

THE COMMUNICATOR AWARDS

WINNER OF THREE 2010 COMMUNICATOR AWARDS

USANA Magazine Special Edition 2010 \$2.99 USD

USANA



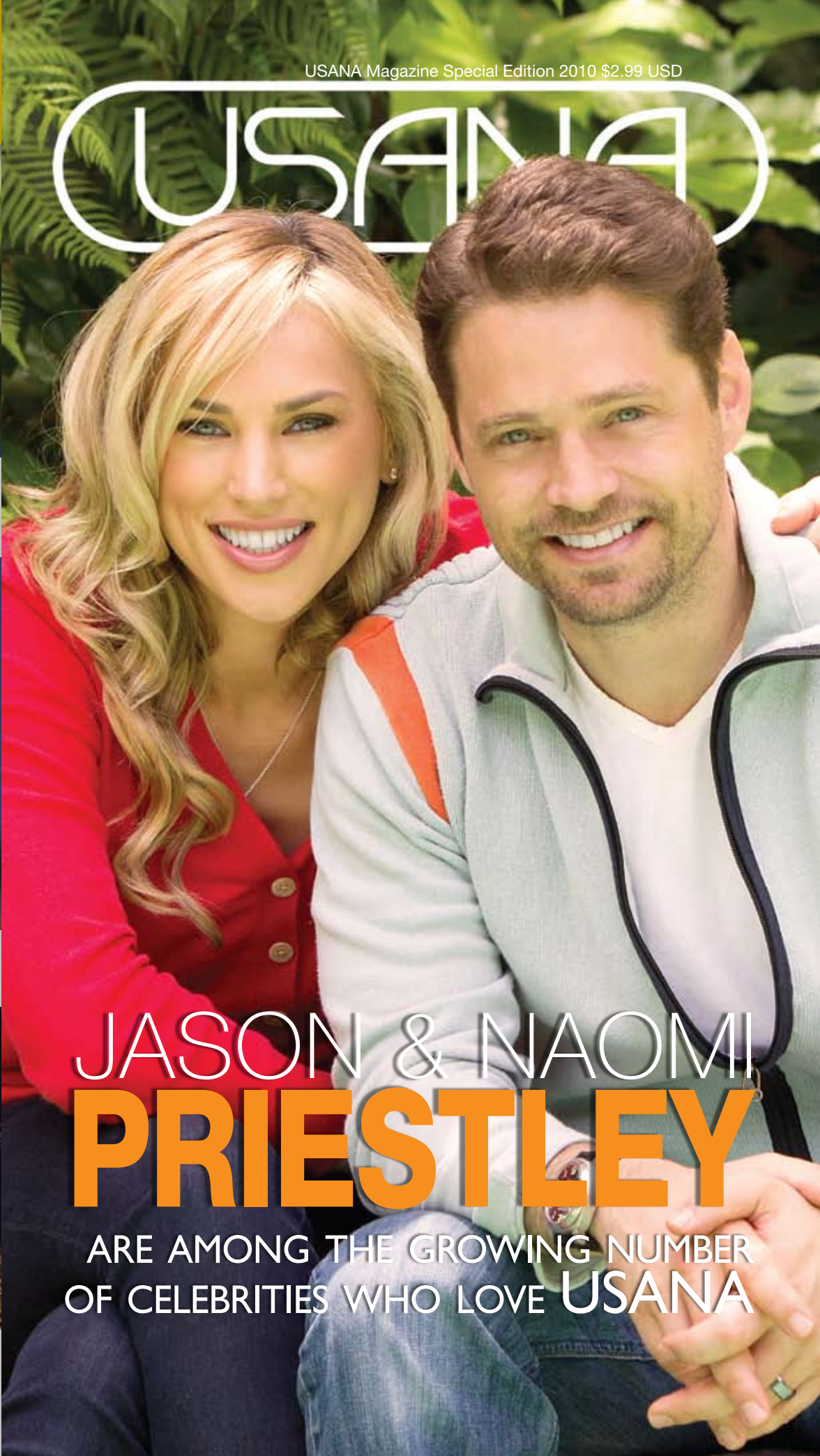
KATHY KAEHLER
celebrity trainer and
USANA spokesperson



Olympic gold & silver medalist
DEREK PARRA



E! News correspondent
ASHLAN GORSE



JASON & NAOMI **PRIESTLEY**

ARE AMONG THE GROWING NUMBER
OF CELEBRITIES WHO LOVE USANA

THE LIFETIME ACHIEVEMENT AWARD GOES TO...

