentials

Mega Antioxidant



Top-rated daily vitamin and antioxidant supplement for adults

Mega Antioxidant supplies precisely balanced levels of high-quality, highly bioavailable vitamins and antioxidants that work together to protect your health. For best results, Mega Antioxidant should be taken with **MultiMineral Plus**.

THE BENEFITS OF MEGA ANTIOXIDANT

As a well-rounded multivitamin supplement, Mega Antioxidant contains a broad range of vitamins and antioxidants that work together to help each of the body's cells function properly. The formula includes all eight B vitamins, several of which are involved in energy metabolism, helping to convert the carbohydrates, fats, and proteins we eat into fuel for our cells.

The micronutrients in Mega Antioxidant benefit nearly all the body systems, including the immune system. Many of the key components have multiple benefits. For example, in addition to providing antioxidant protection, vitamin C supports health maintenance for bones, connective tissue, and metabolism.

THE SCIENCE OF MEGA ANTIOXIDANT

Instead of adhering to recommended daily values, the levels of micronutrients in Mega Antioxidant are based on cutting-edge research, providing doses that often exceed those of standard multivitamins. This formula provides vitamins and antioxidants in the right amounts for optimal cellular performance.

Antioxidants protect the integrity of our cells, which impacts every part of our body. Mega Antioxidant provides advanced levels of a wide range of antioxidants:

- Vitamins C and E, along with beta carotene (which naturally converts into vitamin A only as needed, providing the benefits of vitamin A without the risk of toxicity), are each powerful antioxidants that also reinforce the activity of the others.
- Flavonoids and phenolic compounds, which are abundant in fruits and vegetables, are found in USANA's unique bioflavonoid complex, which includes quercetin, rutin, hesperidin, green tea, bilberry, pomegranate, and cinnamon—plus turmeric. This complex helps provide antioxidant activity for the maintenance of good health.
- Certain polyphenolic antioxidants found in olives are not present in other common dietary sources. They are structurally distinct from the bioflavonoids and other antioxidants found in fruits and vegetables. These antioxidants are found in USANA's patented Olivol™ olive-fruit extract.

Mega Antioxidant also offers broad, balanced nutritional support for many aspects of optimal health:

CARDIOVASCULAR HEALTH

- Folate and vitamin B12 help form red blood cells.

METABOLISM

- Biotin, niacin, riboflavin, thiamine, vitamin B6, and vitamin B12 help the body metabolize fats, proteins, and carbohydrates.
- Vitamin C helps the body metabolize fats and proteins.

VISION

- Beta carotene is a source of vitamin A to help in the development and maintenance of eyesight, including night vision.

IMMUNITY

- Beta carotene is a source of vitamin A to help maintain immune function.

ITEM #103

RECOMMENDED USE: PROVIDES VITAMINS AND ANTIOXIDANTS FOR THE MAINTENANCE OF GOOD HEALTH / **UNE BONNE SANTE.**

USAGE RECOMMANDE: FOURNIT DES VITAMINES ET ANTIOXYDANTS POUR PRESERVER UNE BONNE SANTE. **RECOMMENDED ADULT DOSE:** TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH MEALS PROVIDING PROTEIN. / **DOSE RECOMMANDEE POUR ADULTES:** PRENDRE DEUX (2) COMPRIMES DEUX FOIS PAR JOUR AVEC REPAS FOURNISSANT DES PROTEINES.

TWO TABLETS CONTAIN:	INGREDIENTS MEDICINAUX
MEDICINAL INGREDIENTS	INGREDIENTS MEDICINAUX
BETA CAROTENE (PROVITAMIN A, 1.5 mg RAE**) 3 mg	BETA-CAROTENE (PROVITAMINE A, 1.5 mg EAR**) 3 mg
VITAMIN C (POLY C ⁺ —CALCIUM POTASSIUM ASCORBATE) 650 mg	VITAMINE C (POLY C ⁺ —ASCORBATES DE CALCIUM, POTASSIUM, MAGNESIUM ET ZINC; PALMITATE D'ASCORBATE) 650 mg
MAGNESIUM AND ZINC ASCORBATES	POTASSIUM, MAGNESIUM ET ZINC; PALMITATE D'ASCORBATE
ASCORBYL PALMITATE 400 IU	VITAMINE D3 (10 µg, CHOLECALCIFEROL) 200 IU
VITAMIN D3 (10 µg, CHOLECALCIFEROL) 200 IU	VITAMINE E (133.8 mg AT, D-ALPHA TOCOPHERYL SUCCINATE) 5 mg
VITAMIN E (133.8 mg AT, D-ALPHA TOCOPHERYL SUCCINATE) 5 mg	VITAMINE K1 (PHYLOQUINONE) 17 mg
VITAMIN K1 (PHYLOQUINONE) 17 mg	VITAMINE B1 (THIAMINE HYDROCHLORIDE) 13.5 mg
VITAMIN B1 (THIAMINE HYDROCHLORIDE) 13.5 mg	VITAMINE B2 (RIBOFLAVIN) 5 mg
VITAMIN B2 (RIBOFLAVIN) 5 mg	NIACIN 15 mg
NIACIN 15 mg	NIACINAMIDE 16 mg
NIACINAMIDE 16 mg	VITAMIN B6 (CHLORHYDRATE DE PYRIDOXINE) 500 µg
VITAMIN B6 (CHLORHYDRATE DE PYRIDOXINE) 500 µg	FOLIC ACID 100 µg
FOLIC ACID 100 µg	VITAMIN B12 (CYANOCOBALAMIN) 150 µg
VITAMIN B12 (CYANOCOBALAMIN) 150 µg	BIOTIN 45 mg
BIOTIN 45 mg	PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE) 15 mg
PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE) 15 mg	OLIVE FRUIT EXTRACT* (OLEA EUROPAEA) 17 mg
OLIVE FRUIT EXTRACT* (OLEA EUROPAEA) 17 mg	MIXED NATURAL TOCOPHEROLS 60 mg
MIXED NATURAL TOCOPHEROLS 60 mg	RUTIN 12 mg
RUTIN 12 mg	QUERCETIN DIHYDRATE 7.5 mg
QUERCETIN DIHYDRATE 7.5 mg	HESPERIDIN 7.5 mg
HESPERIDIN 7.5 mg	GREEN TEA LEAF EXTRACT (CAMELLIA SINENSIS) 5 mg
GREEN TEA LEAF EXTRACT (CAMELLIA SINENSIS) 5 mg	POMEGRANATE FRUIT EXTRACT (PUNICA GRANATUM) 2 mg
POMEGRANATE FRUIT EXTRACT (PUNICA GRANATUM) 2 mg	CINNAMON BARK EXTRACT (CINNAMOMUM CASSIA) 500 µg
CINNAMON BARK EXTRACT (CINNAMOMUM CASSIA) 500 µg	BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS) 75 mg
BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS) 75 mg	INOSITOL 50 mg
INOSITOL 50 mg	CHOLINE BITARTRATE 10 mg
CHOLINE BITARTRATE 10 mg	DL-ALPHA-LIPOIC ACID 4.9 mg
DL-ALPHA-LIPOIC ACID 4.9 mg	COENZYME Q10 (UBIQUINONE) 7.5 mg
COENZYME Q10 (UBIQUINONE) 7.5 mg	TURMERIC ROOT EXTRACT (CURCUMA LONGA) 300 µg
TURMERIC ROOT EXTRACT (CURCUMA LONGA) 300 µg	LUTEN ESTERS 500 µg
LUTEN ESTERS 500 µg	LYCOPENE 500 µg
LYCOPENE 500 µg	

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, DEXTRIN, SILICON DIOXIDE, MODIFIED FOOD STARCH, DEXTROSE, SOY LECITHIN, CORN STARCH, SODIUM CITRATE, SODIUM ASCORBATE, DL-ALPHA-TOCOPHEROL, / **INGREDIENTS NON MEDICINAUX:** CELLULOSE MICROCRISTALLINE, AMIDON PRÉGÉLATINISÉ, CROSCARMELOSE SODIQUE, DEXTRINE, DIOXYDE DE SILICUM, AMIDON ALIMENTAIRE MODIFIÉ, DEXTROSE, LÉCITHINE DE SOJA, AMIDON DE MAÏS, CITRATE DE SODIUM, ASCORBATE DE SODIUM, DL-ALPHA-TOCOPHÉROL.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE: CANCER, AN IRON DEFICIENCY, GALLSTONES OR A BILE DUCT OBSTRUCTION, STOMACH ULCERS OR EXCESS STOMACH ACID, CYSTINURIA, A LIVER DISORDER OR DEVELOP SYMPTOMS OF LIVER TROUBLE (SUCH AS ABDOMINAL PAIN, DARK URINE OR JAUNDICE). CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE TAKING: BLOOD THINNERS, BLOOD PRESSURE MEDICATION, NITROGLYCERIN, OR ANTIBIOTICS. HYPERSENSITIVITY, E.G. ALLERGY, MAY OCCUR, IN WHICH CASE DISCONTINUE USE. DO NOT USE IF YOU ARE ALLERGIC TO PLANTS OF THE ASTERACEAE/COMPOSITAE/DIASY FAMILY. PEOPLE SENSITIVE TO NICOTINIC ACID MAY EXPERIENCE FLUSHING OF THE SKIN THAT IS GENERALLY MILD AND TRANSIENT. CONSULT A PHYSICIAN FOR USE BEYOND 6 MONTHS. / GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MEDECIN SI VOUS ETES ENCEINTE, ALLATEZ, PRENEZ UN MEDICAMENT DELIVRE SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLEME DE SANTE. CONSULTEZ AUSSI VOTRE MEDECIN AVANT D'UTILISER CE PRODUIT SI VOUS AVEZ RECU UN DIAGNOSTIC DE CANCER OU SI VOUS SOUFFREZ D'UN DES PROBLEMES SUIVANTS : CARENCE EN FER, CALCULS BILIAIRES, OBSTRUCTION DES VOIES BILIAIRES, ULCERE D'ESTOMAC, EXCES D'ACIDE GASTRIQUE, CYSTINURIE, TROUBLE HEPATIQUE OU SYMPTOMES DE TROUBLE HEPATIQUE (PAR EX. : DOULEUR ABDOMINALE, URINE FONCEE OU JAUNISSE). CONSULTEZ VOTRE MEDECIN AVANT D'UTILISER CE PRODUIT SI VOUS PRENEZ UN ANTICOAGULANT, UN ANTIHYPERTENSEUR, DE LA NITROGLYCERINE OU UN ANTIBIOTIQUE. CESSEZ D'UTILISER CE PRODUIT EN CAS D'HYPERSENSIBILITE, PAR EXEMPLE UNE ALLERGIE. NE PAS UTILISER CE PRODUIT EN CAS D'ALLERGIE AUX PLANTES DE LA FAMILLE DES ASTERACEES / COMPOSEES / MARGUERITES. LES PERSONNES SENSIBLES A L'ACIDE NICOTINIQUE PEUVENT AVOIR DE LEGERES ROUGEURS CUTANEEES PASSAGERES. CONSULTEZ UN MEDECIN POUR UNE UTILISATION AU-DELA DE SIX MOIS.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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LB 00083

BONE HEALTH

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

TISSUE FORMATION

- Pantothenic acid, riboflavin, and vitamin B6 help in tissue formation.
- Vitamin C helps in connective tissue formation and helps support healthy cartilage.

BRAIN AND NERVE FUNCTION

- Folate helps reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.

SKIN, HAIR, NAILS

- Beta carotene is a source of vitamin A to help maintain skin.

THE USANA DIFFERENCE

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

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HealthPak™

A selection of core supplements pre-packed in convenient AM and PM pouches



The USANA HealthPak is your comprehensive nutritional supplementation in convenient, daily packs.

THE BENEFITS OF HEALTHPAK

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

- The USANA® Essentials™, Mega Antioxidant and MultiMineral Plus
• Active Calcium Plus™, a comprehensive bone health supplement
• AO Booster™, advanced antioxidant protection and HealthPak exclusive

One of the most important aspects of achieving your optimal health is maintaining consistent, healthy levels of nutrients in your body. HealthPak makes it easy for you to get the full range of nutrients you need every day to support your entire body, including your immune system, bones, eyes, and skin.

THE SCIENCE OF HEALTHPAK

The AO Booster supplement, available exclusively in HealthPak, contains a blend of power-packed antioxidants, including resveratrol. Resveratrol is a polyphenolic compound found in berries, grape skin, and red wine.

Learn more about Mega Antioxidant (page 14), MultiMineral Plus (page 12), and Active Calcium Plus (page 30) on their respective pages.

THE USANA DIFFERENCE

Because it includes the Essentials—the top-rated supplements in the world—HealthPak provides the best multivitamin/mineral and antioxidant supplements to protect your health every day. Additional calcium boosts support for bone health, and with the enhanced antioxidant benefits of the unique AO Booster, HealthPak provides all the basic nutrition you need. The individually wrapped pouches make it easier than ever to stay consistent with your nutritional regimen, so you can be at your best every day.

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ITEM # 100

RECOMMENDED USE: PROVIDES VITAMINS, ANTIOXIDANTS AND MINERALS FOR THE MAINTENANCE OF GOOD HEALTH. / USAGE RECOMMANDEE: FOURNIT DES VITAMINES, ANTIOXIDANTS ET MINERAUX POUR PRESERVER UNE BONNE SANTE.

RECOMMENDED ADULT DOSE: TAKE ONE PACKET IN THE MORNING AND ONE PACKET IN THE EVENING. PREFERABLY WITH MEALS. / DOSE RECOMMANDEE POUR ADULTES: PRENDRE UN SACHET LE MATIN ET UN SACHET LE SOIR, DE PREFERENCE AVEC UN REPAS.

EACH PACKET CONTAINS: / CHAQUE EMBALLAGE CONTIENT:

Table listing MEDICINAL INGREDIENTS and NON-MEDICINAL INGREDIENTS with their respective amounts in mg, µg, IU, or µg.

FOR ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE TAKING A PRESCRIPTION DRUG OR HAVE A MEDICAL CONDITION. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE BEEN DIAGNOSED WITH ESTROGEN-DEPENDENT CANCER, CANCER, AN IRON DEFICIENCY, GALLSTONES OR A BILE DUCT OBSTRUCTION, STOMACH ULCERS OR EXCESS STOMACH ACID, CYSTITIS, A LIVER DISORDER OR DEVELOP SYMPTOMS OF LIVER TROUBLE (SUCH AS ABDOMINAL PAIN, DARK URINE OR JAUNDICE). CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE TAKING BLOOD THINNERS, BLOOD PRESSURE MEDICATION, NITROGLYCERIN, OR ANTIBIOTICS. HYPERSENSITIVITY, E.G. ALLERGY, MAY OCCUR, IN WHICH CASE DISCONTINUE USE. DO NOT USE IF YOU ARE ALLERGIC TO PLANTS OF THE ASTERACEAE/COMPOSITAE/Daisy FAMILY. DO NOT TAKE IF YOU ARE PREGNANT OR NURSING. SOME PEOPLE MAY EXPERIENCE DIARRHEA. PEOPLE SENSITIVE TO NICOTINIC ACID MAY EXPERIENCE FLUSHING OF THE SKIN THAT IS GENERALLY MILD AND TRANSIENT. CONSULT A PHYSICIAN FOR USE BEYOND 6 WEEKS. / POUR ADULTES SEULEMENT. GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MEDECIN SI VOUS PRENEZ UN MEDICAMENT DELINEUR SUR ORDONNANCE OU SI VOUS AVEZ UN PROBLEME DE SANTE. CONSULTEZ VOTRE MEDECIN AVANT D'UTILISER CE PRODUIT SI VOUS AVEZ RECU UN DIAGNOSTIC DE CANCER LIE AUX GONADINES OU DE CANCER, OU SI VOUS SOUFFREZ D'UN DES PROBLEMES SUIVANTS: CARCINOME EN FER, CALCULS BILIAIRES, OBSTRUCTION DES VOIES BILIAIRES, ULCERE D'ESTOMAC, CYCITE D'ACIDE GASTRIQUE, CYSTITIS, TROUBLE HEPATIQUE OU SYMPTOMES DE TROUBLE HEPATIQUE (PAR EX.: DOULEUR ABDOMINALE, URINE FONCEE OU JAUNISSE). CONSULTEZ VOTRE MEDECIN AVANT D'UTILISER CE PRODUIT SI VOUS PRENEZ UN ANTICOAGULANT, UN ANTYHYPERTENSEUR, DE LA NITROGLYCERINE OU UN ANTIBIOTIQUE. CESSEZ D'UTILISER CE PRODUIT EN CAS D'HYPERSENSIBILITE, PAR EXEMPLE UNE ALLERGIE, NE PAS UTILISER CE PRODUIT EN CAS D'ALLERGIE AUX PLANTES DE LA FAMILLE DES ASTERACEES / COMPOSEES / MARGUERITES. NE PAS UTILISER CE PRODUIT SI VOUS ETES GRENTE OU ALLAITÉ. CERTAINES PERSONNES POURRAIENT SOUFFRIR DE DIARRHÉE. LES PERSONNES SENSIBLES A L'ACIDE NICOTINIQUE PEUVENT AVOIR DE LEGERES ROUGEURS CUTANÉES PASSAGÈRES. CONSULTEZ UN MEDECIN POUR UNE UTILISATION AU-DELA DE SIX SEMAINES.

*HYDROLYSED VEGETABLE PROTEIN / *PROTEINES VEGETALES HYDROLYSEES
**USANA OLIVOL™ PROTECTED UNDER US PATENTS 6,358,542 AND 6,361,803. / **OLIVOL™ D'USANA, MARQUE PROTEGE EN VERTU DES BREVETS AMERICAINS 6,358,542 OU 6,361,803.
STORE IN COOL, DRY CONDITIONS (BELOW 23° C (73° F))
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EX 001/08



The Best Nutrition for Your Family

Research shows that many young adults do not get the nutrition they need, and their poor nutrition can lead to health problems later in life.

To provide their bodies with adequate amounts of the essential nutrients, young adults and their parents should follow a well-balanced, proactive nutritional plan that includes high-quality vitamin and mineral supplementation. These supplements are also an excellent option to meet the needs of individuals who may prefer a unique delivery form for their supplements.



Family

Body Rox™



Complete daily vitamin, mineral, and antioxidant supplement

The **Body Rox** supplement is specially formulated to help fill the gaps in a poor diet and help meet certain nutritional needs.

THE BENEFITS OF BODY ROX

Establishing healthy dietary habits that will last for a lifetime and getting optimal nutrition are especially important for young adults. And while there is no substitute for a balanced diet, Body Rox is a convenient way to ensure that they are getting the nutrients they need to perform at their 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

In addition to helping normal growth and development, proper nutrition is the key to staying energized throughout the entire day. Body Rox is an exceptional formula to ensure daily nutrient requirements are met. Many of the nutrients in Body Rox are essential for energy production because they help turn the foods we eat into useable fuel by supporting protein, fat, carbohydrate, and glucose metabolism.

The ingredients in Body Rox also support the needs of athletes. In addition to providing antioxidants for the maintenance of good health, it also helps in the development and maintenance of bones and helps to maintain proper muscle function. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may also reduce the risk of developing osteoporosis later in life. Body Rox helps in connective tissue formation and the maintenance of cartilage, as well as in formation of red blood cells.

By providing consistent levels of optimal nutrition, Body Rox will also help keep the brain working at its best and will help maintain healthy skin and teeth. As a source of vitamin A, it also helps maintain eyesight.

THE USANA DIFFERENCE

In three tablets a day, USANA's Body Rox provides nutrients that young adults 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** formula. It also contains a generous amount of vitamin D to help prevent vitamin D deficiency, which has become increasingly common among young adults. And a tasty fruit-flavoured coating helps make swallowing each tablet just a little bit easier.

ITEM #104

RECOMMENDED USE: A BROAD-SPECTRUM VITAMIN AND MINERAL SUPPLEMENT FOR THE MAINTENANCE OF GOOD HEALTH. / USAGE RECOMMANDÉ: SUPPLÉMENT DE VITAMINES ET MINÉRAUX À SPECTRE LARGE POUR LE MAINTIEN D'UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: TAKE ONE (1) TABLET THREE TIMES A DAY, PREFERABLY WITH MEALS. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. / DOSE RECOMMANDÉE POUR ADULTES: PRENDRE TROIS (3) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

Table with 2 columns: MEDICAL INGREDIENTS and CHAQUE COMPRIMÉ CONTIENT: INGRÉDIENTS MÉDICINAUX. Lists various vitamins and minerals with their respective amounts.

*HYDROLYZED VEGETABLE PROTEIN / PROTÉINES VÉGÉTALES HYDROLYSÉES
NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELOSE SODIUM, HYDROXYPROPYLCELLULOSE, SILICON DIOXIDE, L-CYSTEINE HYDROCHLORIDE, DEXTRIN, CALCIUM SULFATE, LECITHIN, DEXTROSE, NATURAL MANGO FLAVOR, CARBOXYMETHYLCELLULOSE SODIUM, STEVIA REBAUDIANA LEAF, SODIUM CITRATE, / INGRÉDIENTS NON MÉDICINAUX: CELLULOSE MICRO-CRYSTALLINE, CROSCARMELOSE SODIQUE, HYDROXYPROPYLCELLULOSE, DIOXYDE DE SILICIUM, CALCIUM SULFATE, L-CYSTEINE, LÉCITHINE, SUCRATE DE CALCAIUM, LÉCITHINE, DEXTROSE, AROMÉ NATUREL DE MANGUE, CARBOXYMÉTHYLCELLULOSE SODIQUE, FEUILLE DE STEVIA REBAUDIANA, CITRATE DE SODIUM.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT OR BREASTFEEDING. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE GALLSTONES, A GILE DUCT OBSTRUCTION, STOMACH ULCERS, EXCESS STOMACH ACID, AN IRON DEFICIENCY, ARE TAKING ANTIPLATELET MEDICATION OR BLOOD THINNERS, OR IF YOU HAVE A LIVER DISORDER OR DEVELOP SYMPTOMS OF LIVER TROUBLE SUCH AS ABDOMINAL PAIN, DARK URINE, OR JAUNDICE. CONSULT YOUR PHYSICIAN FOR USE BEYOND ONE MONTH OR IF YOU ARE TAKING A PRESCRIPTION DRUG OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITIEZ. CONSULTEZ VOTRE MÉDECIN POUR UNE UTILISATION AU-DELÀ D'UN MOIS OU SI VOUS PRÉNEZ UN MÉDICAMENT. / D'UTILISER CE PRODUIT SI VOUS AVEZ UN TROUBLE AU NIVEAU DES SYMPTÔMES DE TROUBLES HÉPATIQUES (PAR EX. : DOULEUR ABDOMINALE, URINE FONCÉE OU JAUNISSE). CONSULTEZ AUSSI VOTRE MÉDECIN POUR UNE UTILISATION AU-DELÀ D'UN MOIS OU SI VOUS PRÉNEZ UN MÉDICAMENT DELIURE SUR ORDONNANCE OU SI VOUS AVEZ UN PROBLÈME DE SANTÉ.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE, QUALITÉ GARANTIE, CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHÉANT.
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***MERIVA® IS A TRADEMARK OF INDENA S.p.A. / MERIVA® EST UNE MARQUE DÉPOSÉE D'INDENA S.p.A.
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List of references including: Barringer TA, Kirk JK, Santaniello AC, Foley KL, Michielutte R. Effect of a multivitamin and mineral supplement on infection and quality of life. A randomized, double-blind, placebo-controlled trial. 2003. Ann Intern Med 138(5):365-71.
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Family
Usanimals™

Chewable daily vitamin, mineral, and antioxidant supplement



Usanimals, one of the **USANA® Essentials™** products, is an advanced formulation of important nutrients beneficial for the maintenance of good health.

THE BENEFITS OF USANIMALS

Many studies show that we do not receive the nutrition we need from our diets. Less than 25 per cent of us 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 our diet. 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 normal growth and development: biotin, niacin, riboflavin, thiamin, and vitamins B6 and B12 help the body metabolize fats, protein, and carbohydrates. Pantothenic acid, riboflavin, and vitamin B6 help in tissue formation. Folate and vitamin B12 help to form red blood cells, which transport oxygen and remove carbon dioxide from the body.

Vitamin C: Critical to maintaining good health, vitamin C supports many important functions and helps in the development and maintenance of cartilage. Vitamin C is also a source of antioxidants that helps maintain good health.

Vitamin D: Vitamin D is an important nutrient found in only a limited number of foods, and many people do not get adequate amounts. Many cells have vitamin D receptors and require it for healthy function. 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 in the maintenance of immune function.

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

Calcium: Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise may reduce the risk of developing osteoporosis.

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.

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

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 flavour with no artificial flavours or sweeteners.

ITEM #105

RECOMMENDED USE: A BROAD-SPECTRUM VITAMIN AND MINERAL SUPPLEMENT FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ:** SUPPLÉMENT DE VITAMINES ET MINÉRAUX À SPECTRE LARGE POUR LE MAINTIEN D'UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: CHEW 1-2 TABLETS DAILY, PREFERABLY WITH MEALS. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENEZ UN (1) OU DEUX (2) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS. PRENEZ QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

EACH TABLET CONTAINS:		CHAQUE COMPRIMÉ CONTIENT :	
MEDICINAL INGREDIENTS:		INGRÉDIENTS MÉDICINAUX	
BETA CAROTENE	2,500 IU	BÉTA-CAROTÈNE	
(1.5 mg. PROVITAMIN A)		(1.5 mg. PROVITAMINE A)	
VITAMIN C (ASCORBIC ACID, SODIUM ASCORBATE, ASCORBYL PALMITATE)	125 mg	VITAMINE C (ACIDE ASCORBIQUE, ASCORBATE DE SODIUM, PALMITATE D'ASCORBYLE)	
VITAMIN D3 (12.5 µg. CHOLECALCIFEROL)	500 IU	VITAMINE D3 (12.5 µg. CHOLÉCALCIFÉROL)	
VITAMIN E (34.2 mg AT, D-ALPHA TOCOPHERYL SUCCINATE)	50 IU	VITAMINE E (34.2 mg AT, SUCCINATE DE D-ALPHA TOCOPHÉROL)	
VITAMIN K1	20 µg	VITAMINE K1	
VITAMIN B1 (THIAMINE MONONITRATE)	1.25 mg	(MONONITRATE DE THIAMINE)	
VITAMIN B2 (RIBOFLAVIN)	1.25 mg	VITAMINE B2 (RIBOFLAVINE)	
NIACINAMIDE	10 mg	NIACINAMIDE	
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	1.25 mg	VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)	
FOLIC ACID (FOLATE)	200 µg	ACIDE FOLIQUE (FOLATE)	
VITAMIN B12 (CYANOCOBALAMIN)	20 µg	VITAMINE B12 (CYANOCOBALAMINE)	
BIOTIN	75 µg	BIOTINE	
PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE)	5 mg	ACIDE PANTOTHÉNIQUE (D-PANTOTHÉNATE DE CALCIUM)	
INOSITOL	15 mg	INOSITOL	
CALCIUM (WHEY MINERAL CONCENTRATE)	75 mg	CALCIUM (CONCENTRÉ DE MINÉRAUX DE LACTOSÉRUM)	
IODINE (POTASSIUM IODIDE)	50 µg	IODÉ (IODURE DE POTASSIUM)	
MAGNESIUM (CARBONATE)	25 mg	MAGNÉSIMUM (CARBONATE)	
ZINC (HPH* CHELATE)	5 mg	ZINC (CHÉLATE DE PPH*)	
SELENIUM (HPH* CHELATE)	25 µg	SÉLÉNIUM (CHÉLATE DE PPH*)	
COPPER (CITRATE)	375 µg	CUivre (CITRATE)	
MANGANESE (GLUCONATE)	500 µg	MANGANESE (GLUCONATE)	
CHROMIUM (NICOTINATE)	25 µg	CHROME (NICOTINATE)	
MOLYBDENUM (HPH* CHELATE)	12.5 µg	MOLYBDÈNE (CHÉLATE DE PPH*)	
IRON (FERROUS FUMARATE)	2 mg	FER (FUMARATE FERREUX)	

*HYDROLYZED VEGETABLE PROTEIN / PROTÉINES VÉGÉTALES HYDROLYSÉES
NON-MEDICINAL INGREDIENTS: D-FRUCTOSE, SUCROSE, HYDROXYPROPYLCELLULOSE, NATURAL FLAVOURS, XYLITOL, LECITHIN, WILD BERRY FLAVOUR, DEXTRIN, CITRIC ACID ANHYDROUS, BLACKBERRY FLAVOUR, RASPBERRY FLAVOUR, CRANBERRY FLAVOUR, BLUEBERRY FLAVOUR, CALCIUM SILICATE, SODIUM CHLORIDE, DL-MALIC ACID, DEXTROSE, STEVIA REBAUDIANA LEAF, CARBOXYMETHYLCELLULOSE SODIUM, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX: D-FRUCTOSE, SACHAROSE, HYDROXYPROPYLCELLULOSE, AROMES NATURELS, XYLITOL, LÉCITHINE, AROMÉ DE FRUITS DES CHAMPS, DEXTRINE, ACIDE CITRIQUE ANHYDRE, AROMÉ DE MÛRE, AROMÉ DE FRAMBOISE, AROMÉ DE CANNEBÈRE, AROMÉ DE BLEUET, SILICATE DE CALCIUM, CHLORURE DE SODIUM, ACIDE DL-MALIQUE, DEXTROSE, FEUILLE DE STEVIA REBAUDIANA, CARBOXYMETHYLCELLULOSE SODIQUE, CITRATE DE SODIUM.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHÉANT.
KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT, BREASTFEEDING, OR IF YOU ARE TAKING BLOOD THINNERS, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN ANTICOAGULANT OU UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, OU SI VOUS SOUFFREZ D'UN PROBLÈME DE SANTÉ.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCELLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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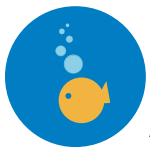
STORE BELOW 25 °C / CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C

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Family

LB00627



Family
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 flavoured gel.

THE BENEFITS OF BIOMEGA JR.

Omega-3 fatty acids assist in many actions throughout the body, which is especially important for children up to 12 years of age. Our bodies require omega-3 fatty acids, especially DHA, to help support the development of the brain, eyes, and nerves while supporting cognitive health and brain function.

The ingredients found in BiOmega Jr. help in the absorption and use of phosphorus, which is necessary in the prevention of osteoporosis. While osteoporosis isn't necessarily a concern for children, it's important to recognize it early in life. That's why calcium intake, when combined with sufficient amounts of vitamin D and a healthy diet, may reduce the risk of osteoporosis.

THE SCIENCE OF BIOMEGA JR.

Developing a healthy body early in life can have long-term, positive effects. Some research suggests that early nutrition can have lifelong health effects. That's why getting enough omega-3s can help in the development and maintenance of teeth. It can also help prevent vitamin D deficiency, which helps in developing and maintaining bones.

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 needed 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 flavoured 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. 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: HELPS SUPPORT THE DEVELOPMENT OF THE BRAIN, EYES, AND NERVES IN CHILDREN UP TO 12 YEARS OF AGE. A SOURCE OF OMEGA-3 FATTY ACIDS, EICOSAPENTAENOIC ACID (EPA) AND DOCOSAHEXAENOIC ACID (DHA) FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ:** FAVORISE LE DÉVELOPPEMENT CÉRÉBRAL, OCULAIRE ET NERVEUX CHEZ LES ENFANTS JUSQU'À 12 ANS. UNE SOURCE D'ACIDES GRAS OMEGA-3, D'ACIDE EICOSAPENTAËNOÏQUE (AEP) ET D'ACIDE DOCOSAHÉXAËNOÏQUE (ADH) POUR PRÉSERVER LA SANTÉ.

RECOMMENDED DOSE: AGES 4-12 YEARS - TAKE ONE (2.5 g) PACKET EVERY OTHER DAY, WITH OR WITHOUT FOOD. SERVE CHILLED FOR AN EVEN BETTER TASTE. / **DOSE RECOMMANDÉE:** ENFANTS DE 4 À 12 ANS - PRENDRE 2.5 g SOIT LE CONTENU D'UN SACHET, AUX DEUX JOURS, AVEC OU SANS NOURRITURE. SERVIR FRAIS POUR UN GÔÛT ENCORE MEILLEUR.

EACH PACKET CONTAINS AT THE TIME OF MANUFACTURE: / AU MOMENT DE LA FABRICATION, CHAQUE SACHET CONTIENT :

MEDICINAL INGREDIENTS: INGRÉDIENTS MÉDICINAUX :	
FISH OIL	2000 mg
HUILE DE POISSON	
OMEGA-3 FATTY ACIDS	650 mg
ACIDES GRAS OMEGA-3	
EPA	350 mg
AEP	
DHA	230 mg
ADH	
VITAMIN D3 (25 µg, CHOLECALCIFEROL)	1000 IU
VITAMINE D3 (25 µg, CHOLECALCIFÉROL)	

NON-MEDICINAL INGREDIENTS: WATER, EGG YOLK, ASCORBIC ACID, ORANGE FLAVOUR, PINEAPPLE FLAVOUR, STEVIA REBAUDIANA LEAF, CANOLA OIL, SODIUM ASCORBATE, VITAMIN E, CITRIC ACID ANHYDROUS, POTASSIUM SORBATE, SODIUM BENZOATE, BETA-CAROTENE, XANTHAN GUM, L-MENTHOL. / **INGRÉDIENTS NON MÉDICINAUX :** EAU, JAUNE D'ŒUF, ACIDE ASCORBIQUE, ARÔME D'ORANGE, ARÔME D'ANANAS, FEUILLE DE STEVIA REBAUDIANA, HUILE DE CANOLA, ASCORBATE DE SODIUM, VITAMINE E, ACIDE CITRIQUE ANHYDRE, SORBATE DE POTASSIUM, BENZOATE DE SODIUM, BÉTA-CAROTÈNE, GOMME DE XANTHANE, L-MENTHOL.

CONTAINS: PASTEURIZED EGG YOLK. / CONTIENT : JAUNE D'ŒUF PASTEURISÉ.
KEEP OUT OF REACH OF CHILDREN. REFRIGERATE AFTER OPENING. STORE IN AN AIRTIGHT CONTAINER, PROTECTED FROM LIGHT. / GARDER HORS DE LA PORTEE DES ENFANTS. RÉFRIGÉRER APRÈS OUVERTURE. CONSERVER DANS UN CONTENANT HERMÉTIQUE, À L'ABRI DE LA LUMIÈRE.

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144.020100



Optimizers

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



Cardiovascular

Proflavanol® C¹⁰⁰

Powerful bioflavonoid supplement



Proflavanol C¹⁰⁰ provides a powerful combination of grape seed bioflavonoids and USANA's proprietary **Poly® C** vitamin C blend for the maintenance of good health.

THE BENEFITS OF PROFLAVANOL C¹⁰⁰

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

Proflavanol C¹⁰⁰ 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 your health in a number of ways:

- Helps in the development and maintenance of bones, cartilage, teeth, and gums
- Helps prevent vitamin C deficiency
- Helps the body metabolize fats and proteins
- Vitamin C helps in connective tissue formation
- Helps wound healing

THE SCIENCE BEHIND PROFLAVANOL C¹⁰⁰

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 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 C¹⁰⁰, vitamin C and grape seed bioflavonoids provide powerful antioxidant protection to help you maintain good health.

Consumption of red wine, which contains proanthocyanidins, is believed to be one of the factors that contribute to the “French Paradox”—the relatively low rates of heart disease that exist in France, despite a diet high in saturated fat.

Your immune system is an incredibly complex and intricate protective mechanism designed to shield your body against billions of viruses, toxins, and harmful bacteria. And when your shield is weak, your body is at risk. Vitamin C is also a factor in many aspects of good health. Vitamin C helps in the development and maintenance of bones, connective tissue, teeth, and gums. It aids wound healing, and it 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 oxidative stress caused by UV exposure can accelerate this process, leading to visible wrinkles, sagging, and unwanted pigmentation.

THE USANA DIFFERENCE

A unique supplement made with USANA's innovative Nutritional Hybrid Technology, Proflavanol C¹⁰⁰ 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.

HYBRID

ITEM #110

RECOMMENDED USE: PROVIDES ANTIOXIDANTS FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ:** ASSURER DES ANTIOXIDANTS POUR PRÉSERVER UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: TAKE TWO (2) TO FOUR (4) TABLETS DAILY, PREFERABLY WITH FOOD. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE DEUX (2) À QUATRE (4) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE EN MANGEANT.

EACH TABLET CONTAINS: / **CHAQUE COMPRIMÉ CONTIENT:**

MEDICINAL INGREDIENTS	INGRÉDIENTS MÉDICINAUX
VITAMIN C	VITAMINE C
(POLY C® VITAMIN BLEND: CALCIUM, POTASSIUM, MAGNESIUM, ZINC, ASCORBATES, ASCORBYL PALMITATE)	(MÉLANGE DE VITAMINES POLY C®: ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIMUM ET ZINC; PALMITATE D'ASCORBYLE)

GRAPE SEED EXTRACT (VITIS VINIFERA L., SEEDS)	100 mg	EXTRAIT DE PÉPINS DE RAISIN (VITIS VINIFERA L., PÉPINS)
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NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, SILICON DIOXIDE, DEXTRIN, NATURAL GRAPE FLAVOUR, DEXTROSE, SOY LECITHIN, STEVIA, SODIUM CITRATE, / INGRÉDIENTS NON MÉDICINAUX: CELLULOSE MICROCRISTALLINE, AMIDON PRÉGÉLATINISÉ, CROSCARMELOSE SODIQUE, DIOXYDE DE SILICIUM, DEXTRINE, ARÔME NATUREL DE RAISIN, DEXTROSE, LÉCITHINE DE SOJA, STEVIA, CITRATE DE SODIUM.	
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KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFRIZ D'UN PROBLÈME DE SANTÉ.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. STORE BELOW 25° C. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25° C.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY AND DISINTEGRATION WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

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LB.000360



Cardiovascular

CoQuinone™ 30 & CoQuinone™ 100

An optimal combination of coenzyme Q10 and alpha-lipoic acid



Supplement your health with coenzyme Q10, found in **CoQuinone 30** and **CoQuinone 100**.

THE BENEFITS OF COQUINONE 30 AND COQUINONE 100

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. High-quality, bioavailable CoQ10 supplements, such as CoQuinone 30 and CoQuinone 100, can help maintain cardiovascular health.

CoQuinone 30 and CoQuinone 100 also provide 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.

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 defence against damaging oxidative stress.

THE SCIENCE OF COQUINONE 30 AND COQUINONE 100

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 and CoQuinone 100 dietary supplements were 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 supporting cardiovascular health.

THE USANA DIFFERENCE

CoQuinone 30 contains a full 30 mg of CoQ10 and 12.5 mg of alpha-lipoic acid per soft gel capsule, while CoQuinone 100 contains 100 mg of CoQ10 and 40 mg of alpha-lipoic acid per soft gel capsule—so only one is needed per day. 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 and CoQuinone 100 deliver CoQ10 in much higher quantities than from solid formulations or from competitive liquid formulations, making CoQuinone 30 and CoQuinone 100 more bioavailable than other CoQ10 products.

CoQuinone 30 and CoQuinone 100 contain 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.

ITEM #123

CoQuinone™ 30

RECOMMENDED USE: HELPS TO MAINTAIN AND/OR SUPPORT CARDIOVASCULAR HEALTH. PROVIDES ANTIOXIDANT SUPPORT FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ:** AIDE À PRÉSERVER OU FAVORISER LA SANTÉ CARDIOVASCULAIRE. ASSURE UN SOUTIEN ANTIOXYDANT POUR LE MAINTIEN D'UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: TAKE ONE (1) OR TWO (2) CAPSULES DAILY, PREFERABLY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE UNE (1) OU DEUX (2) CAPSULES PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS.

EACH CAPSULE CONTAINS:

MEDICAL INGREDIENTS

COENZYME Q10 30 mg

DL-ALPHA-LIPOIC ACID 12.5 mg

NON-MEDICINAL INGREDIENTS: MEDIUM CHAIN TRIGLYCERIDES, GELATIN, GLYCERYL MONOOLEATE, SOY LECITHIN, GLYCERIN, PURIFIED WATER, ANNATTO SEED EXTRACT, TITANIUM DIOXIDE. / **INGRÉDIENTS NON MÉDICINAUX:** TRIGLYCÉRIDES À CHAÎNE MOYENNE, GÉLATINE, MONO-OLÉATE DE GLYCÉRYLE, LÉCITHINE DE SOJA, GLYCÉRINE, EAU PURIFIÉE, EXTRAIT DE GRAINES DE ROCOUYER, DIOXYDE DE TITANE.

CHACQUE CAPSULE CONTIENT:
INGRÉDIENTS MÉDICINAUX
COENZYME Q10 30 mg
ACIDE DL-ALPHA-LIPOÏQUE 12,5 mg
INGRÉDIENTS NON MÉDICINAUX: MÉDIUM CHAIN TRIGLYCÉRIDES, GÉLATIN, GLYCÉRYL MONOOLÉATE, SOY LÉCITHIN, GLYCÉRIN, PURIFIÉ WATER, ANNATTO SEED EXTRACT, TITANIUM DIOXYDE. / **INGRÉDIENTS NON MÉDICINAUX:** TRIGLYCÉRIDES À CHAÎNE MOYENNE, GÉLATINE, MONO-OLÉATE DE GLYCÉRYLE, LÉCITHINE DE SOJA, GLYCÉRINE, EAU PURIFIÉE, EXTRAIT DE GRAINES DE ROCOUYER, DIOXYDE DE TITANE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE TAKING BLOOD PRESSURE MEDICATION OR IF YOU HAVE DIABETES. / **GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ. CONSULTEZ AUSSI VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS PRENEZ UN ANTIHYPERTENSEUR OU SI VOUS AVEZ LE DIABÈTE.**

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. STORE BELOW 25° C. / **CE FLACON EST SCÉLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25° C.**

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE. / **TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE, CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHEANT.**

NOT FOR RESALE IN QUÉBEC / **REVENTE INTERDITE AU QUÉBEC**
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MADE IN USA / **FABRIQUÉ AUX É.-U.**

ITEM #142

CoQuinone™ 100

RECOMMENDED USE: HELPS TO MAINTAIN AND/OR SUPPORT CARDIOVASCULAR HEALTH. PROVIDES ANTIOXIDANT SUPPORT TO NEUTRALIZE FREE RADICALS AND HELP PROMOTE LONG-TERM HEALTH. / **USAGE RECOMMANDÉ:** AIDE À PRÉSERVER OU FAVORISER LA SANTÉ CARDIOVASCULAIRE. ASSURE UN SOUTIEN ANTIOXYDANT QUI NEUTRALISE LES RADICAUX LIBRES ET FAVORISE LA SANTÉ À LONG TERME.

RECOMMENDED ADULT DOSE: TAKE ONE (1) OR TWO (2) CAPSULES DAILY, PREFERABLY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE UNE (1) OU DEUX (2) CAPSULES PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS.

EACH CAPSULE CONTAINS:

MEDICAL INGREDIENTS

COENZYME Q10 100 mg

DL-ALPHA-LIPOIC ACID 40 mg

CHACQUE CAPSULE CONTIENT:
INGRÉDIENTS MÉDICINAUX
COENZYME Q10 100 mg
ACIDE DL-ALPHA-LIPOÏQUE 40 mg
INGRÉDIENTS NON MÉDICINAUX: MEDIUM CHAIN TRIGLYCERIDES, GELATIN, GLYCERYL MONOOLEATE, SOY LECITHIN, GLYCERIN, PURIFIED WATER, ANNATTO SEED EXTRACT, TITANIUM DIOXIDE. / **INGRÉDIENTS NON MÉDICINAUX:** TRIGLYCÉRIDES À CHAÎNE MOYENNE, GÉLATINE, MONO-OLÉATE DE GLYCÉRYLE, LÉCITHINE DE SOJA, GLYCÉRINE, EAU PURIFIÉE, EXTRAIT DE GRAINES DE ROCOUYER, DIOXYDE DE TITANE.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE. / **TESTÉ EN LABORATOIRE. ET SA QUALITÉ EST GARANTIE, CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHEANT.**

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG SUCH AS BLOOD PRESSURE MEDICATION OR BLOOD THINNERS, OR HAVE A MEDICAL CONDITION SUCH AS DIABETES. / **GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE COMME UN ANTIHYPERTENSEUR OU UN ANTICOAGULANT, OU SI VOUS SOUFFREZ D'UN PROBLÈME DE SANTÉ, COMME LE DIABÈTE.**

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. STORE BELOW 25° C. / **CE FLACON EST SCÉLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25° C.**

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE. / **TESTÉ EN LABORATOIRE. ET SA QUALITÉ EST GARANTIE, CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHEANT.**

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Optimizers

LB 000495

LB 000499



Cellular Function

Poly C®



USANA's proprietary, advanced vitamin C supplement

The unique blend of mineral ascorbates in **Poly C** provides superior bioavailability and prolonged vitamin C activity.

THE BENEFITS OF POLY C

In 1928, Albert Svent-Gyöngyi isolated a chemical that protected fruits against discoloration and infection when bruised. In 1937, he won a Nobel Prize for his discovery—the chemical substance we now know as vitamin C.

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

Vitamin C helps in connective tissue formation and also supports the development and maintenance of bones, cartilage, teeth, and gums.

THE SCIENCE OF POLY C

Vitamin C is a co-factor or co-substrate for many enzyme systems involved in functions such as ATP synthesis within mitochondria and hormone biosynthesis. Vitamin C can help the body metabolize proteins and fats. You also need enough vitamin C to make carnitine, interferon, and prostaglandin E1. Thus, a daily dose of 60–75 mg is unlikely to be sufficient for everyone. One tablet of Poly C provides 600 mg of vitamin C protection.

THE USANA DIFFERENCE

Exclusive to USANA, Poly C is a balanced formulation of mineral ascorbates with vitamin C activity. By using a variety of ascorbates, USANA is able to affect the way the body maintains vitamin C levels. An in-house clinical trial showed that when equal amounts of vitamin C were provided as either Poly C or ascorbic acid, the Poly C gave higher levels of vitamin C in blood serum and maintained those higher levels for a longer time.

Poly C complements the **USANA® Essentials™** daily vitamin, antioxidant, and mineral supplement during times of stress.

ITEM #130

RECOMMENDED USE: PROVIDES ANTIOXYDANTS FOR THE MAINTENANCE OF GOOD HEALTH. /

USAGE RECOMMANDÉ: ASSURE DES ANTIOXYDANTS POUR PRÉSERVER UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: TAKE TWO (2) TABLETS DAILY, PREFERABLY WITH MEALS. /

DOSE RECOMMANDÉE POUR ADULTES: PRENDRE DEUX (2) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS.

EACH TABLET CONTAINS: **MEDICAL INGREDIENTS** **CHAQUE COMPRIMÉ CONTIENT: INGREDIENTS MÉDICAUX**

VITAMIN C (CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES; ASCORBYL PALMITATE) CITRUS BIOFLAVONOIDS (CITRUS SPP. L., PEEL)	600 mg	VITAMINE C (ASCORBATES DE CALCIUM, POTASSIUM, MAGNESIUM ET ZINC; PALMITATE D'ASCORBYLE) BIOPHÉNOLES D'AGRUMES (CITRUS SPP. L., PELURE)
RUTIN QUERCETIN	7 mg 3 mg	RUTINE QUÉRCÉTINE

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, DEXTRIN, COLLOIDAL SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, CROSCARMELLOSE SODIUM. / **INGRÉDIENTS NON MÉDICAUX:** CELLULOSE MICROCRYSTALLINE, AMIDON PRÉGÉLATINISÉ, DEXTRINE, DIOXYDE DE SILICIUM COLLOÏDAL, DEXTROSE, LÉCITHINE DE SOJA, CROSCARMELLOSE SODIQUE.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGÉNÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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LB.000004

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Cellular Function

BiOmega™

Concentrated omega-3 fatty acid supplement



USANA's **BiOmega** fish-oil supplement contains a concentrated dose of two important omega-3 fatty acids—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—to support healthy cellular function throughout the body.

THE BENEFITS OF BIOMEGA

The cells in your body have a phospholipid bilayer that acts as a gatekeeper between the inside and outside of the cell—keeping things out or letting them in. As key components of that bilayer, omega-3 and omega-6 fatty acids from our diet play a significant role in maintaining our good health at the most basic level. It is important to maintain an appropriate 1:1 ratio of omega-3 and omega-6, as these two substances work together to promote health. However, average diets contain significantly more omega-6. 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.

Studies have shown omega-3 fatty acids to be effective in supporting cognitive health and brain function. Supportive but not conclusive research shows that consumption of EPA and DHA helps maintain cardiovascular health. One serving of BiOmega provides 1050 mg of EPA and DHA omega-3 fatty acids.

THE SCIENCE OF BIOMEGA

The omega-3 long-chain fatty acids are the biosynthetic precursors of a family of compounds called eicosanoids (prostaglandins, thromboxanes, and leukotrienes). These hormone-like substances are a good source of omega-3 fatty acids for the maintenance of good health.

Ratios of omega-3s to omega-6s from the diet help support brain function. Neural phospholipid membranes selectively uptake DHA, and it is concentrated in the photoreceptors and some cell-signalling sites.

EPA and DHA are long-chain fatty acids whose function in the body includes helping maintain healthy high-density lipoprotein and triglyceride levels in the plasma, which are important for supporting healthy arterial function and blood flow. Many large-scale epidemiological studies and randomized controlled studies have shown that omega-3 fatty acids from fish support cardiovascular health.

These long-chain fatty acids are so important, in fact, that many commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.

THE USANA DIFFERENCE

Produced from cold-water, deep-sea fish oil, USANA's BiOmega includes a careful balance of DHA and EPA—both of which are necessary for the body. It also contains 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. Most purification processes for fish oil remove any vitamin D, but BiOmega is fortified with vitamin D to supply an additional 100 IU per day.

The fish oil used in BiOmega comes from a fishery that uses sustainable practices and renewable resources.

Supplementation with BiOmega is an excellent way to ensure that your diet includes a concentrated balance of safe, healthful EPA and DHA. And with added lemon flavouring, there is no fishy aftertaste.

ITEM #122

RECOMMENDED USE: SOURCE OF OMEGA-3 FATTY ACIDS FOR THE MAINTENANCE OF GOOD HEALTH. HELPS SUPPORT COGNITIVE HEALTH/BRAIN FUNCTION. HELPS MAINTAIN CARDIOVASCULAR HEALTH. / **USAGE RECOMMANDÉ:** UNE SOURCE D'ACIDES GRAS OMEGA-3 POUR LE MAINTIEN D'UNE BONNE SANTÉ. CONTRIBUE À LA SANTÉ COGNITIVE ET AUX FONCTIONS CÉRÉBRALES. AIDE À MAINTENIR LA SANTÉ CARDIOVASCULAIRE.

RECOMMENDED ADULT DOSE: TAKE TWO (2) CAPSULES DAILY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE DEUX (2) GÉLULES PAR JOUR AVEC LES REPAS.

EACH CAPSULE CONTAINS:

MEDICINAL INGREDIENTS
NATURAL FISH (SARDINE, ANCHOVY) 1000mg
BODY OIL (STANDARDIZED TO 290 mg EICOSAPENTAENOIC ACID AND 235 mg DOCOSAHXAENOIC ACID)
VITAMIN D3 (2.5 µg, CHOLECALCIFEROL) 100 IU

CHAQUE GÉLULE CONTIENT:

INGRÉDIENTS MÉDICINAUX
HUILE NATURELLE DE CHAIR DE POISSON (SARDINE, ANCHOIS) NORMALISÉE: 290 mg D'ACIDE EICOSAPENTAENOÏQUE ET 235 mg D'ACIDE DOCOSAHXAENOÏQUE
VITAMINE D3 (2,5 µg, CHOLECALCIFÉROL)

NON-MEDICINAL INGREDIENTS: GELATIN, GLYCERIN, LEMON OIL, PURIFIED WATER, TOCOPHEROLS EXCIPIENT NF, MAIZE OIL. / **INGRÉDIENTS NON MÉDICINAUX:** GÉLATINE, GLYCÉRINE, HUILE DE CITRON, EAU PURIFIÉE, EXCIPIENT DE TOCOPHÉROL NF, HUILE DE MAÏS.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / **GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITEZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.**

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / **TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHÉANT.**

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. STORE BELOW 25° C. / **CE FLACON EST SCÉLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C.**

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Optimizers

LB00070



Cellular Function

Optomega®

A blend of essential fatty acids from organic flax seed, sunflower seed, pumpkin seed, and olive oils

Optomega organic blend is an all-natural, vegetarian product that gives your body the essential fatty acids (EFAs) it needs to balance your intake of omega-3 and omega-6 fatty acids without eating fish or taking a fish oil EFA supplement.

THE BENEFITS OF OPTOMEGA

It can be difficult for vegetarians and vegans to get the proper amount of omega-3s in their diet since fish oil supplements are most common. Because Optomega is vegetarian, it's an excellent alternative to other EFA supplements, which contain oil found in marine life.

EFAs play an important part in health and wellness. EFAs are called "essential" because the body needs them, yet cannot make them on its own. EFAs must come from your diet—or supplementation. EFAs are incorporated into the membrane of every cell. These flexible membranes incorporate cholesterol to regain structural rigidity, a process that also helps support healthy serum cholesterol levels, provided they are healthy to begin with.

THE SCIENCE OF OPTOMEGA

An imbalance of omega-3 to omega-6 EFAs could have negative effects on health, but a proper balance can help support health. With an omega-3 to omega-6 ratio of three to one, Optomega organic blend is designed to provide essential fatty acids to maintain good health.

Each 10-mL serving contains:

- Omega-3 (α-linolenic acid)—4.3 g
- Omega-6 (linoleic acid)—1.4 g
- Omega-9 (oleic acid)—2.7 g

THE USANA DIFFERENCE

Because the refining process used for commercial oils removes nearly all omega-3 fatty acids, our modern diet may not provide adequate amounts of this EFA or the entire class of compounds made from it. To preserve the omega-3 fatty acids, Optomega organic blend is processed in an inert nitrogen atmosphere that keeps out UV radiation and oxygen. The oils are expeller-pressed and unrefined, and they contain no trans-fatty acids. In addition, the product is blended, mixed, and bottled using nitrogen. All of the oils used in Optomega are Certified Organic by the Washington State Department of Agriculture.

ITEM #127

RECOMMENDED USE: PROVIDES LONG-CHAIN OMEGA-3 POLYUNSATURATED FATTY ACIDS TO MAINTAIN GOOD HEALTH.
USAGE RECOMMANDÉ: ASSURE DES ACIDES GRAS OMEGA-3 POLYINSATURÉS À LONGUE CHAÎNE POUR PRÉSERVER UNE BONNE SANTÉ.
RECOMMENDED ADULT DOSE: TAKE 10 ml (2 TEASPOONS) DAILY WITH A MEAL. DO NOT HEAT.
DOSE RECOMMANDÉE POUR ADULTES: PRENDRE 10 ml (2 C. À THÉ) PAR JOUR AVEC UN REPAS. NE PAS CHAUFFER.

EACH 10 ml CONTAINS:	AMOUNT	CHACQUE 10 ml CONTIENT:	INGRÉDIENTS MÉDICINAUX
MEDICINAL INGREDIENTS			
ORGANIC FLAX SEED OIL (LINUM USITATISSIMUM)	7.95 g	HUILE DE GRAINES DE LIN BIOLOGIQUE (LINUM USITATISSIMUM)	
ORGANIC SUNFLOWER SEED OIL (HELIANTHUS ANNUUS)	1.01 g	HUILE DE GRAINES DE TOURNESOL BIOLOGIQUE (HELIANTHUS ANNUUS)	
ORGANIC PUMPKIN SEED OIL (CUCURBITA PEPO)	185 mg	HUILE DE GRAINES DE CITROUILLE BIOLOGIQUE (CUCURBITA PEPO)	
ORGANIC EXTRA VIRGIN OLIVE OIL (OLEA EUROPAEA)	93 mg	HUILE D'OLIVE EXTRA-VIERGE BIOLOGIQUE (OLEA EUROPAEA)	
ROSEMARY LEAF (ROSMARINUS OFFICINALIS)	0.56 mg	FEUILLE DE ROMARIN (ROSMARINUS OFFICINALIS)	
TURMERIC RHIZOME (CURCUMA LONGA)	9.3 µg	RHIZOME DE CURCUMA (CURCUMA LONGA)	

NON-MEDICINAL INGREDIENTS: TOCOPHEROLS EXCIPIENT NF.
INGRÉDIENTS NON MÉDICINAUX: EXCIPIENT DE TOCOPHÉROL NF.
CAUTION: KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

MISE EN GARDE: GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITEZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

KEEP REFRIGERATED. / CONSERVER AU RÉFRIGÉRATEUR.
 CERTIFIED ORGANIC BY OAI / PRODUIT CERTIFIÉ BIOLOGIQUE PAR OAI
 THIS IS A SEALED CONTAINER. DO NOT USE IF SEAL IS BROKEN OR MISSING.
 CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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LB 000665



Cellular Function

Vitamin D



A fat-soluble vitamin that supports bone health

Vitamin D is necessary to help in the development and maintenance of bones.

THE BENEFITS OF VITAMIN D

Vitamin D 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. This is especially true for the Canadian population, which lives at a high latitude and has few foods that are naturally rich in vitamin D. The problem is widespread and increasing, with potentially severe repercussions for overall health.

USANA® **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

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.

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, including an increased risk of heart disease, a weakened muscle and skeletal system, and even depression. 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 per cent. 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 1,000 IU of maximum-strength vitamin D every day.



ITEM #109

RECOMMENDED USE: HELPS TO PREVENT VITAMIN D DEFICIENCY / **USAGE RECOMMANDÉ :** AIDE À PRÉVENIR LA CARENCE EN VITAMINE D.

RECOMMENDED ADULT DOSE: TAKE ONE (1) TABLET DAILY, PREFERABLY WITH FOOD. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE UN (1) COMPRIMÉ PAR JOUR, DE PRÉFÉRENCE EN MANGEANT.

EACH TABLET CONTAINS: **MEDICINAL INGREDIENTS** **CHAQUE COMPRIMÉ CONTIENT :** **INGRÉDIENTS MÉDICINAUX**

VITAMIN D3 (CHOLECALCIFEROL, 25 µg) 1,000 IU VITAMINE D3 (CHOLECALCIFEROL, 25 µg)
NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, STARCH - MAIZE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, DEXTROSE, LECITHIN, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX : CELLULOSE MICROCRYSTALLINE, AMIDON DE MAÏS, CROSCARMELOSE SODIUM, PALMITATE D'ASCORBYLE, DIOXYDE DE SILICIUM, DEXTRINE, DEXTROSE, LÉCITHINE, CITRATE DE SODIUM.

CONTAINS SOY / CONTIENT DU SOJA.
LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCELLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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Nervous

Ginkgo-PS™

Helps enhance memory in adults



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.

THE SCIENCE OF GINKGO-PS

Ginkgo extract helps enhance memory by supporting peripheral circulation throughout the body, which helps deliver oxygen through the bloodstream. 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.

ITEM #126

RECOMMENDED USE: HELPS TO ENHANCE MEMORY IN ADULTS. HELPS TO SUPPORT PERIPHERAL CIRCULATION. / **USAGE RECOMMANDÉ:** CONTRIBUE À REHAUSSER LA MÉMOIRE CHEZ LES ADULTES. FAVORISE LA CIRCULATION PÉRIPHÉRIQUE.

RECOMMENDED ADULT DOSE: TAKE FOUR (4) TABLETS DAILY, PREFERABLY WITH FOOD. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE QUATRE (4) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE EN MANGEANT.

EACH TABLET CONTAINS: **CHACQUE COMPRIMÉ CONTIENT:**

MEDICINAL INGREDIENTS	INGRÉDIENTS MÉDICINAUX
GINKGO BILOBA LEAF EXTRACT (STANDARDIZED TO 24%)	EXTRAIT DE FEUILLE DE GINKGO BILOBA (NORMALISÉ À 24%)
GINKGOFLAVONOLICOSIDES	GINKGOFLAVONOLICOSIDES
SOY LECITHIN (GLYCINE MAX)	LÉCITHINE DE SOJA (GLYCINE MAX)
PROVIDING: PHOSPHATIDYLSERINE	CONTIENANT: PHOSPHATIDYLSÉRINE
25 mg	18.75 mg

NON-MEDICINAL INGREDIENTS: DEXTRATES, CROSCARMELOSE SODIUM, COLLOIDAL SILICUM DIOXIDE, ASCORBYL PALMITATE, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX:** DEXTRATES, CROSCARMELOSE SODIQUE, DIOXYDE DE SILICUM COLLOÏDAL, PALMITATE D'ASCORBYLE, DEXTRINE, DEXTROSE, LÉCITHINE DE SOJA, CITRATE DE SODIUM.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LORS QU'APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, HAVE A MEDICAL CONDITION, OR FOR USE BEYOND 8 MONTHS. DO NOT USE IF YOU ARE TAKING HEALTH PRODUCTS THAT AFFECT BLOOD COAGULATION (E.G., BLOOD THINNERS, CLOTTING FACTOR REPLACEMENTS, ACETYSALICYLIC ACID, IBUPROFEN, FISH OILS, VITAMIN E) AS THIS MAY INCREASE THE RISK OF SPONTANEOUS BLEEDING. / GARDER HORS DE LA PORTEE DES ENFANTS.

CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, SOUFFREZ D'UN PROBLÈME DE SANTÉ OU PRENEZ CE PRODUIT AU-DELÀ DE HUIT (8) MOIS. NE PAS UTILISER SI VOUS PRENEZ DES PRODUITS DE SANTÉ QUI AFFECTENT LA COAGULATION DU SANG (PAR EXEMPLE ANTICOAGULANTS, SUBSTITUTS DE FACTEURS DE COAGULATION, ACIDE ACÉTYLSALICYLIQUE, IBUPROFÈNE, HUILES DE POISSON, VITAMINE E), CAR CELA PEUT ACCROÎTRE LE RISQUE D'HÉMORRAGIE SPONTANÉE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. STORE BELOW 25 °C. / CE FLAÇON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C.

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USANA



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 help maintain eyesight conditions associated with sunlight damage, cataracts, and age-related macular degeneration.

Supplementation with the lutein and zeaxanthin in Visionex can also help preserve visual function.

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 improve MPOD, which may help support eye health conditions.

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 support eye health. 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.

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

RECOMMENDED USE: PROMOTES HEALTHY EYES AND REDUCES THE RISK OF CATARACTS AND AGE-RELATED MACULAR DEGENERATION. / **USAGE RECOMMANDÉ:** FAVORISE LA SANTÉ OCULAIRE ET RÉDUIT LE RISQUE DE CATARACTES ET DE DÉGÉNÉRESCENCE MACULAIRE ASSOCIÉE AU VIEILLISSEMENT. / **RECOMMENDED ADULT DOSE:** TAKE TWO (2) TABLETS DAILY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE DEUX (2) COMPRIMÉS PAR JOUR AVEC LES REPAS.

EACH TABLET CONTAINS:		CHAQUE COMPRIMÉ CONTIENT:	
MEDICINAL INGREDIENTS		INGRÉDIENTS MÉDICINAUX	
VITAMIN C	250 mg	VITAMINE C	
(CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES; ASCORBYL PALMITATE)		(ASCORBATES DE CALCIUM, MAGNÉSIMUM, POTASSIUM ET ZINC; PALMITATE D'ASCORBYLE)	
ZINC (CITRATE, ASCORBATE)	5 mg	ZINC (CITRATE, ASCORBATE)	
BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS, 100:1, EQUIV. TO 2.5 g FRESH FRUIT)	25 mg	EXTRAIT DE MYRTILLE (VACCINIUM MYRTILLUS, 100 : 1, ÉQUIVAUT 2.5 g DE FRUITS FRAIS)	
MARIGOLD FLOWER EXTRACT (TAGETES ERRECTA, STANDARDIZED TO 5 mg LUTEIN AND 0.17 mg ZEAXANTHIN)	100 mg	EXTRAIT DE FLEUR DE SOUCI (TAGETES ERRECTA, NORMALISÉ À 5 mg DE LUTÉINE ET 0.17 mg DE ZEAXANTHINE)	
ZEAXANTHIN	0.83 mg	ZEAXANTHINE	

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CARBOXYMETHYLCELLULOSE, DEXTRIN, DEXTROSE, SOY LECTHIN, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX : CELLULOSE MICROCRISTALLINE, CARBOXYMÉTHYLCELLULOSE, DEXTRINE, DEXTROSE, LÉCITHINE DE SOJA, CITRATE DE SODIUM.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, OU SOUFFRÉZ D'UN PROBLÈME DE SANTÉ.

THERE IS A SAFETY SEAL UNDER THE CAP DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLAÇON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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Optimizers

LB00012



Skeletal

Active Calcium Plus™

Complete bone health formula



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

THE BENEFITS OF ACTIVE CALCIUM PLUS

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 per cent 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 1000–1200 mg of calcium from food and supplements per day. USANA's Active Calcium Plus 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 PLUS

Our entire skeletal structure is not static. It constantly remodels itself, and in 10 years, we have an entirely new skeleton. This remodelling 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 remodelling process, magnesium helps in the development and maintenance of bones and teeth. Approximately 60–70 per cent 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 Plus 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.

ITEM #120

RECOMMENDED USE: HELPS IN THE MAINTENANCE OF BONES AND TEETH. / **USAGE RECOMMANDÉ:** CONTRIBUE AU MAINTIEN DE LA SANTÉ DES OS ET DES DENTS.

RECOMMENDED ADULT DOSE: TAKE FOUR (4) TABLETS DAILY, PREFERABLY WITH MEALS. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE QUATRE (4) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

EACH TABLET CONTAINS: MEDICINAL INGREDIENTS		CHAQUE COMPRIMÉ CONTIENT : INGRÉDIENTS MÉDICINAUX	
CALCIUM (CITRATE AND CARBONATE)	200 mg	CALCIUM (CITRATE ET CARBONATE)	
MAGNESIUM (CITRATE, HVP* CHELATE, AND OXIDE)	100 mg	MAGNESIUM (CITRATE, CHELATE DE PVH* ET OXYDE)	
VITAMIN D3 (CHOLECALCIFEROL)	2.5 µg	VITAMINE D3 (CHOLECALCIFÉROL)	
VITAMIN K (PHYLLAQUNONE)	15 µg	VITAMINE K (PHYLLAQUNONE)	
SILICON (CALCIUM SILICATE)	2.25 mg	SILICIUM (SILICATE DE CALCIUM)	

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL-CELLULOSE, RICE PROTEIN HYDROLYSATE, ASCORBYL PALMITATE, DEXTRIN, SODIUM CARBOXYMETHYL CELLULOSE, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX : CELLULOSE MICROCRISTALLINE, HYDROXYPROPYLCELLULOSE, HYDROLYSAT DE PROTÉINE DE RIZ, PALMITATE D'ASCORBYLE, DEXTRINE, CARBOXYMETHYLCELLULOSE DE SODIUM, DEXTROSE, LÉCITHINE DE SOJA, CITRATE DE SODIUM.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUSSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHEANT.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE TAKING BLOOD THINNERS. SOME PEOPLE MAY EXPERIENCE DIARRHOEA. / GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, OU SOUFFRÉZ D'UN PROBLÈME DE SANTÉ. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS PRENEZ UN ANTICOAGULANT. CERTAINES PERSONNES POURRAIENT SOUFFRIR DE DIARRHÉE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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LB-00-0403



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 those who dislike swallowing tablets.

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.

THE SCIENCE OF ACTIVE CALCIUM CHEWABLE

Our entire skeletal structure is not static. It constantly remodels itself and, in 10 years, we have an entirely new skeleton. This remodelling 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. Without sufficient vitamin D, bones can become thin, brittle, or misshapen.

An essential nutrient that plays a key role in the bone remodelling process, magnesium helps in the development and maintenance of bones and teeth. Approximately 60–70 per cent 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

RECOMMENDED USE: HELPS IN THE MAINTENANCE OF BONES AND TEETH. HELPS TO PREVENT BONE RESORPTION AND OSTEOPOROSIS. / **USAGE RECOMMANDÉ:** CONTRIBUE AU MAINTIEN DE LA SANTÉ DES OS ET DES DENTS. AIDE À PRÉVENIR LA RÉSORPTION OSSEUSE ET L'OSTÉOPOROSE.

DIRECTIONS: ADULTS 19 AND OVER CHEW 2–4 TABLETS DAILY WITH MEALS. CHILDREN 12–18 CHEW 2–3 TABLETS DAILY WITH MEALS. / **MODE D'EMPLOI:** ADULTES ÂGÉS DE 19 ANS ET PLUS : CROQUER DE 2 À 4 COMPRIMÉS PAR JOUR AVEC LES REPAS. ENFANTS DE 12 À 18 ANS : CROQUER 2 OU 3 COMPRIMÉS PAR JOUR AVEC LES REPAS.

EACH TABLET CONTAINS: **MEDICINAL INGREDIENTS**
 CALCIUM (CITRATE, CARBONATE) 200 mg
 MAGNESIUM (OXIDE, CITRATE) 100 mg
 VITAMIN D3 (CHOLECALCIFEROL) 2.5 µg
 SILICON (CALCIUM SILICATE) 2.25 mg

CHAQUE COMPRIMÉ CONTIENT : **INGRÉDIENTS MÉDICINAUX**
 CALCIUM (CITRATE, CARBONATE)
 MAGNESIUM (OXYDE, CITRATE)
 VITAMINE D3 (CHOLECALCIFÉROL)
 SILICIUM (SILICATE DE CALCIUM)

NON-MEDICINAL INGREDIENTS: HONEY POWDER, FRUCTOSE, SOY LECITHIN, XYLITOL, VEGETABLE STEARIC ACID, CITRIC ACID, GUAR GUM, NATURAL FLAVOURS, MALIC ACID, RICE PROTEIN HYDROLYSATE. / **INGRÉDIENTS NON MÉDICINAUX :** POUDRE DE MIEL, FRUCTOSE, LÉCITHINE DE SOJA, XYLITOL, ACIDE STÉARIQUE VÉGÉTAL, ACIDE CITRIQUE, GOMME DE GUAR, ARÔMES NATURELS, ACIDE MALIQUE, HYDROLYSAT DE PROTÉINE DE RIZ.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION. LE CAS ÉCHÉANT.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. AVOID USING TWO (2) HOURS PRIOR TO OR UNTIL FOUR (4) HOURS AFTER TAKING OTHER MEDICATIONS. / GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITEZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ. ÉVITEZ D'UTILISER CE PRODUIT DANS LES DEUX (2) HEURES PRÉCÉDANT OU JUSQU'À QUATRE (4) HEURES APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLAÇON EST SCÉLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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LB 000045



Skeletal

Procosa®

Unique joint-support supplement



USANA's Procosa supplement helps maintain and protect joint health with a unique blend of vegetarian glucosamine, vitamin C, and Meriva®† bioavailable curcumin.

THE BENEFITS OF PROCOSA

Your joints connect your bones together, with most of them acting as "pivot points" that allow you to move and bend and help absorb impact sustained during daily activity. When joints are healthy, they 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 vegetarian glucosamine, vitamin C, Meriva bioavailable curcumin, and other nutrients in Procosa 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. Within the joint cavity, your bones are capped with cartilage, which helps reduce friction during movement. Cartilage 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 may be better maintained in those who take glucosamine.

Glucosamine is an amino sugar that is believed to play a role in regulating 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. Glucosamine is well-absorbed and effectively distributed into tissues, including articular cartilage.

Glucosamine also stimulates production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid. Synovial fluid reduces friction between the articular cartilage of synovial joints—wrists, knees, elbows, shoulders, hips—during movement. The recommended daily dose of Procosa provides the body with 1500 mg of vegetarian glucosamine.

Joint stability comes from ligaments that connect bones to each other and tendons that connect muscles to bone. One of the main structural proteins needed to maintain the integrity and strength of your ligaments and tendons is collagen. Collagen synthesis depends on the presence of vitamin C, which is why Procosa delivers 225 mg per daily dose.

Meriva bioavailable curcumin, a critical component of the Procosa formula, is an innovative phytosome that helps maintain joint health. Curcumin helps protect chondrocytes (joint cells) and provides antioxidant activity. Traditionally, curcumin, which is derived from turmeric, has very poor bioavailability and is not absorbed efficiently. Meriva enhances the absorption of Procosa by combining curcumin with a phospholipid, by helping it pass through cell walls more easily, making it nearly 30 times more bioavailable than traditional curcumin preparations.

THE USANA DIFFERENCE

Procosa was created using a unique combination of high-quality glucosamine hydrochloride with potassium and magnesium sulfates to provide 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 and Meriva bioavailable curcumin makes Procosa a unique, comprehensive approach to joint health.

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

ITEM #131

RECOMMENDED USE: HELPS TO MAINTAIN HEALTHY CARTILAGE. HELPS TO MAINTAIN JOINT HEALTH. / **USAGE RECOMMANDÉ:** AIDE À PRÉSERVER LA SANTÉ DU CARTILAGE ET DES ARTICULATIONS.

RECOMMENDED ADULT DOSE: TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE TROIS (3) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS.

DURATION OF USE: USE FOR A MINIMUM OF FOUR (4) WEEKS TO SEE BENEFICIAL EFFECTS. / **DURÉE D'UTILISATION:** POUR CONSTATER DES EFFETS BÉNÉFIQUES, PRENDRE LE PRODUIT PENDANT AU MOINS QUATRE (4) SEMAINES.

EACH TABLET CONTAINS:

MEDICINAL INGREDIENTS

GLUCOSAMINE HYDROCHLORIDE (FROM FERMENTED ASPERGILLUS NIGER CHITIN)	500 mg
VITAMIN C (CALCIUM ASCORBATE, ASCORBYL PALMITATE)	75 mg
MANGANESE (GLUCONATE)	1.67 mg
POTASSIUM (SULFATE)	31.43 mg
MAGNESIUM (SULFATE)	14.5 mg
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX*	82.5 mg
CONTAINING: CURCUMIN	14.85 mg

CHAQUE COMPRIMÉ CONTIENT:

INGRÉDIENTS MÉDICINAUX

CHLORHYDRATE DE GLUCOSAMINE (TIRÉ DE LA CHITINE ASPERGILLUS NIGER FERMENTÉE)	
VITAMINE C (ASCORBATE DE CALCIUM PALMITATE D'ASCORBYLE)	
MANGANESE (GLUCONATE)	
POTASSIUM (SULFATE)	
MAGNESIUM (SULFATE)	
*COMPLEXE DE CURCUMINE BIODISPONIBLE MERIVA®	
CONTIENT : CURCUMINE	

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYLCELLULOSE, SOY LECITHIN, CROSCARMELOSE SODIUM, DEXTRIN, CALCIUM SILICATE, DEXTROSE, CARBOXYMETHYLCELLULOSE SODIUM, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX:** CELLULOSE MICROCRISTALLINE, HYDROXYPROPYLCELLULOSE, LÉCITHINE DE SOJA, CROSCARMELOSE SODIQUE, DEXTRINE, SILICATE DE CALCIUM, DEXTROSE, CARBOXYMETHYLCELLULOSE DE SODIUM, CITRATE DE SODIUM.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT OR BREASTFEEDING. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A LIVER DISORDER, GALLSTONES, A BILE DUCT OBSTRUCTION, STOMACH ILLNESS, EXCESS STOMACH ACID, OR IF YOU ARE TAKING ANTIPLATELET MEDICATION OR BLOOD THINNERS. CONSULT YOUR PHYSICIAN IF YOU ARE TAKING A PRESCRIPTION DRUG OR HAVE A MEDICAL CONDITION, OR IF SYMPTOMS WORSEN. / **GARDER HORS DE LA PORTEE DES ENFANTS.** CONSULT VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITEZ. CONSULTEZ AUSSI VOTRE MÉDECIN EN CAS DE MALADIE DU FOIE, DE CALCULS BILIAIRES, D'OBSTRUCTION DES VOIES BILIAIRES, D'ULCÈRE D'ESTOMAC OU D'EXCÈS D'ACIDE GASTRIQUE. OU SI VOUS PRENEZ UN MÉDICAMENT ANTIPLAQUETTAIRE, UN ANTICOAGULANT OU UN MÉDICAMENT D'ORDONNANCE, OU SI VOUS SOUFFREZ D'UN PROBLÈME DE SANTÉ OU SI VOS SYMPTÔMES S'AGGRAVENT.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. STORE BELOW 25° C/ CE FLACON EST SCÉLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25° C.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND INTEGRATION, WHERE APPLICABLE. / **TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTÉGRATION, LE CAS ÉCHÉANT.**

*MERIVA® IS A TRADEMARK OF INDENA S.p.A. / **MERIVA® EST UNE MARQUE DÉPOSÉE D'INDENA S.p.A.**

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Endocrine

PhytoEstrin™

Supports women's health



USANA's **PhytoEstrin** supplement contains herbs such as chasteberry powder and black cohosh, which can help relieve symptoms associated with 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 relieve menopausal symptoms.

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.

THE USANA DIFFERENCE

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 provide support through menopausal symptoms during the peri- and post-menopausal years.

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ITEM #129

RECOMMENDED USE: HELPS RELIEVE SYMPTOMS ASSOCIATED WITH MENOPAUSE. HELPS TO RELIEVE PREMENSTRUAL SYMPTOMS. / **USAGE RECOMMANDÉ:** AIDE À SOULAGER LES SYMPTÔMES ASSOCIÉS À LA MÉNOPAUSE OU LES SYMPTÔMES PRÉMENSTRUELS.

DURATION OF USE: CONSULT YOUR PHYSICIAN FOR USE BEYOND 4-6 WEEKS. / **DURÉE D'UTILISATION:** CONSULTEZ VOTRE MÉDECIN POUR UNE UTILISATION AU-DELÀ DE QUATRE À SIX SEMAINES.

RECOMMENDED DOSAGE FOR ADULT WOMEN: TAKE THREE (3) TABLETS DAILY. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS OR HEALTH CARE PRODUCTS. / **DOSE RECOMMANDÉE POUR FEMMES ADULTES:** PRENDRE TROIS (3) COMPRIMÉS PAR JOUR. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS OU PRODUITS DE SOINS DE SANTÉ.

EACH TABLET CONTAINS: **CHACQUE COMPRIMÉ CONTIENT :**
MEDICINAL INGREDIENTS: **INGRÉDIENTS MÉDICINAUX**
SOYBEAN POWDER 35 mg POUDRE DE SOJA
(ÉQUIVALENT À 14 mg SOY D'ISOFLAVONES, 8,68 mg AIE*)

BLACK COHOSH EXTRACT (CIMICIFUGA) 50 mg EXTRAIT D'ACTÉE RACÉMIFORME
RACEMOSA, STANDARDIZED TO 2.5% (CIMICIFUGA RACEMOSA, NORMALISE
TRITERPENE GLYCOSIDES) À 2,5 % DE GLYCOSIDES TRITÉRÉNOÏDES)
CHASTEERRY POWDER 50 mg POUDRE DE GATTILIER
(VITEX AGNUS-CASTUS) (VITEX AGNUS-CASTUS)
LICORICE ROOT EXTRACT 30 mg EXTRAIT DE RACINE DE RÉGLISSE
(GLYCYRRHIZA GLABRA) (GLYCYRRHIZA GLABRA)
DONG QUAI EXTRACT 15 mg EXTRAIT D'ANGÉLIQUE CHINOISE
(ANGELICA SINENSIS) (ANGELICA SINENSIS)

*AGLYCONE ISOFLAVONE EQUIVALENTS / ÉQUIVALENTS AGLYCONES D'ISOFLAVONES
NON-MEDICINAL INGREDIENTS: DEXTRATES, ASCORBYL PALMITATE, SODIUM CARBOXYMETHYL CELLULOSE, SILICON DIOXIDE, DEXTRIN, MALTODEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / INGREDIENTS NON MÉDICINAUX : DEXTRATES, PALMITATE D'ASCORBYLE, CARBOXYMETHYLCELLULOSE SODIQUE, DIOXYDE DE SILICIUM, DEXTRINE, MALTODEXTRINE, DEXTROSE, LÉCITHINE DE SOJA, CITRATE DE SODIUM.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF:

- YOU ARE PREGNANT OR NURSING.
- YOU ARE CURRENTLY HAVE OR PREVIOUSLY HAD BREAST CANCER AND/OR BREAST TUMOURS OR IF YOU HAVE A PREDISPOSITION TO BREAST CANCER, AS INDICATED BY AN ABNORMAL MAMMOGRAM AND/OR BIOPSY, OR A FAMILY MEMBER WITH BREAST CANCER.
- YOU ARE TAKING THIAZIDE DIURETICS, CARDIAC GLYCOSIDES, CORTICOSTEROIDS, STIMULANT LAXATIVES OR OTHER MEDICATIONS WHICH MAY AGGRAVATE ELECTROLYTE IMBALANCE.
- YOU HAVE HYPOKALEMIA, HIGH BLOOD PRESSURE, OR A KIDNEY OR CARDIOVASCULAR DISORDER.

ENSURE YOU ARE UP TO DATE ON MAMMOGRAMS AND GYNAECOLOGICAL EVALUATIONS PRIOR TO USE. CONSULT YOUR PHYSICIAN PRIOR TO USE IF:

- YOU ARE TAKING BLOOD THINNERS.
- YOU HAVE A HISTORY OF HORMONAL OR GYNAECOLOGICAL DISEASE, INCLUDING OVARIAN CANCER.
- YOU ARE TAKING HORMONE REPLACEMENT THERAPY (HRT), INCLUDING THYROID HORMONE REPLACEMENT THERAPY.
- YOU ARE TAKING HORMONE-CONTAINING MEDICATIONS SUCH AS PROGESTERONE PREPARATIONS, ORAL CONTRACEPTIVES OR HORMONE REPLACEMENT THERAPY.

CONSULT YOUR PHYSICIAN IF:

- YOU ARE TAKING A PRESCRIPTION DRUG OR HAVE A MEDICAL CONDITION.
- YOUR MENOPAUSAL OR PREMENSTRUAL SYMPTOMS PERSIST OR WORSEN.
- YOU HAVE A LIVER DISORDER OR DEVELOP SYMPTOMS OF LIVER TROUBLE.

DISCONTINUE USE AND CONSULT YOUR PHYSICIAN IF YOU EXPERIENCE BREAST PAIN, DISCOMFORT AND/OR TENDERNESS, OR IF YOU EXPERIENCE A RECURRENCE OF MENSTRUATION AND/OR UTERINE SPOTTING.

GARDER HORS DE LA PORTÉE DES ENFANTS.

NE PAS UTILISER SI :

- VOUS ÊTES ENCEINTE OU ALLAITÉZ.
- VOUS AVEZ DÉJÀ EU UN CANCER DU SEIN ET (OU) DES TUMEURS MAMMAIRES OU SI VOUS AVEZ UNE PREDISPOSITION AU CANCER DU SEIN, RÉVÉLÉE PAR UNE MAMMOGRAPHIE ANORMALE ET (OU) UNE BIOPSIE, OU UN MEMBRE DE LA FAMILLE ATTEINT DE CANCER DU SEIN.
- VOUS PRENEZ DES DIURÉTIQUES THIAZIDIQUES, GLYCOSIDES CARDIAQUES, CORTICOSTÉROÏDES, LAXATIFS STIMULANTS OU D'AUTRES MÉDICAMENTS QUI PEUVENT AGGRAVER LE DÉSÉQUILIBRE DES ÉLECTROLYTES.
- VOUS SOUFFREZ D'HYPOKALÉMIE, D'HYPERTENSION ARTÉRIELLE, OU D'UN TROUBLE RÉNAL OU CARDIOVASCULAIRE.

VOUS DEVRIEZ PASSER OU AVOIR PASSÉ RÉCEMMENT UNE MAMMOGRAPHIE ET UN EXAMEN GYNÉCOLOGIQUE AVANT D'UTILISER CE PRODUIT. CONSULTEZ VOTRE MÉDECIN AVANT DE L'UTILISER SI :

- VOUS PRENEZ DES ANTICOAGULANTS.
- VOUS AVEZ DES ANTÉCÉDENTS DE TROUBLE HORMONAL OU GYNÉCOLOGIQUE, Y COMPRIS LE CANCER DES OVAIRES.
- VOUS SUIVEZ UN TRAITEMENT HORMONAL SUBSTITUTIF (THS), Y COMPRIS L'ADMINISTRATION D'HORMONES THYRÓIDIENNES DE REMPLACEMENT.
- VOUS PRENEZ DES MÉDICAMENTS CONTENANT DES HORMONES COMME DES PRÉPARATIONS DE PROGESTÉRONNE OU DES CONTRACEPTIFS ORAUX. CONSULTEZ VOTRE MÉDECIN SI :
- VOUS PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.
- DES SYMPTÔMES MÉNOPAUSAUX OU PRÉMENSTRUELS PERSISTENT OU S'AGGRAVENT.
- VOUS SOUFFREZ D'UN TROUBLE HÉPATIQUE OU DE SYMPTÔMES QUI Y SONT LIÉS. CESSEZ D'UTILISER CE PRODUIT ET CONSULTEZ VOTRE MÉDECIN EN CAS DE DÉPÂRILLEMENT MAMMAIRE, D'INCONFORT ET (OU) DE SENSIBILITÉ AU TOUCHER, DE RÉAPPARITION DES MÉNSTRUATIONS ET (OU) DE PERTES UTERINES SANGLANTES.

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Optimizers

10000018



Endocrine

Palmetto Plus™

Supports long-term prostate health



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 help relieve the urological symptoms associated with mild to moderate benign prostate hyperplasia.

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 like those found in Palmetto Plus, may help prevent these issues.

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 enhancing immune function and providing antioxidant protection.

Soy isoflavones, a group of phytochemicals found in soybeans, have been shown to help maintain health functions throughout the body.

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

RECOMMENDED USE: HELPS TO RELIEVE THE UROLOGICAL SYMPTOMS ASSOCIATED WITH MILD TO MODERATE BENIGN PROSTATE HYPERPLASIA. / **USAGE RECOMMANDÉ :** AIDE À SOULAGER LES SYMPTÔMES UROLOGIQUES ASSOCIÉS À UN CAS LÉGER À MODÉRÉ D'HYPERPLASIE BÉNIGNE DE LA PROSTATE.

RECOMMENDED ADULT DOSAGE FOR MEN: TAKE ONE (1) CAPSULE DAILY, PREFERABLY WITH A MEAL. TAKE A FEW HOURS BEFORE OR AFTER OTHER MEDICATIONS. / **DOSE RECOMMANDÉE POUR HOMMES ADULTES :** PRENDRE UNE (1) CAPSULE PAR JOUR, DE PRÉFÉRENCE AVEC UN REPAS. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

EACH CAPSULE CONTAINS:		CHACQUE CAPSULE CONTIENT :	
MEDICINAL INGREDIENTS		INGRÉDIENTS MÉDICINAUX	
SAW PALMETTO EXTRACT (STANDARDIZED TO A MINIMUM OF 85% FREE FATTY ACIDS)	320 mg	EXTRAIT DE CHOU PALMETTE NAN (NORMALISÉ RENFERMANT UN MINIMUM DE 85 % D'ACIDES GRAS LIBRES)	
TOMATO EXTRACT (STANDARDIZED TO CONTAIN 5 mg LYCOPENE)	71 mg	EXTRAIT DE TOMATE (NORMALISÉ RENFERMANT 5 mg DE LYCOPÈNE)	
SOYBEAN POWDER (EQUIVALENT 25 mg SOY ISOFLAVONES, 15.5 mg AIE*)	62.5 mg	POUDRE DE SOJA (ÉQUIVALENT À 25 mg D'ISOFLAVONES DE SOJA, 15.5 mg EA*)	

*AGLYCONE ISOFLAVONE EQUIVALENTS / *ÉQUIVALENTS AGLYCONES D'ISOFLAVONES
NON-MEDICINAL INGREDIENTS: GELATIN, GLYCERIN, SOYBEAN OIL, BEESWAX, PURIFIED WATER, SOY LECITHIN, NATURAL CARAMEL COLOUR, TITANIUM DIOXIDE. / **INGRÉDIENTS NON MÉDICINAUX :** GÉLATINE, GLYCÉRINE, HUILE DE SOJA, CIRE D'ABELLE, EAU PURIFIÉE, LÉCITHINE DE SOJA, COLORANT DE CARAMEL NATUREL, DIOXYDE DE TITANE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE TO EXCLUDE A DIAGNOSIS OF PROSTATE CANCER, IF YOU ARE TAKING THYROID HORMONE REPLACEMENT THERAPY, OR IF YOU HAVE A LIVER DISORDER OR DEVELOP LIVER-RELATED SYMPTOMS (E.G., ABDOMINAL PAIN, JAUNDICE, DARK URINE). CONSULT YOUR PHYSICIAN: IF YOU ARE TAKING A PRESCRIPTION DRUG OR HAVE A MEDICAL CONDITION, IF SYMPTOMS PERSIST AFTER 6 MONTHS OR WORSEN, OR IF YOU EXPERIENCE GASTROINTESTINAL DISCOMFORT. NOT FOR USE WITH WOMEN WHO ARE NURSING OR PREGNANT. / **GARDER HORS DE LA PORTÉE DES ENFANTS. AVANT D'UTILISER CE PRODUIT, CONSULTEZ VOTRE MÉDECIN POUR EXCLURE UN DIAGNOSTIC DE CANCER DE LA PROSTATE OU SI VOUS SUIVEZ UN TRAITEMENT DE REMPLACEMENT HORMONAL POUR LA THYROÏDE. SOUFFRIR D'UNE MALADIE DU FOIE OU DÉVELOPPEZ DES SYMPTÔMES LIÉS AU FOIE (PAR EX. DOULEUR ABDOMINALE, JAUNISSE, URINE FONCÉE, CONSULTEZ AUSSI VOTRE MÉDECIN SI VOUS PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, SOUFFRIR D'UN PROBLÈME DE SANTÉ, SI DES SYMPTÔMES PERSISTENT AU-DELÀ DE SIX MOIS OU S'AGGRAVENT OU SI VOUS RESSENTEZ UN MALAISE GASTRO-INTESTINAL. NE PAS UTILISER SI VOUS ALLAITÉZ OU ÊTES ENCEINTE.**

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY AND DISINTEGRATION, WHERE APPLICABLE. / **TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHEANT.**

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / **CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.**

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LB.000411



Endocrine
Pure Rest[™]
 Melatonin supplement



Pure Rest is a fast-acting melatonin supplement that helps reset the body's sleep-wake cycle.

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.

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-flavoured 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, signalling 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 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

RECOMMENDED USE: HELPS RESET THE BODY'S SLEEP-WAKE CYCLE (ASPECT OF THE CIRCADIAN RHYTHM) / **USAGE RECOMMANDÉ:** AIDE À RÉÉQUILIBRER LE CYCLE SOMMEIL-VEILLE (ASPECT DU RYTHME CIRCADIEN).

DURATION OF USE: FOR USE BEYOND FOUR (4) CONTINUOUS WEEKS, CONSULT YOUR PHYSICIAN. / **DURÉE D'UTILISATION:** CONSULTEZ VOTRE MÉDECIN POUR UN USAGE AU-DELÀ DE QUATRE (4) SEMAINES CONSECUTIVES.

RECOMMENDED ADULT DOSE: TAKE ½ TO TWO (2) SUBLINGUAL TABLETS DAILY, ONE HOUR BEFORE BEDTIME. / **DOSE RECOMMANDÉE POUR ADULTES:** METTRE SOUS LA LANGUE DE ½ À DEUX (2) COMPRIMÉS TOUTS LES JOURS UNE HEURE AVANT DE VOUS COUCHER.

EACH TABLET CONTAINS:

MEDICINAL INGREDIENTS

MELATONIN 2 mg

NON-MEDICINAL INGREDIENTS: FRUCTOSE, NATURAL ORANGE FLAVOUR, ASCORBYL PALMITATE, SILICON DIOXIDE. / INGREDIENTS NON MÉDICINAUX :

FRUCTOSE, ARÔME NATUREL D'ORANGE, PALMITATE D'ASCORBYLE, DIOXYDE DE SILICIUM.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHÉANT.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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CAUTION: KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A HORMONAL DISORDER, DIABETES, LIVER OR KIDNEY DISEASE, CEREBRAL PALSY, SEIZURE DISORDERS, MIGRAINE, DEPRESSION AND/OR HYPERTENSION OR IF YOU ARE TAKING BLOOD PRESSURE OR SEDATIVE/HYPNOTIC MEDICATIONS. IF SYMPTOMS OF SLEEPLESSNESS PERSIST CONTINUOUSLY FOR MORE THAN 4 WEEKS, CONSULT YOUR PHYSICIAN. DO NOT USE IF YOU ARE PREGNANT OR NURSING, OR IF YOU ARE TAKING IMMUNOSUPPRESSIVE DRUGS. DO NOT DRIVE OR USE MACHINERY FOR 5 HOURS AFTER TAKING MELATONIN. / **MISE EN GARDE:** GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS SOUFFREZ DE PROBLÈMES HORMONAUX, DE DIABÈTE, D'UNE MALADIE DU FOIE OU DES REINS, DE PARALYSIE CÉRÉBRALE, DE TROUBLES ÉPILEPTIQUES, DE MIGRAINE, DE DÉPRESSION OU D'HYPERTENSION OU SI VOUS PRENEZ DES MÉDICAMENTS POUR LA TENSION ARTÉRIELLE, DES SÉDATIFS OU HYPNOTIQUES. CONSULTEZ VOTRE MÉDECIN DANS LE CAS DE SYMPTÔMES D'INSOMNIE PERSISTANT PENDANT PLUS DE QUATRE (4) SEMAINES. NE PAS UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITEZ OU SI VOUS PRENEZ DES MÉDICAMENTS IMMUNODÉPRESSEURS. NE PAS CONDUIRE OU UTILISER DE LA MACHINERIE PENDANT 5 HEURES APRÈS AVOIR PRIS DE LA MELATONINE.

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Optimizers

LB.000414



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.

- Alpha-amylase supports the digestion of starch.
- Bromelain, protease, and papain support the digestion of protein.
- 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 used in herbal medicine to help digestive disturbances, such as dyspepsia.

THE USANA DIFFERENCE

Supplementing with Digestive Enzyme can increase 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

RECOMMENDED USE: DIGESTIVE AID. / **USAGE RECOMMANDÉ :** FAVORISE LA DIGESTION.

RECOMMENDED ADULT DOSE: TAKE ONE (1) TABLET THREE TIMES A DAY WITH A MEAL. SWALLOW WHOLE. DO NOT CRUSH OR CHEW. KEEP OUT OF THE REACH OF CHILDREN. KEEP TABLETS IN ORIGINAL CONTAINER WITH THE LID TIGHTLY CLOSED BETWEEN USES. STORE IN A COOL, DRY PLACE. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE UN (1) COMPRIMÉ TROIS FOIS PAR JOUR AVEC UN REPAS. AVALER EN ENTIER. NE PAS CRASER NI MÂCHER.

GARDER HORS DE LA PORTEE DES ENFANTS. CONSERVER LES COMPRIMÉS DANS LE CONTENANT ORIGINAL AVEC LE COUVERCLE BIEN FERMÉ ENTRE LES UTILISATIONS. CONSERVER DANS UN ENDROIT FRAIS ET SEC.

EACH TABLET CONTAINS:

MEDICINAL INGREDIENTS

ARTICHOKE (CYNARA CARDUICOLLUS L.) 25 mg
ALPHA-AMYLASE (3,000 DU) 33 mg
BROMELAIN (750,000 PU) 25 mg
PROTEASE (15,000 HUT) 25 mg
LIPASE (350 LPU) 17.5 mg
LACTASE (1,000 ALU) 11.5 mg
PAPAIN (250,000 PU) 5 mg
CELLULOSE (130 CU) 3.25 mg

CHAQUE COMPRIMÉ CONTIENT :

INGRÉDIENTS MÉDICINAUX

ARTICHOKE (CYNARA CARDUICOLLUS L.) 25 mg
ALPHA-AMYLASE (3 000 DU) 33 mg
BROMELAINE (750 000 PU) 25 mg
PROTEASE (15 000 HUT) 25 mg
LIPASE (350 LPU) 17,5 mg
LACTASE (1 000 ALU) 11,5 mg
PAPAÏNE (250 000 PU) 5 mg
CELLULOSE (130 CU) 3,25 mg

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELOSE SODIUM, PREGELATINIZED STARCH, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX :** CELLULOSE MICROCRYSTALLINE, CROSCARMELOSE SODIUM, AMIDON PRÉGÉLATINISÉ, PALMITATE D'ASCORBYLE, DIOXYDE DE SILICIUM, DEXTRINE, EXTRAIT DE VANILLE, DEXTROSE, LÉCITHINE DE SOJA, CITRATE DE SODIUM.

NO ANIMAL-DERIVED INGREDIENTS: AUCUN INGRÉDIENT D'ORIGINE ANIMALE.
USANA HEALTH SCIENCES, INC. SALT LAKE CITY, UTAH 84120
DISTRIBUTED BY: / DISTRIBUÉ PAR : USANA CANADA COMPANY
80 INNOVATION DRIVE, WOODBRIDGE, ONTARIO L4H 0T2

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. STORE BELOW 25 °C / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C.

RECOMMENDED DURATION OF USE / DURÉE D'USAGE RECOMMANDÉE :
MADE IN USA / FABRIQUÉ AUX É.-U. 111.020101 LB.000410

FOR PROLONGED USE, CONSULT A PHYSICIAN. DO NOT USE IF YOU ARE ALLERGIC TO PLANTS OF THE ASTERACEAE/COMPOSITAE/DAISY FAMILY. DO NOT USE IF YOU HAVE A BILE DUCT OBSTRUCTION, KNOWN ADVERSE REACTIONS, NAUSEA, VOMITING AND DIARRHEA HAVE BEEN KNOWN TO OCCUR, IN WHICH CASE DISCONTINUE USE AND CONSULT A PHYSICIAN. HEADACHES, HEARTBURN, BLOATING AND HYPERSENSITIVITY/ALLERGY HAVE BEEN KNOWN TO OCCUR, IN WHICH CASE DISCONTINUE USE. CONSULT A PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT OR BREASTFEEDING, YOU HAVE GALLSTONES, YOU HAVE GASTROINTESTINAL LESIONS/ULCERS, ARE TAKING ANTICOAGULANT AGENTS OR ANTI-INFLAMMATORY AGENTS, OR ARE HAVING SURGERY, YOU HAVE DIABETES, YOU HAVE AN ALLERGY TO LATEX OR FRUITS (SUCH AS AVOCADO, BANANA, CHESTNUT, PASSION FRUIT, FIG, MELON, MANGO, KIWI, PINEAPPLE, PEACH AND TOMATO) / YOU ARE TAKING ANTIBIOTICS. CONSULT A PHYSICIAN IF SYMPTOMS PERSIST OR WORSEN. / POUR UN USAGE Prolongé, consultez un médecin. NE PAS UTILISER CE PRODUIT EN CAS D'ALLERGIE AUX PLANTES DE LA FAMILLE DES ASTÉRACÉES/COMPOSÉES/MARGUERITES. NE PAS UTILISER CE PRODUIT EN CAS D'OBSTRUCTION DES VOIES BILIAIRES. RÉACTIONS INDESIRABLES CONNUES : CÉSSÉZ D'UTILISER CE PRODUIT ET CONSULTEZ UN MÉDECIN DANS LES CAS SUIVANTS QUI ONT ÉTÉ RAPPORTÉS : NAUSEE, VOMISSEMENT ET DIARRHÉE. CÉSSÉZ D'UTILISER CE PRODUIT DANS LES CAS SUIVANTS QUI ONT ÉTÉ RAPPORTÉS : MAUX DE TÊTE, BRÛLURES D'ESTOMAC, BALLONNEMENT ET HYPERSENSIBILITÉ OU ALLERGIE. AVANT D'UTILISER CE PRODUIT, CONSULTEZ UN MÉDECIN DANS TOUS LES CAS SUIVANTS : VOUS ÊTES ENCEINTE OU ALLAITÉZ VOUS SOUFFRIR DE CALCULS BILIAIRES, VOUS AVEZ DES LÉSIONS OU ULCÈRES GASTRO-INTESTINAUX, VOUS PRENEZ DES AGENTS ANTICOAGULANTS OU ANTI-INFLAMMATOIRES OU AVANT UNE OPÉRATION CHIRURGICALE, VOUS SOUFFRIR DE DIABÈTE, VOUS ÊTES ALLÉRIQUE AU LATEX OU À CERTAINS FRUITS (AVOCADE, BANANE, CHATAÏNE, FRUIT DE LA PASSION, FIGUE, MELON, MANGUE, KIWI, ANANAS, PÊCHE ET TOMATE), VOUS PRENEZ UN ANTIBIOTIQUE. CONSULTEZ UN MÉDECIN SI LES SYMPTÔMES PERSISTENT OU S'AGGRAVENT.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / CE PRODUIT EST TESTÉ EN LABORATOIRE ET SA QUALITÉ EST GARANTIE CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTÉGRATION, LE CAS ÉCHEANT.

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Digestion/Detox

LB.000697



Digestive

USANA® Probiotic

Probiotic food supplement for digestive health



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 contributes to a natural healthy gut flora.

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 fibre from fruits, vegetables, and whole grains. In addition to eating a healthful diet, using probiotics can help create an ideal environment for healthy digestion.

THE SCIENCE OF USANA PROBIOTIC

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

The Food and Agriculture Organization of the United Nations defines probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host." Probiotic dietary supplements replenish beneficial microflora, which can help restore a proper microbial equilibrium in the gut and aid good digestion. USANA Probiotic features a unique 50/50 mixture of *Bifidobacterium BB-12*[®] and *Lactobacillus rhamnosus LGG*^{®†}—two strains of probiotic bacteria that have been clinically proven to promote a natural balance of beneficial microflora in the gut.

Research suggests that probiotics, including *Bifidobacterium BB-12* and *Lactobacillus rhamnosus LGG*, may 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 that are 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.

ITEM #108

Recommended Use: Probiotic that provides live microorganisms that temporarily modify gut flora. / **Usage recommandé :** Probiotic fournit des micro-organismes vivants qui modifient temporairement la flore intestinale.

Recommended Dose: Adults: add the contents of one stick pack to water or other favourite cold beverage and drink immediately. Take one stick pack every 1–2 days, or as needed. Take at least 2–3 hours before or after taking antibiotics. /

Dose recommandée : Adultes : ajoutez le contenu d'un sachet tubulaire à de l'eau ou à une autre boisson froide de votre choix et buvez immédiatement. Prenez un sachet tubulaire par jour ou tous les deux jours, ou selon les besoins. Prenez ce produit au moins de deux à trois heures avant ou après la prise d'un antibiotique.

Each pack contains at the time of manufacture: Medicinal Ingredients / À la fabrication, chaque sachet contient – Ingrédients médicinaux :

Bifidobacterium BB-12[®] / *Bifidobacterium BB-12*^{MD}
6 billion CFU / 6 milliards UFC
Lactobacillus rhamnosus LGG[®] / *Lactobacillus rhamnosus LGG*^{MD}
6 billion CFU / 6 milliards UFC

Non-Medicinal Ingredients: D-Mannitol, Inulin, Silicon Dioxide. / **Ingrédients non médicinaux :** D-mannitol, inuline, dioxyde de silicium.

Caution: Keep out of the reach of children. Consult a physician if you are pregnant, nursing, taking a prescription drug, or have a medical condition. If you have nausea, fever, vomiting, bloody diarrhoea or severe abdominal pain, consult a physician before use. If symptoms of digestive upset (e.g., diarrhoea) occur, worsen, or persist beyond 3 days, discontinue use and consult a physician. If you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment), do not use this product. / **Mise en garde :** Garder hors de la portée des enfants. Consultez un médecin si vous êtes enceinte ou allaitante, prenez un médicament délivré sur ordonnance ou souffrez d'un problème de santé. Consultez un médecin avant de prendre le produit dans les cas suivants : nausée, fièvre, vomissements, diarrhée sanglante ou douleur abdominale intense. Cessez d'utiliser le produit et consultez un médecin si des symptômes de problème digestif (par ex. : diarrhée) apparaissent, s'aggravent ou persistent plus de trois jours. Ne prenez pas le produit si vous êtes immunocompromis (par ex. : sida, lymphome, patient suivant un traitement à long terme aux corticostéroïdes).

BB-12[®] is a registered trademark of Chr. Hansen. BB-12^{MD} est une marque déposée de Chr. Hansen.

LGG[®] is a registered trademark of Valio Ltd. LGG^{MD} est une marque déposée de Valio Ltd.

Store below 25° C / Conserver à une température inférieure à 25 °C

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[†]All trademarks are the property of their respective owners.

BX00156



Digestive

Fibergy® Plus

Nutritious fibre blend



Fibergy Plus is a convenient way to add more fibre to your diet.

THE BENEFITS OF FIBERGY PLUS

Consuming multiple sources of dietary fibre is important because different types of fibre provide specific benefits and serve unique purposes within the body. The dietary fibre in Fibergy Plus promotes good digestive 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.

THE SCIENCE OF FIBERGY PLUS

In addition to cellulose, the unique blend of Fibergy Plus contains two important sources of fibre: inulin and psyllium. Psyllium is a bulking agent that sweeps the gastrointestinal tract and normalizes stool consistency to promote regularity. A serving of Fibergy Plus supplies the 2.9 grams of the soluble fibre from psyllium necessary per day to have this effect.

Psyllium fibre can be helpful for weight management. 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.

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 a product that's cholesterol free, fat free, and low in sodium. The formula was also designed without added flavours, making it convenient to mix in with any juice or flavoured beverage of your choice. Adding Fibergy Plus to your USANA **Nutrimeal™** can make it easier to skip unhealthy snacks throughout the day, as the high fibre content combined with the shake leaves you feeling satisfied longer.

Pairing Fibergy Plus with the **USANA® Probiotic** is a beneficial combination as well. The 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

DIRECTIONS: Mix a full serving, 1 rounded tablespoon (14 g), into 290–340 mL of juice. Or, mix a half serving, 2 rounded teaspoons (7 g), with USANA Nutrimeal. For best results, mix in a BlenderBottle® for 45 seconds. Enjoy immediately. / **MODE D'EMPLOI :** Incorporer une portion, soit 1 grosse cuillerée à table (14 g), dans 290 à 340 ml de jus ou mélanger une demi-portion égale à 2 grosses cuillerées à thé (7 g) au mélange à boisson Nutrimeal d'USANA. Pour de meilleurs résultats, mélanger dans un flacon mélangeur BlenderBottle™ pendant 45 secondes et boire immédiatement.
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. / **MISE EN GARDE :** Cet aliment doit être consommé avec au moins un plein verre de liquide. Son ingestion sans une quantité suffisante de liquide peut causer l'étouffement. Ne pas utiliser ce produit en cas de difficulté à avaler. Si vous prenez un médicament (délivré sur ordonnance ou en vente libre), consommez ce produit au moins deux heures avant ou après avoir pris votre médicament.

NUTRITION FACTS / VALEUR NUTRITIVE	
Per 14 g (1 rounded tablespoon or 1 serving) / Par 14 g (1 grosse cuillerée à table ou 1 portion)	
Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 30	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium 25 mg	1 %
Carbohydrate / Glucides 12 g	4 %
Fibre / fibres 6 g	24 %
Sugars / sucres 0 g	
Protein / Protéines 0.2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium	4 %
Iron / Fer	8 %

Ingredients: Psyllium, Inulin, Cane Fiber, Gum Arabic, Citrus Pectin, Flaxseed Meal, Citric Acid, Natural Flavour.

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

Produced on equipment that also processes: Wheat, Peanuts, Tree Nuts, Egg, Sesame, and Shellfish.

All trademarks are the property of their respective owners.

Ingrédients : Psyllium, inuline, fibre de canne, gomme arabique, pectine d'agrumes, tourteau de graine de lin, acide citrique, arôme naturel.

*Pour nos clients qui ont une sensibilité aux produits laitiers, soja ou gluten : aucun produit laitier, soja ni gluten n'entre dans la fabrication de ce produit. Par contre, Fibergy Plus d'USANA est fabriqué dans des installations qui peuvent aussi fabriquer d'autres produits contenant des produits laitiers, du soja et du gluten.

Fabriqué avec de l'équipement servant aussi pour des produits contenant : blé, arachides, noix, œufs, sésame et fruits de mer.

Les marques de commerce appartiennent à leurs propriétaires respectifs.

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Digestion/Detox

86.0001077



Digestive

Hepa Plus®

Comprehensive liver support formula



A healthy lifestyle coupled with a supplement such as USANA's **Hepa Plus** is a great way to support liver function and aid the body's natural detoxification processes.

THE BENEFITS OF HEPA PLUS

Your liver performs a number of functions vital to maintaining good health, including filtering almost 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 they are broken down into a form that can be used by your body or filtered out and eliminated. An unstable liver that isn't functioning optimally may result in a buildup of toxins in your system that could cause a wide variety of long-term health issues.

Hepa Plus supports healthy liver function by supplying the body with nutrients that promote the natural detoxification process as well as endogenous antioxidant activity to protect against the damage of free radicals.

THE SCIENCE BEHIND HEPA PLUS

A key ingredient in Hepa Plus, 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.

Hepa Plus also delivers a comprehensive array of phenolic compounds that exhibit antioxidant properties, including green tea extract, broccoli concentrate, and USANA's patented **Olivol™** olive fruit extract. Turmeric is traditionally used in herbal medicine as an anti-inflammatory. In addition, n-acetyl l-cysteine, alpha-lipoic acid, and milk-thistle extract help your body produce its own natural antioxidants—notably, glutathione, which is most concentrated in the liver. In addition to its role in normal, healthy detoxification processes, glutathione's antioxidant activity is important not only for protection from the free radicals and toxins you are exposed to in the environment, but also because the detoxification process itself generates oxidative stress in your liver.

Taking three tablets of Hepa Plus a day for 28 days can help significantly increase natural glutathione production and overall antioxidant capacity. In fact, the formula itself is now patent pending because of the increase in glutathione, vitamin C antioxidant capacity, and detoxification activity it helps produce within the body. Hepa Plus is also U.S. patent pending because it safely combines two previously incompatible liver-supporting nutrients into one bi-layer tablet using USANA's Nutritional Hybrid Technology.

THE USANA DIFFERENCE

The unique formulation of Hepa Plus supports healthy liver function by providing choline to aid its natural detoxification process, along with a full range of nutrients that help the body combat oxidative stress. It also includes **Olivol** for more complete antioxidant support. Hepa Plus provides comprehensive support for the liver.

HYBRID

ITEM #135

RECOMMENDED USE: FOR SUPPORT OF HEALTHY LIVER FUNCTION. / **USAGE RECOMMANDÉ:** POUR FAVORISER LE BON FONCTIONNEMENT DU FOIE.
RECOMMENDED ADULT DOSE: TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH MEALS. KEEP TABLETS IN ORIGINAL CONTAINER WITH THE LID TIGHTLY CLOSED BETWEEN USES. STORE IN A COOL, DRY PLACE. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE TROIS (3) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS. CONSERVER LES COMPRIMÉS DANS LEUR CONTENANT ORIGINAL. LE COUVERCLE BIEN FERMÉ ENTRE LES UTILISATIONS. GARDER DANS UN ENDROIT FRAIS ET SEC.
DURATION OF USE: USE FOR A MINIMUM OF THREE (3) WEEKS TO SEE BENEFICIAL EFFECTS. / **DURÉE D'UTILISATION:** POUR CONSTATER DES EFFETS BÉNÉFIQUES, PRENDRE LE PRODUIT PENDANT AU MOINS TROIS (3) SEMAINES.

EACH TABLET CONTAINS:	CHACQUE COMPRIMÉ CONTIENT:
MEDICINAL INGREDIENTS	INGRÉDIENTS MÉDICINAUX
CHOLINE BITARTRATE	125 mg BITARTRATE DE CHOLINE
MILK THISTLE FRUIT EXTRACT (80% SILYMARIN)	80 mg EXTRAIT DE CHARDON-MARIE (80% SILYMARINE)
N-ACETYL L-CYSTEINE	75 mg N-ACÉTYL L-CYSTEINE
ALPHA-LIPOIC ACID	67 mg ACIDE ALPHA-LIPOÏQUE
BROCCOLI (BRASSICA OLERACEA) FLOWER EXTRACT (20:1, EQUIVALENT TO 500 mg FLOWER)	25 mg BROCOLI (BRASSICA OLERACEA) EXTRAIT DE FLEUR (20 : 1, EQUIVALENT À 500 mg FLEUR)
GREEN TEA (CAMELLIA SINENSIS) LEAF EXTRACT (15:1, EQUIVALENT TO 225 mg LEAF)	15 mg THÉ VERT (CAMELLIA SINENSIS) EXTRAIT DE FEUILLE (15 : 1, EQUIVALENT À 225 mg FEUILLE)
OLIVE (OLEA EUROPAEA) FRUIT EXTRACT* (45:1, EQUIVALENT TO 675 mg FRUIT)	15 mg OLIVE (OLEA EUROPAEA) EXTRAIT DE FRUIT* (45 : 1, EQUIVALENT À 675 mg FRUIT)
TURMERIC (CURCUMA LONGA) ROOT EXTRACT (50:1, EQUIVALENT TO 750 mg ROOT)	15 mg CURCUMA (CURCUMA LONGA) EXTRAIT DE RACINE (50 : 1, EQUIVALENT À 750 mg RACINE)
BIOTIN	75 µg BIOTINE

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, HYDROXYPROPYL CELLULOSE, CROSCARM-ELLOSE SODIUM, DEXTRIN, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, CARBOXYMETHYLCELLULOSE SODIUM, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX:** CELLULOSE MICROCRYSTALLINE, PALMITATE D'ASCORBYLE, AMIDON PRÉGÉLATINISÉ, DIOXYDE DE SILICUM, HYDROXYPROPYLCELLULOSE, CROSCARMELOSE SODIQUE, DEXTROSE, EXTRAIT DE VANILLE, DEXTROSE, LÉCITHINE DE SOJA, CARBOXYMÉTHYLCELLULOSE SODIQUE, CITRATE DE SODIUM.

*USANA OLIVOL™ PROTECTED UNDER US PATENT 6,358,542 OR 6,361,803 / *OLIVOL™ D'USANA, MARQUE PROTÉGÉE EN VERTU DES BREVETS AMÉRICAINS 6,358,542 OU 6,361,803.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF YOU ARE PREGNANT OR BREAST-FEEDING. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A HISTORY OF GALLSTONES, BILIARY TRACT OBSTRUCTIONS AND/OR STOMACH ULCERS, IMPAIRED LIVER FUNCTION, OR IF YOU ARE TAKING BLOOD THINNERS. CONSULT YOUR PHYSICIAN IF YOU EXPERIENCE PERSISTENT DIARRHEA. HYPERSENSITIVITY/ALLERGY IS KNOWN TO OCCUR, IN WHICH CASE, DISCONTINUE USE. / GARDER HORS DE LA PORTEE DES ENFANTS. NE PAS UTILISER SI VOUS ÊTES ÉVENTE OU SI VOUS ALLAITÉZ. AVANT D'UTILISER CE PRODUIT, CONSULTEZ VOTRE MÉDECIN SI VOUS AVEZ DES ANTECÉDENTS DE CALCULS BILIAIRES, D'OBSTRUCTION DES VOIES BILIAIRES, D'ULCÈRE D'ESTOMAC, DE DÉTÉRIORATION DE LA FONCTION HÉPATIQUE, OU SI VOUS PRENEZ UN ANTICOAGULANT. CONSULTEZ AÜSSI VOTRE MÉDECIN EN CAS DE DIARRHÉE PERSISTANTE. CÉSSEZ D'UTILISER LE PRODUIT EN CAS D'HYPERSENSIBILITÉ OU D'ALLERGIE.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. GARANTIE DE QUALITÉ, CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGÉNÉITÉ ET DE DÉSINTEGRATION, LE CAS ÉCHÉANT.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

USANA HEALTH SCIENCES, INC. SALT LAKE CITY, UTAH 84120

DISTRIBUTED BY: / DISTRIBUÉ PAR: USANA CANADA COMPANY

80 INNOVATION DRIVE, WOODBRIDGE, ONTARIO L4H 0T2

STORE BELOW 25 °C / CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C

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LB.000008



Foods

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

Nutrimeal™

A perfectly nutritious meal replacement shake

THE BENEFITS OF QUALITY PROTEIN

Nutrimeal is nutritious and gluten free†. A serving of Dutch Chocolate and Wild Strawberry Nutrimeal provides 15 grams of soy, whey, and pea protein. French Vanilla Nutrimeal provides 15 grams of soy protein. Soy protein is a complete protein, containing all of the essential amino acids in healthy ratios and in a highly digestible form. Whey protein, which is also easily digestible, is an excellent source of amino acids essential for building a healthy body.

DUTCH CHOCOLATE AND WILD STRAWBERRY NUTRIMEAL

The protein blend in Dutch Chocolate and Wild Strawberry Nutrimeal provides the benefits of soy and whey, plus additional protein sources, such as pea isolate and rice concentrate, to provide balanced amino acids to the body. These flavours also contain healthy ingredients such as fibre, and they are formulated without gluten.†



FRENCH VANILLA NUTRIMEAL

This gluten-free† meal replacement is formulated with 100 per cent soy protein for those who prefer non-animal proteins or who are lactose or gluten intolerant. Soy protein is a complete source of all the essential amino acids, which are required by the human body.



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

Dutch Chocolate Nutrimeal™

ITEM #210

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290-340 mL of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Mode d'emploi : Pour une boisson fouettée riche et crémeuse, bien battre pendant 45 secondes au mélangeur ou au flacon mélangeur 3 mesures dans 290 à 340 mL d'eau froide, au goût. Idéal en remplacement d'un ou plusieurs repas.

NUTRITION FACTS / VALEUR NUTRITIVE

Per 59 g (3 scoops) / par 59 g (3 mesures)	
Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 240 (1000 kJ)	
Fat / Lipides 6 g	9 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
Polyunsaturated / polyinsaturés 1 g	
Omega-6 / oméga-6 0.9 g	
Omega-3 / oméga-3 0.1 g	
Monounsaturated / monoinsaturés 4 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 400 mg	17 %
Potassium 550 mg	16 %
Carbohydrate / Glucides 32 g	11 %
Dietary Fibre / fibres 2 g	8 %
Sugars / sucres 18 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	35 %
Vitamin C / Vitamine C	30 %
Calcium	30 %
Iron / Fer	30 %
Vitamin D / Vitamine D	45 %
Vitamin E / Vitamine E	50 %
Thiamine	30 %
Riboflavin / Riboflavine	30 %
Niacin / Niacine	40 %
Vitamin B6 / Vitamine B6	25 %
Folate	40 %
Vitamin B12 / Vitamine B12	20 %
Biotin / Biotine	100 %
Pantothenate / Pantothénate	20 %
Phosphorus / Phosphore	35 %
Iodide / Iodure	35 %
Magnesium / Magnésium	30 %
Zinc	60 %
Selenium / Sélénium	35 %
Copper / Cuivre	40 %
Manganese / Manganèse	60 %
Chromium / Chrome	15 %
Molybdenum / Molybdène	50 %

INGREDIENTS: PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PEA PROTEIN, RICE PROTEIN CONCENTRATE), FRUCTOSE, SUNFLOWER OIL, MALTODEXTRIN, COCOA POWDER, SOY FIBRE, SUGARCANE (SACCHARUM OFFICINARUM L.), STALK, NATURAL FLAVOURS, GUM ARABIC, SOY LECITHIN, FRUCTOOLIGOSACCHARIDES, PRUNE POWDER (PRUNE, CALCIUM STEARATE), POTASSIUM PHOSPHATE, MAGNESIUM CITRATE, TRICALCIUM PHOSPHATE, CELLULOSE GUM, SEA SALT, XANTHAN GUM, SODIUM CASEINATE (A MILK DERIVATIVE), ORGANIC AGAVE INULIN, SILICON DIOXIDE, TOCOPHEROLS (TO PROTECT FLAVOUR), CALCIUM CARBONATE, ZINC GLUCONATE, ASCORBIC ACID (VITAMIN C), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE (NIACIN), VITAMIN A PALMITATE, MOLYBDENUM CITRATE, POTASSIUM IODIDE, COPPER GLUCONATE, MANGANESE CITRATE, BIOTIN, D-CALCIUM PANTOTHENATE, SODIUM SELENITE, FERROUS FUMARATE, CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMINE HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), CHROMIUM CHLORIDE.

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES: PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

***FOR OUR CUSTOMERS SENSITIVE TO GLUTEN:** NO GLUTEN CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, DUTCH CHOCOLATE NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

INGREDIENTS : MÉLANGE DE PROTÉINES (ISOLAT DE PROTÉINE DE SOJA, ISOLAT DE PROTÉINE DE LACTOSÉRUM, PROTÉINE DE POIS, CONCENTRÉ DE PROTÉINE DE RIZ), FRUCTOSE, HUILE DE TOURNESOL, MALTODEXTRINE, POUVRE DE CACAÔ, FIBRES DE SOJA, TIGE DE CANNE À SUCRE (SACCHARUM OFFICINARUM L.), AROMES NATURELS, GOMME ARABIQUE, LÉCITHINE DE SOJA, FRUCTOOLIGOSACCHARIDES, POUVRE DE PRUNEAU (PRUNEAU, STÉARATE DE CALCIUM), PHOSPHATE DE POTASSIUM, CITRATE DE MAGNÉSIMUM, PHOSPHATE TRICALCIQUE, CARBOXYMÉTHYLCELLULOSE, SEL DE MER, GOMME DE XANTHANE, CASÉINATE DE SODIUM (UN DÉRIVÉ DU LAIT), INULINE D'AGAVE BIOLOGIQUE, DIOXYDE DE SILICIUM, TOCOPHÉROLS (POUR PRÉSERVER LA SAVEUR), CARBONATE DE CALCIUM, GLUCONATE DE ZINC, ACIDE ASCORBIQUE (VITAMINE C), ACÉTATE D-ALPHA TOCOPHÉRYL (VITAMINE E), NIACINAMIDE (NIACINE), PALMITATE DE VITAMINE A, CITRATE DE MOLYBDÈNE, IODURE DE POTASSIUM, GLUCONATE DE CUIVRE, CITRATE DE MANGANESE, BIOTINE, D-PANTOTHÉNATE DE CALCIUM, SÉLÉNITE DE SODIUM, FUMARATE FERREUX, CHOLECALCIFÉROL (VITAMINE D), ACIDE FOLIQUE, CHLORHYDRATE DE PYRIDOXINE (VITAMINE B6), RIBOFLAVINE (VITAMINE B2), CHLORHYDRATE DE THIAMINE (VITAMINE B1), CYANOCOBALAMINE (VITAMINE B12), CHLORURE CHROMIQUE.

LE PRODUIT RENFERME : SOJA, LAIT, FABRIQUÉ AVEC DE L'ÉQUIPEMENT SERVANT AUSSI POUR DES PRODUITS CONTENANT : ARACHIDES, NOIX, ŒUFS, BLÉ, SÉSAME ET FRUITS DE MER.

† POUR NOS CLIENTS QUI ONT UNE SENSIBILITÉ AU GLUTEN : AUCUN INGRÉDIENT RENFERMANT DU GLUTEN N'ENTRE DANS LA FABRICATION DE CE PRODUIT. PAR CONTRE, CE PRODUIT EST FABRIQUÉ DANS DES INSTALLATIONS QUI FABRIQUENT AUSSI D'AUTRES PRODUITS CONTENANT DU GLUTEN.

STORE AT ROOM TEMPERATURE (25°C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

86-0001230

Wild Strawberry Nutrimeal™

ITEM #212

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290–340 mL of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Mode d'emploi : Pour une boisson fouettée riche et crémeuse, bien battre pendant 45 secondes au mélangeur ou au flacon mélangeur 3 mesures dans 290 à 340 mL d'eau froide, au goût. Idéal en remplacement d'un ou plusieurs repas.

NUTRITION FACTS / VALEUR NUTRITIVE	
Per 59 g (3 scoops) / par 59 g (3 mesures)	
Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 240 (1000 kJ)	
Fat / Lipides 6 g	9 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
Polyunsaturated / polyinsaturés 1 g	
Omega-6 / oméga-6 0.9 g	
Omega-3 / oméga-3 0.1 g	
Monounsaturated / monoinsaturés 4 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 410 mg	17 %
Potassium 460 mg	13 %
Carbohydrate / Glucides 33 g	11 %
Dietary Fibre / fibres 3 g	12 %
Sugars / sucres 18 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	40 %
Vitamin C / Vitamine C	30 %
Calcium	30 %
Iron / Fer	25 %
Vitamin D / Vitamine D	45 %
Vitamin E / Vitamine E	50 %
Thiamine	30 %
Riboflavin / Riboflavine	30 %
Niacin / Niacine	40 %
Vitamin B6 / Vitamine B6	25 %
Folate	40 %
Vitamin B12 / Vitamine B12	20 %
Biotin / Biotine	100 %
Pantothenate / Pantothénate	20 %
Phosphorus / Phosphore	35 %
Iodide / Iodure	35 %
Magnesium / Magnésium	30 %
Zinc	55 %
Selenium / Sélénium	35 %
Copper / Cuivre	35 %
Manganese / Manganèse	60 %
Chromium / Chrome	15 %
Molybdenum / Molybdène	50 %

INGREDIENTS: PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PEA PROTEIN, RICE PROTEIN CONCENTRATE), FRUCTOSE, NATURAL FLAVOURS, SOY FIBRE, GUM ARABIC, SUGARCANE (SACCHARUM OFFICINARUM L.) STALK, SUNFLOWER OIL, MALTODEXTRIN, SOY LECITHIN, DIPOTASSIUM PHOSPHATE, FRUCTOOLIGOSACCHARIDES, PRUNE POWDER (PRUNE, CALCIUM STEARATE), MAGNESIUM CITRATE, BEEF JUICE POWDER (COLOUR), ORGANIC AGAVE INULIN, TRICALCIUM PHOSPHATE, CELLULOSE GUM, SEA SALT, XANTHAN GUM, CALCIUM CARBONATE, CITRIC ACID, SILICON DIOXIDE, TOCOPHEROLS (TO PROTECT FLAVOUR), SODIUM CASEINATE (A MILK DERIVATIVE), ZINC GLUCONATE, MALIC ACID, ASCORBIC ACID (VITAMIN C), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE (NIACIN), VITAMIN A PALMITATE, MOLYBDENUM CITRATE, POTASSIUM IODIDE, MANGANESE CITRATE, COPPER GLUCONATE, FERROUS FUMARATE, BIOTIN, D-CALCIUM PANTOTHENATE, SODIUM SELENITE, CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMINE HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), CHROMIUM CHLORIDE.

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

***FOR OUR CUSTOMERS SENSITIVE TO GLUTEN:** NO GLUTEN CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, WILD STRAWBERRY NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

INGRÉDIENTS : MÉLANGE DE PROTÉINES (ISOLAT DE PROTÉINE DE SOJA, ISOLAT DE PROTÉINE DE LACTOSÉRUM, PROTÉINE DE POIS, CONCENTRÉ DE PROTÉINE DE RIZ), FRUCTOSE, ARÔMES NATURELS, FIBRES DE SOJA, GOMME ARABIQUE, TIGE DE CANNE À SUCRE (SACCHARUM OFFICINARUM L.), HUILE DE TOURNESOL, MALTODEXTRINE, LÉCITHINE DE SOJA, PHOSPHATE D'IPOTASSIUM, FRUCTOOLIGOSACCHARIDES, POUSSIERE DE PRUNEAU (PRUNEAU, STÉARATE DE CALCIUM), CITRATE DE MAGNÉSIE, JUS DE BETTERAVE EN POUSSIERE (COLORANT), INULINE D'AGAVE BIOLOGIQUE, PHOSPHATE TRICALCIQUE, CARBOXYMETHYLCELLULOSE, SEL DE MER, GOMME DE XANTHANE, CARBONATE DE CALCIUM, ACIDE CITRIQUE, DIOXYDE DE SILICIUM, TOCOPHÉROLES (POUR PRÉSERVER LA SAVEUR), CASÉINATE DE SODIUM (UN DÉRIVÉ DU LAIT), GLUCONATE DE ZINC, ACIDE MALIQUE, ACIDE ASCORBIQUE (VITAMINE C), ACÉTATE DE D-ALPHA TOCOPHÉRYL (VITAMINE E), NIACINAMIDE (NIACINE), PALMITATE DE VITAMINE A, IODURE DE POTASSIUM, BIOTINE, GLUCONATE DE CUIVRE, CITRATE DE MOLYBDÈNE, IODURE DE POTASSIUM, CITRATE DE MANGANESE, GLUCONATE DE CUIVRE, FUMARATE FERREUX, BIOTINE, D-PANTOTHÉNATE DE CALCIUM, SÉLÉNITE DE SODIUM, CHOLECALCIFÉROL (VITAMINE D), ACIDE FOLIQUE, CHLORHYDRATE DE PYRIDOXINE (VITAMINE B6), RIBOFLAVINE (VITAMINE B2), CHLORHYDRATE DE THIAMINE (VITAMINE B1), CYANOCOBALAMINE (VITAMINE B12), CHLORURE CHROMIQUE.

LE PRODUIT RENFERME : SOJA, LAIT. FABRIQUÉ AVEC DE L'ÉQUIPEMENT SERVANT AUSSI POUR DES PRODUITS CONTENANT : ARACHIDES, NOIX, ŒUFS, BLÉ, SESAME ET FRUITS DE MER.

***POUR NOS CLIENTS QUI ONT UNE SENSIBILITÉ AU GLUTEN :** AUCUN INGRÉDIENT RENFERMANT DU GLUTEN N'ENTRE DANS LA FABRICATION DE CE PRODUIT. PAR CONTRE, CE PRODUIT EST FABRIQUÉ DANS DES INSTALLATIONS QUI PEUVENT AUSSI FABRIQUER D'AUTRES PRODUITS CONTENANT DU GLUTEN.

STORE AT ROOM TEMPERATURE (25°C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

BC0001197

French Vanilla Nutrimeal™

ITEM #211

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290–340 mL of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Mode d'emploi : Pour une boisson fouettée riche et crémeuse, bien battre pendant 45 secondes au mélangeur ou au flacon mélangeur 3 mesures dans 290 à 340 mL d'eau froide, au goût. Idéal en remplacement d'un ou plusieurs repas.

NUTRITION FACTS / VALEUR NUTRITIVE	
Per 59 g (3 scoops) / par 59 g (3 mesures)	
Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 250 (1050 kJ)	
Fat / Lipides 7 g	11 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
Polyunsaturated / polyinsaturés 1 g	
Omega-6 / oméga-6 0.8 g	
Omega-3 / oméga-3 0.1 g	
Monounsaturated / monoinsaturés 5 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 310 mg	13 %
Potassium 430 mg	12 %
Carbohydrate / Glucides 32 g	11 %
Dietary Fibre / fibres 3 g	12 %
Sugars / sucres 19 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	35 %
Vitamin C / Vitamine C	30 %
Calcium	30 %
Iron / Fer	20 %
Vitamin D / Vitamine D	45 %
Vitamin E / Vitamine E	55 %
Thiamine	30 %
Riboflavin / Riboflavine	30 %
Niacin / Niacine	40 %
Vitamin B6 / Vitamine B6	25 %
Folate	40 %
Vitamin B12 / Vitamine B12	20 %
Biotin / Biotine	110 %
Pantothenate / Pantothénate	20 %
Phosphorus / Phosphore	35 %
Iodide / Iodure	35 %
Magnesium / Magnésium	30 %
Zinc	50 %
Selenium / Sélénium	35 %
Copper / Cuivre	35 %
Manganese / Manganèse	60 %
Chromium / Chrome	15 %
Molybdenum / Molybdène	50 %

INGREDIENTS: SOY PROTEIN ISOLATE, FRUCTOSE, SUNFLOWER OIL, MALTODEXTRIN, SOY FIBRE, NATURAL FLAVOURS, SUGARCANE (SACCHARUM OFFICINARUM L.) STALK, FRUCTOOLIGOSACCHARIDES, GUM ARABIC, SOY LECITHIN, ORGANIC AGAVE INULIN, DIPOTASSIUM PHOSPHATE, PRUNE POWDER (PRUNE, CALCIUM STEARATE), MAGNESIUM CITRATE, CELLULOSE GUM, TRICALCIUM PHOSPHATE, SODIUM CASEINATE (A MILK DERIVATIVE), CALCIUM CARBONATE, XANTHAN GUM, SILICON DIOXIDE, TOCOPHEROLS (TO PROTECT FLAVOUR), SEA SALT, ZINC GLUCONATE, ASCORBIC ACID (VITAMIN C), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE (NIACIN), VITAMIN A PALMITATE, POTASSIUM IODIDE, BIOTIN, COPPER GLUCONATE, MOLYBDENUM CITRATE, MANGANESE CITRATE, FERROUS FUMARATE, D-CALCIUM PANTOTHENATE, SODIUM SELENITE, CHOLECALCIFEROL (VITAMIN D), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID, RIBOFLAVIN (VITAMIN B2), THIAMINE HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), CHROMIUM CHLORIDE.

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

***FOR OUR CUSTOMERS SENSITIVE TO GLUTEN:** NO GLUTEN CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, FRENCH VANILLA NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

INGRÉDIENTS : ISOLAT DE PROTÉINE DE SOJA, FRUCTOSE, HUILE DE TOURNESOL, MALTODEXTRINE, FIBRES DE SOJA, ARÔMES NATURELS, TIGE DE CANNE À SUCRE (SACCHARUM OFFICINARUM L.), FRUCTOOLIGOSACCHARIDES, GOMME ARABIQUE, LÉCITHINE DE SOJA, INULINE D'AGAVE BIOLOGIQUE, PHOSPHATE D'IPOTASSIUM, POUSSIERE DE PRUNEAU (PRUNEAU, STÉARATE DE CALCIUM), CITRATE DE MAGNÉSIE, CARBOXYMETHYLCELLULOSE, PHOSPHATE TRICALCIQUE, CASÉINATE DE SODIUM (UN DÉRIVÉ DU LAIT), CARBONATE DE CALCIUM, GOMME DE XANTHANE, DIOXYDE DE SILICIUM, TOCOPHÉROLES (POUR PRÉSERVER LA SAVEUR), SEL DE MER, GLUCONATE DE ZINC, ACIDE ASCORBIQUE (VITAMINE C), ACÉTATE DE D-ALPHA TOCOPHÉRYL (VITAMINE E), NIACINAMIDE (NIACINE), PALMITATE DE VITAMINE A, IODURE DE POTASSIUM, BIOTINE, GLUCONATE DE CUIVRE, CITRATE DE MOLYBDÈNE, CITRATE DE MANGANESE, FUMARATE FERREUX, D-PANTOTHÉNATE DE CALCIUM, SÉLÉNITE DE SODIUM, CHOLECALCIFÉROL (VITAMINE D), CHLORHYDRATE DE PYRIDOXINE (VITAMINE B6), ACIDE FOLIQUE, RIBOFLAVINE (VITAMINE B2), CHLORHYDRATE DE THIAMINE (VITAMINE B1), CYANOCOBALAMINE (VITAMINE B12), CHLORURE CHROMIQUE.

LE PRODUIT RENFERME : SOJA, LAIT - FABRIQUÉ AVEC DE L'ÉQUIPEMENT SERVANT AUSSI POUR DES PRODUITS CONTENANT : ARACHIDES, NOIX, ŒUFS, BLÉ, SESAME ET FRUITS DE MER.

***POUR NOS CLIENTS QUI ONT UNE SENSIBILITÉ AU GLUTEN :** AUCUN INGRÉDIENT RENFERMANT DU GLUTEN N'ENTRE DANS LA FABRICATION DE CE PRODUIT. PAR CONTRE, CE PRODUIT EST FABRIQUÉ DANS DES INSTALLATIONS QUI PEUVENT AUSSI FABRIQUER D'AUTRES PRODUITS CONTENANT DU GLUTEN.

STORE AT ROOM TEMPERATURE (25°C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

BC0001198

Foods

Chocolate Whey Nutrimeal™

Delicious chocolate meal replacement shake

Chocolate Whey **Nutrimeal** is a soy-protein free alternative to the popular line of USANA® Nutrimeal shakes. Like the other flavours of **Nutrimeal**, it is a meal replacement drink that is formulated without gluten†, and made with natural flavours and sweeteners.

THE BENEFITS OF WHEY

Protein is key to building a healthy body, and USANA's Chocolate Whey Nutrimeal is a delicious way to get 15 grams of protein every day. USANA developed Chocolate Whey Nutrimeal for those who have soy or gluten sensitivity† and for athletes who often prefer to use whey in their meal replacement shakes. It offers a healthy blend of essential fatty acids, whey protein, and good carbohydrates. With the added bonus of a delectable chocolate taste, this healthy option is not only convenient, it's a tasty treat as well.

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

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



ITEM #202

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290–340 mL of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Mode d'emploi : Pour une boisson fouettée riche et crémeuse, bien battre pendant 45 secondes au mélangeur ou au flacon mélangeur 3 mesures dans 290 à 340 mL d'eau froide, au goût. Idéal en remplacement d'un ou plusieurs repas.

NUTRITION FACTS / VALEUR NUTRITIVE

Per 61 g (3 scoops) / par 61 g (3 mesures)

Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 250 (1060 kJ)	
Fat / Lipides 7 g	11 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1 g	
Omega-6 / oméga-6 0.8 g	
Omega-3 / oméga-3 0.1 g	
Monounsaturated / monoinsaturés 4.5 g	
Cholesterol / Cholestérol 10 mg	3 %
Sodium 250 mg	10 %
Potassium 610 mg	18 %
Carbohydrate / Glucides 34 g	11 %
Dietary Fibre / fibres 3 g	12 %
Sugars / sucres 19 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	35 %
Vitamin C / Vitamine C	30 %
Calcium	35 %
Iron / Fer	30 %
Vitamin D / Vitamine D	40 %
Vitamin E / Vitamine E	35 %
Thiamine	30 %
Riboflavin / Riboflavine	40 %
Niacin / Niacine	35 %
Vitamin B6 / Vitamine B6	30 %
Folate	30 %
Vitamin B12 / Vitamine B12	50 %
Biotin / Biotine	120 %
Pantothenate / Pantothénate	25 %
Phosphorus / Phosphore	35 %
Iodide / Iodure	30 %
Magnesium / Magnésium	30 %
Zinc	40 %
Selenium / Sélénium	25 %
Copper / Cuivre	40 %
Manganese / Manganèse	60 %
Chromium / Chrome	10 %
Molybdenum / Molybdène	30 %

INGREDIENTS: PROTEIN BLEND (WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, SKIM MILK POWDER, CALCIUM CASEINATE (A MILK DERIVATIVE), MILK PROTEIN CONCENTRATE), FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, COCOA POWDER, MALTODEXTRIN, SUGARCANE (SACCHARUM OFFICINARUM L.) STALK, NATURAL FLAVOURS, SOY LECITHIN, GUM ARABIC, GROUND PEA HULL FIBRE, POTASSIUM PHOSPHATE, CALCIUM PHOSPHATE, CELLULOSE GUM, ORGANIC AGAVE INULIN, FRUCTOOLIGOSACCHARIDES, XANTHAN GUM, MAGNESIUM CITRATE, SODIUM CASEINATE (A MILK DERIVATIVE), SEA SALT, PRUNE POWDER (PRUNE, CALCIUM STEARATE), MIXED TOCOPHEROLS, SILICON DIOXIDE, CALCIUM CARBONATE, ASCORBIC ACID (VITAMIN C), ZINC GLUCONATE, NIACINAMIDE (NIACIN), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), VITAMIN A PALMITATE, FERROUS FUMARATE, POTASSIUM IODIDE, COPPER GLUCONATE, MOLYBDENUM CITRATE, MANGANESE CITRATE, BIOTIN, CALCIUM PANTOTHENATE, SODIUM SELENITE, CHOLECALCIFEROL (VITAMIN D3), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), CYANOCOBALAMIN (VITAMIN B12), THIAMINE HYDROCHLORIDE (VITAMIN B1), CHROMIUM CHLORIDE.

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

***FOR OUR CUSTOMERS SENSITIVE TO GLUTEN:** NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, CHOCOLATE WHEY NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

INGRÉDIENTS : MÉLANGE DE PROTÉINES (ISOLAT DE PROTÉINE DE LACTOSÉRUM, CONCENTRÉ DE PROTÉINE DE LACTOSÉRUM, POUDRE DE LAIT ÉCRÉMÉ, CASEINATE DE CALCIUM (UN DÉRIVÉ DU LAIT), CONCENTRÉ DE PROTÉINE DE LAIT), FRUCTOSE, HUILE DE TOURNESOL À FORTE TENEUR OLÉIQUE, POUDRE DE CACAÔ, MALTODÉXTRINE, TIGE DE CANNE À SUCRE (SACCHARUM OFFICINARUM L.), AROMES NATURELS, LÉCITHINE DE SOJA, GOMME ARABIQUE, FIBRES DE COQUES DE POIS MOULUES, PHOSPHATE DE POTASSIUM, PHOSPHATE DE CALCIUM, CARBOXYMÉTHYLCELLULOSE, INULINE D'AGAVE BIOLOGIQUE, FRUCTOOLIGOSACCHARIDES, GOMME DE XANTHANE, CITRATE DE MAGNÉSIE, CASEINATE DE SODIUM (UN DÉRIVÉ DU LAIT), SEL DE MER, POUDRE DE PRUNEAU (PRUNEAU), STEARATE DE CALCIUM, MÉLANGE DE TOCOPHÉROLS, DIOXYDE DE SILICIUM, CARBONATE DE CALCIUM, ACIDE ASCORBIQUE (VITAMINE C), GLUCONATE DE ZINC, NIACINAMIDE (NIACINE), ACÉTATE D-ALPHA-TOCOPHÉRYL (VITAMINE E), PALMITATE DE VITAMINE A, FUMARATE FERREUX, IODURE DE POTASSIUM, GLUCONATE DE CUIVRE, CITRATE DE MOLYBDÈNE, CITRATE DE MANGANESE, BIOTINE, PANTOTHÉNATE DE CALCIUM, SÉLÉNITE DE SODIUM, CHOLECALCIFÉROL (VITAMINE D3), ACIDE FOLIQUE, CHLORURE DE PYRIDOXINE (VITAMINE B6), RIBOFLAVINE (VITAMINE B2), CYANOCOBALAMINE (VITAMINE B12), CHLORURE DE THIAMINE (VITAMINE B1), CHLORURE CHROMIQUE.

LE PRODUIT RENFERME : SOJA, LAIT, FABRIQUÉ AVEC DE L'ÉQUIPEMENT SERVANT AUSSI POUR DES PRODUITS CONTENANT : ARACHIDES, NOIX, ŒUFS, BLÉ, SESAME ET FRUITS DE MER.

*** POUR NOS CLIENTS QUI ONT UNE SENSIBILITÉ AU GLUTEN :** AUCUN INGRÉDIENT RENFERMANT DU GLUTEN N'ENTRE DANS LA FABRICATION DE CE PRODUIT. PAR CONTRE, NUTRIMEAL AU LACTOSÉRUM À SAUVEUR DE CHOCOLAT EST FABRIQUÉ DANS DES INSTALLATIONS QUI FABRIQUENT AUSSI D'AUTRES PRODUITS CONTENANT DU GLUTEN.

STORE AT ROOM TEMPERATURE (25°C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

8.6.0001.223

Nutrimeal™ Free

A nutritious, plant-based meal replacement shake

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

That's why we created **Nutrimeal Free**. It's a meal replacement shake formulated with a complete vegetable protein, and it's unique for what it doesn't contain—no fructose, gluten[†], dairy[†], or soy[†]. It contains 15 grams of protein to give you sustained energy and helps support healthy digestion. Oh, and did we mention it's vegetarian friendly?

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

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



ITEM #209

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290–340 mL of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

MODE D'EMPLOI : Pour une boisson fouettée riche et crémeuse, bien battre pendant 45 secondes au mélangeur ou au flacon mélangeur BlenderBottle® 3 mesures dans 290 à 340 ml d'eau froide, au goût. Idéal en remplacement d'un ou plusieurs repas.

NUTRITION FACTS / VALEUR NUTRITIVE

Per 55 g (3 scoops) / par 55 g (3 mesures)

Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 240 (1000 kJ)	
Fat / Lipides 8 g	12 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Omega-6 / oméga-6 0.8 g	
Omega-3 / oméga-3 0.2 g	
Polyunsaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 6 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 300 mg	13 %
Potassium 430 mg	12 %
Carbohydrate / Glucides 26 g	9 %
Dietary Fibre / fibres 2 g	8 %
Sugars / sucres 12 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	35 %
Vitamin C / Vitamine C	30 %
Calcium	30 %
Iron / Fer	20 %
Vitamin D / Vitamine D	45 %
Vitamin E / Vitamine E	40 %
Thiamine	30 %
Riboflavin / Riboflavine	30 %
Niacin / Niacine	35 %
Vitamin B6 / Vitamine B6	25 %
Folate	40 %
Vitamin B12 / Vitamine B12	20 %
Biotin / Biotine	130 %
Pantothenate / Pantothénate	25 %
Phosphorus / Phosphore	35 %
Iodide / Iodure	35 %
Magnesium / Magnésium	25 %
Zinc	45 %
Selenium / Sélénium	25 %
Copper / Cuivre	25 %
Manganese / Manganèse	55 %
Chromium / Chrome	10 %
Molybdenum / Molybdène	20 %

INGREDIENTS: NON-GMO PLANT PROTEIN BLEND (PEA PROTEIN ISOLATE, POTATO PROTEIN ISOLATE), BALANCED FIBRE BLEND (SUGARCANE (SACCHARUM OFFICINARUM L.), GUM ACACIA, DEXTRIN, PEA FIBRE, CELLULOSE GUM, XANTHAN GUM), NATURAL FLAVOURS, ORGANIC CANE SUGAR, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, ORGANIC CANOLA OIL, VITAMIN AND MINERAL BLEND (POTASSIUM PHOSPHATE, CALCIUM PHOSPHATE, MAGNESIUM CITRATE, CALCIUM CARBONATE, ZINC GLUCONATE, ASCORBIC ACID (VITAMIN C), D-ALPHA-TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE (NIACIN), VITAMIN A PALMITATE, FERROUS FUMARATE, POTASSIUM IODIDE, BIOTIN, COPPER GLUCONATE, MOLYBDENUM CITRATE, MANGANESE CITRATE, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMINE HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12)), PRUNE POWDER, COCONUT OIL, SALT, FOOD STARCH, MONO AND DIGLYCERIDES, CHROMIUM CHLORIDE, SODIUM SELENATE.

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

INGRÉDIENTS : MÉLANGE DE PROTÉINES VÉGÉTALES SANS OGM (ISOLAT DE PROTÉINE DE POIS, ISOLAT DE PROTÉINE DE POMME DE TERRE), MÉLANGE ÉQUILIBRÉ DE FIBRES (FIBRES DE CANNE (SACCHARUM OFFICINARUM L.), GOMME D'ACACIA, DEXTRINE, FIBRES DE POIS, CARBOXYMÉTHYLCELLULOSE, GOMME DE XANTHANE), ARÔMES NATURELS, SUCRE DE CANNE BIOLOGIQUE, HUILE DE TOURNESOL À FORTE TENEUR OLÉIQUE, MALTODEXTRINE, HUILE DE CANOLA BIOLOGIQUE, MÉLANGE DE VITAMINES ET MINÉRAUX (PHOSPHATE DE POTASSIUM, PHOSPHATE DE CALCIUM, CITRATE DE MAGNÉSIE, CARBONATE DE CALCIUM, GLUCONATE DE ZINC, ACIDE ASCORBIQUE (VITAMINE C), ACÉTATE DE D-ALPHA-TOCOPHÉROL (VITAMINE E), NIACINAMIDE (NIACINE), PALMITATE DE VITAMINE A, FUMARATE FERREUX, IODURE DE POTASSIUM, BIOTINE, GLUCONATE DE CUIVRE, CITRATE DE MOLYBDÈNE, CITRATE DE MANGANESE, D-PANTOTHÉNATE DE CALCIUM, CHOLECALCIFÉROL (VITAMINE D), ACIDE FOLIQUE, CHLORURE DE PYRIDOXINE (VITAMINE B6), RIBOFLAVINE (VITAMINE B2), CHLORURE DE THIAMINE (VITAMINE B1), CYANOCOBALAMINE (VITAMINE B12)), POUDRE DE PRUNEAU, HUILE DE COCO, SEL, AMIDON À USAGE ALIMENTAIRE, MONOGLYCÉRIDES ET DIGLYCÉRIDES, CHLORURE CHROMIQUE, SÉLÉNATE DE SODIUM.

FABRIQUÉ DANS DES INSTALLATIONS QUI TRAITENT AUSSI D'AUTRES PRODUITS CONTENANT FRUITS DE MER, BLE, LAIT, SOJA, OEUFS, ARACHIDES ET NOIX.

STORE AT ROOM TEMPERATURE (25 °C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

Foods

86.00011746

USANA Protein Snacks

Convenient snacks in three delicious flavours

Have you ever reached for a snack, only to hesitate when you thought of your waistline? Just because you want to be healthy doesn't mean you have to deprive yourself. These delectable snacks will give you all the indulgence you deserve with some extra benefits to boot. Each of them contains more than 10 grams of protein so they'll fill you up without spiking your blood sugar. They're a healthier—and tastier—alternative to high-sugar snacks.

Additionally, all three of USANA's delicious Protein Snacks are free of gluten, which makes them a good option for those who are gluten intolerant.[†] Gluten refers to protein found in wheat, rye, and barley. And, the new soft-baked technology USANA utilizes to create these snacks gives all three of them a better flavour, texture, and taste.

Going from zero to 100 on the roadway to a healthier diet is difficult. Make the transition easier with these delicious Protein Snacks.

CHOCO CHIP™ PROTEIN SNACK

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



PEANUTTY BLISS™ PROTEIN SNACK

When you want big peanut butter flavour, reach for this delicious Protein Snack loaded with rich peanut butter chips and topped with an amazingly smooth peanut butter icing.



FUDGE DELITE™ PROTEIN SNACK

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



SNACK SMARTER

- Gluten free[†]
- Soft baked
- Non-GMO
- No trans fat

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

Choco Chip™ Protein Snack

ITEM #235

NUTRITION FACTS / VALEUR NUTRITIVE

Per 1 square (38 g) / par 1 carré (38 g)

Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 160 (669 kJ)	
Fat / Lipides 5 g	8 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Polyunsaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 1 g	
Cholesterol / Cholestérol 15 mg	5 %
Sodium 180 mg	8 %
Carbohydrate / Glucides 17 g	6 %
Dietary Fibre / fibres 0 g	0 %
Sugars / sucres 7 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	1 %
Calcium	3 %
Iron / Fer	13 %

ITEM#235-020100

INGREDIENTS: NON GMO PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NON-SUGAR SWEETENERS (SORBITOL, GLYCERINE, MALTITOL), SUGARS (BROWN SUGAR, EVAPORATED CANE SYRUP), PALM OIL, MONO GLYCERIDES, UNSWEETENED CHOCOLATE, COCOA BUTTER, NONFAT DRY MILK, COCOA (PROCESSED WITH ALKALI), NATURAL VANILLA FLAVOUR, SOY LECITHIN, WHEY, CITRIC ACID, BETA-CAROTENE, ASCORBYL PALMITATE, SALT, POTASSIUM SORBATE. / **INGRÉDIENTS:** MÉLANGE DE PROTÉINES SANS OGM (ISOLAT DE PROTÉINE DE SOJA, CONCENTRÉ DE PROTÉINE DE LACTOSÉRUM, ISOLAT DE PROTÉINE DE LACTOSÉRUM), EDULCORANTS SANS SUCRE (SORBITOL, GLYCÉRINE, MALTITOL), SUCRES (SUCRE BRUN, SIROP DE CANNE À SUCRE ÉVAPORÉ), HUILE DE PALMISTE, MONOGLYCÉRIDES, CHOCOLAT NON SUCRÉ, BEURRE DE CACAO, LAIT EN POUDRE ÉCRÈME, CACAO (TRAITÉ À L'ALCALI), ARÔME NATUREL DE VANILLE, LÉCITHINE DE SOJA, LACTOSÉRUM, ACIDE CITRIQUE, BÉTA-CAROTÈNE, PALMITATE D'ASCORBYL, SEL, SORBATE DE POTASSIUM.

CONTAINS: MILK AND SOY / **LE PRODUIT RENFERME :** LAIT ET SOJA
 *NO GLUTEN OR EGGS ARE USED IN THIS PRODUCT. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, MILK, SOY, EGG, PEANUTS, AND TREE NUTS. / *CE PRODUIT NE CONTIENT NI GLUTEN, NI EUFS, FABRIQUÉ DANS DES INSTALLATIONS QUI TRAITENT AUSSI D'AUTRES PRODUITS CONTENANT DU BLÉ, DU LAIT, DU SOJA, DES EUFS, DES ARACHIDES ET DES NOIX.

STORE AT ROOM TEMPERATURE (25 °C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

*POUR NOS CLIENTS QUI ONT UNE SENSIBILITÉ AU GLUTEN : AUCUN INGRÉDIENT RENFERMANT DU GLUTEN N'ENTRE DANS LA FABRICATION DE CES PRODUITS. PAR CONTRE, CES CASSE-CROÛTES SONT FABRIQUÉS DANS DES INSTALLATIONS QUI PEUVENT AUSSI FABRIQUER D'AUTRES PRODUITS CONTENANT DU GLUTEN.

Peanutty Bliss™ Protein Snack

ITEM #236

NUTRITION FACTS / VALEUR NUTRITIVE	
Per 1 square (38 g) / par 1 carré (38 g) Servings Per Container: 14 / Portions par contenant : 14	
Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 160 (669 kJ)	
Fat / Lipides 6 g	9 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Polyunsaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 2 g	
Cholesterol / Cholestérol 15 mg	5 %
Sodium 180 mg	8 %
Carbohydrate / Glucides 18 g	6 %
Dietary Fibre / fibres 0 g	0 %
Sugars / sucres 9 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	1 %
Calcium	3 %
Iron / Fer	6 %

ITEM 236 020100

INGREDIENTS: NON GMO PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NON-SUGAR SWEETENERS (SORBITOL, GLYCERINE, MALTITOL), SUGARS (BROWN SUGAR, EVAPORATED CANE SYRUP), PALM OIL, MONO GLYCERIDES, DEFATTED PEANUT FLOUR, NONFAT DRY MILK, PEANUT OIL, NATURAL VANILLA FLAVOUR, SOY LECITHIN, CITRIC ACID, WHEY, BETA CAROTENE, ASCORBYL PALMITATE, SALT, POTASSIUM SORBATE. / **INGRÉDIENTS :** MÉLANGE DE PROTÉINES SANS OGM (ISOLAT DE PROTÉINE DE SOJA, CONCENTRÉ DE PROTÉINE DE LACTOSÉRUM, ISOLAT DE PROTÉINE DE LACTOSÉRUM), EDULCORANTS SANS SUCRE (SORBITOL, GLYCÉRINE, MALTITOL), SUCRES (SUCRE BRUN, SIROP DE CANNE À SUCRE ÉVAPORÉ), HUILE DE PALMISTE, MONOGLYCÉRIDES, FARINE D'ARACHIDES DÉGRAISSÉE, LAIT EN POUVRE ÉCRÊME, HUILE D'ARACHIDES, ARÔME NATUREL DE VANILLE, LÉCITHINE DE SOJA, ACIDE CITRIQUE, LACTOSÉRUM, BÉTA-CAROTÈNE, PALMITATE D'ASCORBYLE, SEL, SORBATE DE POTASSIUM.

CONTAINS: PEANUTS, MILK, AND SOY / **LE PRODUIT RENFERME :** ARACHIDES, LAIT ET SOJA.

*NO GLUTEN OR EGGS ARE USED IN THIS PRODUCT. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, MILK, SOY, EGG, PEANUTS, AND TREE NUTS. / *CE PRODUIT NE CONTIENT NI GLUTEN, NI ŒUFS. FABRIQUÉ DANS DES INSTALLATIONS QUI TRAITENT AUSSI D'AUTRES PRODUITS CONTENANT DU BLÉ, DU LAIT, DU SOJA, DES ŒUFS, DES ARACHIDES ET DES NOIX.

STORE AT ROOM TEMPERATURE (25 °C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

ITEM #237

NUTRITION FACTS / VALEUR NUTRITIVE	
Per 1 square (43 g) / par 1 carré (43 g) Servings Per Container: 14 / Portions par contenant : 14	
Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 180 (752 kJ)	
Fat / Lipides 6 g	9 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Polyunsaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 2 g	
Cholesterol / Cholestérol 20 mg	7 %
Sodium 200 mg	8 %
Carbohydrate / Glucides 20 g	7 %
Dietary Fibre / fibres 0 g	0 %
Sugars / sucres 9 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	3 %
Vitamin C / Vitamine C	1 %
Calcium	4 %
Iron / Fer	21 %

ITEM 237 020100

INGREDIENTS: NON GMO PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NON-SUGAR SWEETENERS (SORBITOL, GLYCERINE, MALTITOL), SUGARS (BROWN SUGAR, EVAPORATED CANE SYRUP), PALM OIL, COCOA (PROCESSED WITH ALKALI), MONO GLYCERIDES, UNSWEETENED CHOCOLATE, COCOA BUTTER, NONFAT DRY MILK, NATURAL VANILLA FLAVOUR, SOY LECITHIN, CITRIC ACID, WHEY, BETA CAROTENE, ASCORBYL PALMITATE, SALT, POTASSIUM SORBATE. / **INGRÉDIENTS :** MÉLANGE DE PROTÉINES SANS OGM (ISOLAT DE PROTÉINE DE SOJA, CONCENTRÉ DE PROTÉINE DE LACTOSÉRUM, ISOLAT DE PROTÉINE DE LACTOSÉRUM), EDULCORANTS SANS SUCRE (SORBITOL, GLYCÉRINE, MALTITOL), SUCRES (SUCRE BRUN, SIROP DE CANNE À SUCRE ÉVAPORÉ), HUILE DE PALMISTE, CACAO (TRAITÉ À L'ALKALI), MONOGLYCÉRIDES, CHOCOLAT NON SUCRÉ, BEURRE DE CACAO, LAIT EN POUVRE ÉCRÊME, ARÔME NATUREL DE VANILLE, LÉCITHINE DE SOJA, ACIDE CITRIQUE, LACTOSÉRUM, BÉTA-CAROTÈNE, PALMITATE D'ASCORBYLE, SEL, SORBATE DE POTASSIUM.

CONTAINS: MILK AND SOY / **LE PRODUIT RENFERME :** LAIT ET SOJA.

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

*CE PRODUIT NE CONTIENT NI GLUTEN, NI ŒUFS. FABRIQUÉ DANS DES INSTALLATIONS QUI TRAITENT AUSSI D'AUTRES PRODUITS CONTENANT DU BLÉ, DU LAIT, DU SOJA, DES ŒUFS, DES ARACHIDES ET DES NOIX.

STORE AT ROOM TEMPERATURE (25 °C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

Foods

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 savoury, 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
- Healthy source of ALA
- Gluten free†
- Soy free†
- Dairy free†
- No trans fats
- Low sodium
- Non-GMO
- Prebiotic fibre
- Sanoviv inspired

WHAT IS SANOVIV?

Sanoviv Medical Institute is a cutting-edge healthcare 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 #238

NUTRITIONAL FACTS / VALEUR NUTRITIVE

PER 1 BAR (40 g) / PAR 1 BARRE (40 g)
SERVINGS PER CONTAINER: 14 / PORTIONS PAR CONTENANT : 14

AMOUNT / TENEUR	% DAILY VALUE % VALEUR QUOTIDIENNE
CALORIES 160	
FAT / LIPIDES 8 g	12 %
SATURATED / SATURÉS 1.5 g	8 %
+ TRANS 0 g	
POLYUNSATURATED / POLYINSATURÉS 2 g	
OMEGA-6 / OMEGA-6 1.5 g	
OMEGA-3 / OMEGA-3 0.7 g	
MONOUNSATURATED / MONOINSATURÉS 4 g	
CHOLESTEROL / CHOLESTÉROL 0 mg	0 %
SODIUM 140 mg	6 %
POTASSIUM 120 mg	3 %
CARBOHYDRATE / GLUCIDES 22 g	7 %
DIETARY FIBRE / FIBRES 8 g	
SUGARS / SUCRES 9 g	
PROTEIN / PROTÉINES 4 g	8 %
VITAMIN A / VITAMINE A	0 %
VITAMIN C / VITAMINE C	4 %
CALCIUM	4 %
IRON / FER	6 %

INGREDIENTS: RAW ALMONDS, DRIED CHERRIES, RAW CASHEWS, ISOMALTO-OLIGOSACCHARIDE, DRIED CRANBERRIES (APPLE JUICE CONCENTRATE, SUNFLOWER OIL), NON-GMO SOLUBLE CORN FIBER, CRACKED FLAXSEED, TAPIOCA SYRUP, GLUTEN FREE ROLLED OATS, COCONUT OIL, AGAVE INULIN, SEA SALT.

INGRÉDIENTS : AMANDES, CERISES SÉCHÉES, NOIX DE CAJOU, ISOMALTO-OLIGOSACCHARIDE, CANNEBERGES SÉCHÉES (CONCENTRÉ DE JUS DE POMME, HUILE DE TOURNESOL), FIBRES DE MAÏS SOLUBLES SANS OGM, GRAINES DE LIN BROYÉES, SIROP DE TAPIOCA, FLOCONS D'AVOINE SANS GLUTEN, HUILE DE COPRAH, INULINE D'AGAVE, SEL DE MER.

CONTAINS: ALMONDS AND CASHEWS.

LE PRODUIT RENFERME : AMANDES ET NOIX DE CAJOU.

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

*CE PRODUIT NE CONTIENT NI GLUTEN, NI ŒUFS, FABRIQUÉ DANS DES INSTALLATIONS QUI TRAITENT AUSSI D'AUTRES PRODUITS CONTENANT DES ŒUFS, DU POISSON, DU LAIT, DES ARACHIDES, DES FRUITS DE MER, DU SOJA, DU SÉSAME, DES NOIX, DU BLÉ ET DU GLUTEN.

STORE AT ROOM TEMPERATURE (25 °C) /
CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)

IMPORTED BY / IMPORTÉ PAR :
USANA CANADA COMPANY
80 INNOVATION DRIVE
WOODBIDGE, ONTARIO L4H 0T2

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.

WHAT MAKES IT WORK?

Rev3 contains coenzyme Q10, which is involved in the production of 95 per cent of the energy required by the body.

A REVOLUTION IN ENERGY DRINKS

Rev3 is formulated to provide sustained energy. 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 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 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 flavours, no artificial sweeteners, no artificial preservatives, and no artificial colours. It contains caffeine from a blend of teas that provides mental and physical stimulation for a short period of time. Rev3 also includes additional vitamins, minerals, and antioxidants.



ITEM #138

NUTRITION FACTS VALEUR NUTRITIVE	
PER CAN (355 mL) / PAR CANETTE (355 mL)	
AMOUNT TENEUR	% DAILY VALUE % VALEUR QUOTIDIENNE
CALORIES / CALORIES 100	
FAT / LIPIDES 0 g	0 %
SATURATED / SATURÉS 0 g	0 %
+ TRANS / TRANS 0 g	
CHOLESTEROL / CHOLESTÉROL 0 mg	
SODIUM 3 mg	1 %
POTASSIUM 55 mg	2 %
CARBOHYDRATE / GLUCIDES 25 g	8 %
FIBRE / FIBRES 0 g	0 %
SUGARS / SUCRES 25 g	
PROTEIN / PROTÉINES 0 g	
VITAMIN A / VITAMINE A	0 %
VITAMIN C / VITAMINE C	0 %
CALCIUM	15 %
IRON / FER	0 %
THIAMIN / THIAMINE	170 %
RIBOFLAVIN / RIBOFLAVINE	160 %
VITAMIN B6 / VITAMINE B6	420 %
BIOTIN / BIOTINE	1500 %
PANTOTHENATE / PANTOTHÉNATE	210 %
MAGNESIUM / MAGNÉSIMUM	10 %

HIGH CAFFEINE CONTENT

CAUTION: DO NOT CONSUME MORE THAN ONE CAN DAILY. NOT RECOMMENDED FOR CHILDREN, PREGNANT OR BREASTFEEDING WOMEN OR INDIVIDUALS SENSITIVE TO CAFFEINE. DO NOT MIX WITH ALCOHOL.

TENEUR ÉLEVÉE EN CAFÉINE

MISE EN GARDE: NE PAS CONSOMMER PLUS DE 1 CANETTE PAR JOUR. N'EST PAS RECOMMANDÉ POUR LES ENFANTS, LES FEMMES ENCEINTES OU QUI ALLAITENT OU LES PERSONNES SENSIBLES À LA CAFÉINE. NE PAS MÉLANGER AVEC DE L'ALCOOL.

USANA CANADA COMPANY

80 INNOVATION DRIVE
WOODBRIDGE, ONTARIO L4H 0T2
MADE IN USA / FABRIQUÉ AUX É.-U.
138.020100 CN.00015

CONTAINS (PER CAN): CAFFEINE 120 mg, NIACINAMIDE 30 mg, CHOLINE CHLORIDE 15 mg, COENZYME Q10 7.5 mg, WHITE TEA (*CAMELLIA SINENSIS*) LEAF EXTRACT 15 mg, GREEN TEA (*CAMELLIA SINENSIS*) LEAF EXTRACT 300 mg, KOREAN GINSENG (*PANAX GINSENG*) ROOT EXTRACT 75 mg, RHODIOLA (*RHODIOLA ROSEA*) ROOT EXTRACT 15 mg, RIBOSE 75 mg, ALOE VERA LEAF EXTRACT 15 mg, GRAPE (*VITIS VINIFERA*) SEED EXTRACT 15 mg, OLIVE (*OLEA EUROPAEA*) FRUIT EXTRACT 15 mg, ACEROLA (*MALPIGHIA PUNICIFOLIA*) FRUIT EXTRACT 15 mg, POMEGRANATE (*PUNICA GRANATUM*) FRUIT EXTRACT 15 mg. / CONTIENT (PAR CANETTE) : CAFÉINE 120 mg, NIACINAMIDE 30 mg, CHLORURE DE CHOLINE 15 mg, COENZYME Q10 7,5 mg, EXTRAIT DE FEUILLE DE THÉ BLANC (*CAMELLIA SINENSIS*) 15 mg, EXTRAIT DE FEUILLE DE THÉ VERT (*CAMELLIA SINENSIS*) 300 mg, EXTRAIT DE RACINE DE GINSENG CORÉEN (*PANAX GINSENG*) 75 mg, EXTRAIT DE RACINE D'ORPIN ROSE (*RHODIOLA ROSEA*) 15 mg, RIBOSE 75 mg, EXTRAIT DE FEUILLE D'ALOÈS VRAI 15 mg, EXTRAIT DE PÉPINS DE RAISIN (*VITIS VINIFERA*) 15 mg, EXTRAIT D'OLIVE (*OLEA EUROPAEA*) 15 mg, EXTRAIT D'ACÉROLA (*MALPIGHIA PUNICIFOLIA*) 15 mg, EXTRAIT DE GRENADE (*PUNICA GRANATUM*) 15 mg.

INGREDIENTS: CARBONATED WATER, FRUCTOSE, EVAPORATED CANE JUICE, NATURAL FLAVOUR, CALCIUM MALATE, CITRIC ACID, NATURAL COLOUR, GREEN TEA LEAF EXTRACT, MAGNESIUM CITRATE, POTASSIUM SORBATE, MALIC ACID, KOREAN GINSENG ROOT EXTRACT, D-RIBOSE, DICALCIUM PHOSPHATE, STARCH, SUCROSE, NIACINAMIDE, CALCIUM D-PANTOTHENATE, CHOLINE CHLORIDE, RHODIOLA ROOT EXTRACT, WHITE TEA LEAF EXTRACT, ALOE VERA LEAF EXTRACT, GRAPE SEED EXTRACT, OLIVE FRUIT EXTRACT, ACEROLA FRUIT EXTRACT, POMEGRANATE FRUIT EXTRACT, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), UBIQUINONE, SEA SALT, RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), BIOTIN. / INGRÉDIENTS : EAU GAZÉIFIÉE, FRUCTOSE, JUS DE CANNE ÉVAPORÉ, ARÔME NATUREL, MALATE DE CALCIUM, ACIDE CITRIQUE, COULEUR NATURELLE, EXTRAIT DE FEUILLE DE THÉ VERT, CITRATE DE MAGNÉSIMUM, SORBATE DE POTASSIUM, ACIDE MALIQUE, EXTRAIT DE RACINE DE GINSENG CORÉEN, D-RIBOSE, PHOSPHATE DICALCIQUE, AMIDON, SUCROSE, NIACINAMIDE, CALCIUM D-PANTOTHÉNATE, CHLORURE DE CHOLINE, EXTRAIT DE RACINE D'ORPIN ROSE, EXTRAIT DE FEUILLE DE THÉ BLANC, EXTRAIT DE FEUILLE D'ALOÈS VRAI, EXTRAIT DE PÉPINS DE RAISIN, EXTRAIT DE FRUIT D'OLIVE, EXTRAIT D'ACÉROLA, EXTRAIT DE GRENADE, CHLORHYDRATE DE PYRIDOXINE (VITAMINE B6), UBIQUINONE, SEL DE MER, RIBOFLAVINE (VITAMINE B2), CHLORHYDRATE DE THIAMINE (VITAMINE B1), BIOTINE.

Foods

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 caffeine from the leaves of three different types of teas. With 80 mg of caffeine, Rev3 contains about as much caffeine as an average cup of coffee, but without many of the potentially harmful ingredients, such as large amounts of sugar, excessive calories, or artificial preservatives.

THE ENERGY COMPLEX

Rev3 Energy Surge Pack was developed with a complete energy complex. These nutrients are necessary for normal functioning of the Krebs energy cycle (citric acid cycle) and electron transport systems. It also contains Korean ginseng and rhodiola.

THE USANA DIFFERENCE

Rev3 Energy Surge Pack has no artificial flavours, no artificial sweeteners, no artificial preservatives, and no artificial colours. It contains caffeine from a blend of teas and also provides numerous beneficial ingredients, including a thermogenic agent to provide mental and physical stimulation.

ITEM #139

14 PACKS / 14 SACHETS

RECOMMENDED USE: HELPS TEMPORARILY RESTORE MENTAL ALERTNESS OR WAKEFULNESS WHEN EXPERIENCING FATIGUE OR DROWSINESS. / **USAGE RECOMMANDÉ:** AIDE À RETABLIR TEMPORAIREMENT LA VIGILANCE OU L'ÉTAT DE VÉLLE LORSQU'ON ÉPROUVE DE LA FATIGUE OU DE LA SOMNOLÉNCIE.

RECOMMENDED ADULT DOSE: MIX ONE (1) PACK DAILY WITH 14-16 OZ. (410-470 mL) OF WATER OR TO TASTE. TAKE WITH FOOD. / **DOSE RECOMMANDÉE POUR ADULTES:** TOUS LES JOURS, MÉLANGER LE CONTENU D'UN SACHET DANS 410 À 470 mL D'EAU, OU AU GÔÛT. PRENDRE EN MANGEANT.

EACH PACK CONTAINS:

MEDICINAL INGREDIENTS

CITRIC ACID 450 mg
 WHITE TEA (CAMELLIA SINENSIS) 300 mg
 LEAF EXTRACT - CONTAINING 10 mg
 CAFFEINE
 BLACK TEA (CAMELLIA SINENSIS) 250 mg
 LEAF EXTRACT - CONTAINING 10 mg
 CAFFEINE
 RHODIOLA (RHODIOLA ROSEA) 200 mg
 ROOT EXTRACT
 GREEN TEA (CAMELLIA SINENSIS) 150 mg
 LEAF EXTRACT - CONTAINING 6 mg
 CAFFEINE
 KOREAN GINSENG (PANAX GINSENG) 100 mg
 ROOT EXTRACT
 CALCIUM (CARBONATE) 35 mg
 CAFFEINE (CAMELLIA SINENSIS) 54 mg

CHAQUE SACHET CONTIENT:

INGRÉDIENTS MÉDICINAUX

ACIDE CITRIQUE
 THÉ BLANC (CAMELLIA SINENSIS)
 EXTRAIT DE FEUILLE - CONTENANT
 10 mg DE CAFÉINE
 THÉ NOIR (CAMELLIA SINENSIS)
 EXTRAIT DE FEUILLE - CONTENANT
 10 mg DE CAFÉINE
 EXTRAIT DE RACINE D'ORPIN ROSE
 (RHODIOLA ROSEA)
 THÉ VERT (CAMELLIA SINENSIS)
 EXTRAIT DE FEUILLE - CONTENANT
 6 mg DE CAFÉINE
 EXTRAIT DE RACINE DE GINSENG
 COREEN (PANAX GINSENG)
 CALCIUM (CARBONATE)
 CAFÉINE (CAMELLIA SINENSIS)

NON-MEDICINAL INGREDIENTS: CRYSTALLINE FRUCTOSE, HONEY POWDER, NATURAL FLAVOURS, MALIC ACID, STEVIA (STEVIA REBAUDIANA) LEAF POWDER. / INGRÉDIENTS NON MÉDICINAUX: FRUCTOSE CRISTALLIN, POUVRE DE MIEL, ARÔMES NATURELS, ACIDE MALIQUE, POUVRE DE FEUILLE DE STEVIA (STEVIA REBAUDIANA).

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. NOT TO BE TAKEN IMMEDIATELY BEFORE BEDTIME. SOME PEOPLE MAY EXPERIENCE INSOMNIA, ANXIETY OR HEADACHES. IN WHICH CASE, DISCONTINUE USE. DO NOT EXCEED A TOTAL DAILY AMOUNT OF 400 mg OF CAFFEINE FROM THIS PRODUCT AND OTHER CAFFEINE-CONTAINING PRODUCTS (E.G. MEDICATIONS, COFFEE, TEA, COLAS, COCOA, GUARANA, MATE). MAY CAUSE IRREGULAR HEARTBEAT, SUSTAINED PALPITATIONS OR FAINTING. IN WHICH CASE, DISCONTINUE USE AND CONSULT A HEALTHCARE PRACTITIONER. / CE PRODUIT N'EST PAS CONSEILLÉ POUR LES ENFANTS, LES FEMMES ENCEINTES OU QUI ALLAIENT ET POUR LES PERSONNES SENSIBLES À LA CAFÉINE. CONSULTEZ VOTRE MÉDECIN SI VOUS PRENEZ UN MÉDICAMENT SUR ORDONNANCE OU SI VOUS SOUFFREZ D'UN PROBLÈME DE SANTÉ. NE PAS PRENDRE CE PRODUIT JUSTE AVANT DE SE COUCHER. CESSEZ D'UTILISER CE PRODUIT EN CAS D'INSOMNIE, D'ANXIÉTÉ OU DE MAUX DE TÊTE. NE PAS DÉPASSER L'APPORT QUOTIDIEN DE 400 mg DE CAFÉINE PROVENANT DE CE PRODUIT ET D'AUTRES PRODUITS CONTENANT DE LA CAFÉINE (MÉDICAMENT, CAFÉ, THÉ, BOISSON GAZEUSE, CACAO, GUARANA, MATE). CESSEZ D'UTILISER CE PRODUIT ET CONSULTEZ UN PROFESSIONNEL DE LA SANTÉ EN CAS D'ARYTHMIE CARDIAQUE, DE PALPITATIONS PROLONGÉES OU D'ÉVANOUISSEMENT. MADE IN USA / FABRIQUÉ AUX É.-U.

WR139.02/0101

5-Day RESET™ Kit

Reinvent yourself with the RESET weight-management system

It's no secret that the key to effective weight management is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes and improving eating habits can often seem like insurmountable tasks. With that in mind, USANA scientists developed the **RESET** weight-management program to help people jumpstart healthy eating habits and begin to make a clean break from unhealthy foods.



ITEM #251

HEALTH BASICS

- Can help in weight management†
- Works as a scientific alternative to fad diets
- Provides balanced nutrition, including everything you need for weight-management success

CONTROL THE CRAVINGS

All of the USANA® Foods in RESET are developed to help you not feel hungry as quickly, so you don't feel an overwhelming need to eat, which may help you manage your weight.† In addition, the fibre content of RESET helps provide a long-lasting sense of fullness to help reduce hunger levels throughout the day.

The benefits of RESET go beyond weight management. Consisting of three simple phases, this program will not only help you shed pounds, but it will also assist you in making positive changes to your overall lifestyle.

MANAGE YOUR WEIGHT

The RESET 5-Day Jumpstart Phase is not about starvation. It is a nutritionally balanced, low-calorie system to help you kick carbohydrate cravings and find the motivation to keep working toward your total weight-management goal.

FIND THE NEW YOU

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

FIVE DAYS TO A NEW YOU

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

The 5-Day RESET Kit is available in a flavour variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry Nutrimeal—that includes everything you need:

- 15 single-serving pouches of **Nutrimeal**
- 10 **HealthPak** packets
- 5 **Fudge Delite™** Protein Snacks
- 2 **Choco Chip™** Protein Snacks
- 3 **Peanutty Bliss™** Protein Snacks

CUSTOMIZE YOUR RESET KIT

Build your own RESET Kit with your choice of Nutrimeal flavours and Protein Snacks. Each custom kit comes with a five-day supply of HealthPaks, a program booklet and food guide, a reminder wristband, and 15 Nutrimeal pouches and 10 Protein Snacks of your choosing.

References

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



MEALS	5-DAY RESET	TRANSFORM PHASE	MAINTAIN PHASE
Breakfast	Nutrimeal shake	Nutrimeal shake	Nutrimeal shake
Snack	Protein Snack	Protein Snack	Protein Snack
Lunch	Nutrimeal shake	Nutrimeal shake	Healthy meal** with plenty of fresh vegetables and fruits
Snack	Protein Snack	Healthy snack**	Healthy snack**
Dinner	Nutrimeal shake	Healthy meal** with plenty of fresh vegetables and fruits	Healthy meal** with plenty of fresh vegetables and fruits
	Also eat one serving of fruit and one serving of vegetables per day	**Begin to reintroduce grains, breads, cereals, rice, pasta, and potatoes	

†Individual results may vary. Weight-management system lowers your daily caloric intake and recommends moderate exercise for best results. Average results are 4.5 lb. in five days.

It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician.

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

No gluten-containing ingredients are used in this product. However, Chocolate Whey Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.



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 impurities without drying or irritating the skin. Enhanced with green-tea extract, **Gentle Daily Cleanser** soothes and moisturizes with aloe and clary sage.



ITEM #300

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

Dermatologist/Allergy/Clinically Tested.

Hydrating Toner

Wipe away lingering surface impurities after cleansing and restore skin's pH balance with this gentle revitalizing toner. The gotu kola and coneflower in **Hydrating Toner** refine and brighten skin's appearance while green-tea and whole-grape extracts help combat the effects of daily stress.



ITEM #301

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

Dermatologist/Allergy/Clinically Tested.

Daytime Protective Emulsion

Restore moisture and support the skin's natural renewal process with this lightweight moisturizer enriched with light-activated Regenisomes™. Many natural plant extracts boost **Daytime Protective Emulsion's** benefits: aloe delivers concentrated moisture, plankton guards against the drying effects of the sun, gotu kola and coneflower help skin look firmer, and Irish moss softens the skin.



ITEM #302

Ingredients: Water (Aqua), Ethylhexyl Methoxycinnamate, C12-15 Alkyl Benzoate, Diisopropyl Adipate, Benzophenone-3, C20-22 Alkyl Phosphate, C20-22 Alcohols, Butyl Methoxydibenzoylmethane, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Squalane, Glyceryl Laurate, PPG-12/SMDI Copolymer, Tetrahexyldecyl Ascorbate, Aloe Barbadensis Leaf Juice, Glycoproteins, Glycine Soja (Soybean) Protein, 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, Proline, Glycine, Diisopropyl Dimer Dilinoleate, Tocopherol, Tocopheryl Acetate, Oryzanol, Pentylene Glycol, Plankton Extract, Sea Salt, Salicylic Acid, Magnesium Ascorbyl Phosphate, Polysorbate 60, Vegetable Oil, Sodium Hydroxide, Glycerin, Disodium EDTA, Butylene Glycol, Calcium PCA, Magnesium PCA, Manganese PCA, Capryloyl Glycine, Undecylenoyl Glycine, Lecithin, Herbal Fragrance (Containing Natural Oils).

Dermatologist/Allergy/Clinically Tested.

Night Renewal Crème

Wake up to younger looking skin with this hydrating overnight crème. DSR™ Technology and penetrating Regenisomes™ help combat the signs of aging and visibly refine the skin. Whole-grape and green-tea extracts help combat the effects of daily stress. Rich in vitamin E, **Night Renewal Crème** brightens the complexion with coneflower and gotu kola and softens the skin with Irish moss and shea butter.



ITEM #303

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

Dermatologist/Allergy/Clinically Tested.

THE ENHANCERS Serum Intensive

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



ITEM #304

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

Dermatologist/Allergy/Clinically Tested.

Perfecting Essence

Fight the appearance of aging and reduce uneven skin tone and texture with this acid-free refining treatment. DSR Technology, along with the bearberry leaf and licorice root found in **Perfecting Essence**, provide brightening compounds for a visible improvement in the look and feel of the skin. Generally safe for sensitive skin.



ITEM #305

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

Dermatologist/Allergy/Clinically Tested.

Eye Nourisher

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



ITEM #306

Ingredients: Water (Aqua), Cyclopentasiloxane, Glycerin, Cetearyl Alcohol, Isohexadecane, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Squalane, Cetearyl Glucoside, Cetearyl Methicone, Dimethicone, PPG-12/SMDI Copolymer, Undecylenoyl Glycine, Limnanthes Alba (Meadowfoam) Seed Oil, Capryloyl Glycine, Sodium Hydroxide, Polysorbate 60, Butyrospermum Parkii (Shea Butter) Extract, Carbomer, Tetrahexyldecyl Ascorbate, Algae Extract, Hydrolyzed Lupine Protein, Pentylene Glycol, Diisopropyl Dimer Dilinoleate, Butylene Glycol, Dimethicone/Vinyl Dimethicone Crosspolymer, Disodium EDTA, Glyceryl Laurate, Glycine, Magnesium Ascorbyl Phosphate, Proline, Tocopheryl Acetate, Glucosamine HCl, Urea, Yeast Extract, 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, 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, while gently exfoliating for a natural glow.



ITEM #307

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

Dermatologist/Allergy/Clinically Tested.

Nutritious Crème Masque

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



ITEM #308

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

Dermatologist/Allergy/Clinically Tested.

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 oils and softens with Irish moss and mallow.



ITEM #311

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

Revitalizing Shampoo

Cleanse your hair with this gentle shampoo that delivers vital nutrients to help restore natural softness, body, and shine. Wheat protein, panthenol, and vitamin E in **Revitalizing Shampoo** promote a healthy scalp, while aloe provides penetrating moisture. Safe for all hair types, including chemically processed and colour-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 conditioner 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 colour-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. The exclusive hydroxy complex, shea butter, Irish moss, and mallow in **Firming Body Nourisher** deeply hydrate as soy protein delivers vital nutrients. Coneflower and gotu kola maintain elasticity, and whole-grape and green-tea extracts help combat the effects of daily stress such as dry skin.



ITEM #314

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

Intensive Hand Therapy

Fight the damaging effects of the environment that cause dry skin and keep hands and cuticles soft with this concentrated hand cream. Cocoa and shea butters, apricot kernel oil, aloe, and beeswax lock in moisture as **Intensive Hand Therapy** refines with mulberry and bearberry leaf and protects with green-tea and whole-grape extracts.



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 Glycyrhettinate, 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, Camella Sinensis Leaf Extract, Malva Sylvestris (Mallow) Extract, Sea Salt, Sorbitol, Glycine Soja (Soybean) Protein, Manganese PCA, Magnesium PCA, Calcium PCA, Serine, Tocopherol, Threonine, Arctostaphylos Uva Ursi Leaf Extract, Retinyl Palmitate, Lysine, Glutamic Acid, Aloe Barbadensis Leaf Juice, Alanine, Arginine, Oryzanol, Fragrance (Parfum).

Natural Whitening Toothpaste

USANA's natural solution for a healthy smile

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. Poor dental health is not inevitable. There are several steps you can take to maintain healthy teeth and gums.



ITEM #399

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

AVOID SUGARY FOODS

Good dental health begins with a good diet. Foods high in refined sugars and starches can be harmful to teeth and gums. A first step in tooth decay is the formation of acid produced through bacterial sugar metabolism. This acid can eat away at a tooth's protective surface (enamel) in as little as 20 minutes after eating and eventually lead to cavities. Bacteria are the culprits behind gum disease. Without proper brushing and flossing, bacteria can accumulate on the teeth. These sticky bacteria may release toxins, which damage the gums through inflammation and infection.

BRUSH AND FLOSS OFTEN

Brushing your teeth for two minutes at least twice a day will help to remove the film of plaque bacteria from your teeth that causes cavities. Flossing every day, before you brush, will help remove the bacteria and food particles from between teeth, where a toothbrush cannot reach.

GET REGULAR DENTAL CHECK-UPS

Visit your dentist twice a year for a check-up and tooth cleaning. A dentist checks for signs of tooth decay and oral cancer. And professional cleaning of your teeth will remove any plaque buildup that is left after you brush and floss.

WHY NATURAL WHITENING TOOTHPASTE?

USANA's **Natural Whitening Toothpaste** can be the foundation of an advanced oral health regimen. It contains several key ingredients that will help maintain your healthy smile. Natural Whitening Toothpaste contains ingredients to remove plaque to clean teeth and also fight bacteria to control bad breath. Antioxidants and vitamin complexes help promote healthy teeth and gums while silica lifts stains without bleach or harsh abrasives. And vegetable glycerin from vegetable oils moisturizes gums.

Natural Whitening Toothpaste is also unique for what it doesn't contain. This refreshing mint toothpaste contains no artificial colours, artificial flavours, or artificial sweeteners.

USING NATURAL WHITENING TOOTHPASTE

Brush your teeth with Natural Whitening Toothpaste for two minutes at least twice daily.

Assess Yourself



truehealthassessment.com