...USANA Health Sciences! It's fun to watch award shows each year to see your favorite actors and actresses get recognition for their work. But did you know that USANA is an award-winning celebrity in many of its own industry categories, including nutritional supplements, diet and energy products, skin care, and home-based businesses? See for yourself at www.USANA.com

USANA ACCLAIMED THROUGHOUT THE SCIENTIFIC & BUSINESS COMMUNITY



USANA CEO Dave Wentz named one of America's Powerful CEOs 40 and Under (Forbes.com, Jan. 14, 2009)

USANA named Editor's Choice, and two of its products **receive top 5-star rating** and **Gold Medals of Achievement from NutriSearch Comparative Guide to Nutritional Supplements™, Consumer Edition** (Essentials™ and HealthPak™)



USANA Founder **Dr. Myron Wentz receives Albert Einstein Award** for Outstanding Achievement in the Life Sciences



- USANA achieves dietary supplement certification, Good Manufacturing Practices registration, and certification for sport through NSF International
- USANA products independently tested and found to meet the stringent requirements of Informed-Choice & H
- Founding reporter of The Climate Registry

USANA ACCLAIMED THROUGHOUT THE SCIENTIFIC & BUSINESS COMMUNITY



- OMNI Awards
- Silver Award
 - Bronze Award
 - Bronze Award

2009 Communicator Award, Award of Distinction
What's Up USANA? Blog

Min's Best of the Web Awards 2010:
Finalist for Best Blog, What's Up USANA?

2009 PR News' PR People Awards:
Honorable Mention, Best Blogger, USANA's Tim Haran



USANA rated #1 Distributor Choice for 10 years
(The MLM Insider/NetWork Marketing Today)

- Best Health/Nutrition Beverage - Rev3 Energy™** (Utah Best of State, 2010, 2009)
- Best Health/Nutrition Product - MyHealthPak™** (Utah Best of State, 2009)
- Best Dietary Supplements** (Utah Best of State, 2010, 2008, 2007, 2006, 2004, 2003)
- Best Personal-Care Products** (Utah Best of State, 2009, 2008, 2007)
- Best of State Overall in Merchandising & Consumer Services**
(Utah Best of State, 2008)
- Best Employer** (Utah Best of State, 2010)



- Official health supplement supplier of the Sony Ericsson WTA Tour, US SpeedSkating Team, Speed Skating Canada, Biathlon Canada, Cross Country Canada, USA Luge, and Great Britain Short Track
- Listed in the top 20 on *Forbes'* 200 Best Small Companies list for three years (Oct. 30, 2006; Oct. 31, 2005; Nov. 1, 2004)
- *Business Week* names USANA to its 100 Hot Growth Companies list (2004 and 2005)



USANA wins a **2009 American Business Award** for putting on the **Best Live Event in America** for its 2008 International Convention as well as finalist recognition in the following categories: **Management Team of the Year, Contact Center of the Year, and Marketing Campaign of the Year (Rev3).**



When the Going Gets Rough, the Gut Gets Tough!



Sometimes you might feel like your gut is a war zone. After all, it's the place where the fight for good health can be won or lost.

- Promotes healthy digestion*
- Promotes sound immune function*
- Contains 12 billion colony-forming bacteria per serving at time of manufacture

■ USANA® Probiotic

- is a food supplement designed to help replenish beneficial bacteria in the gut to maintain a healthy balance
- packs a punch with 12 billion viable bacteria in each stick pack
- contains two strains of specific probiotic bacteria, clinically proven to survive the harsh acidic environment of the stomach
- promotes healthy digestion and a sound immune function

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



Get The Rest You Deserve.

Pure Rest™

USANA's fast-acting melatonin supplement supports the body's natural sleep and wake cycles*

- Orange-flavored dissolvable tablet designed to support better sleep*
- Sleep provides numerous health benefits, including defense against oxidative stress and maintenance of a healthy immune system*
- Contains no animal ingredients

Antioxidant Support

By promoting sleep and inactivity, melatonin allows the body's natural antioxidant defenses to overcome the oxidative stress that accumulated during the day's activity. Melatonin also acts as a free-radical scavenger, stimulating the activity of several antioxidant enzyme systems in the body.

Immune Function

Melatonin becomes especially important as we age because daily melatonin production cycles stimulate immune cell synthesis and function, a process that naturally declines as we get older.



Restore your natural sleep cycles with Pure Rest!

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



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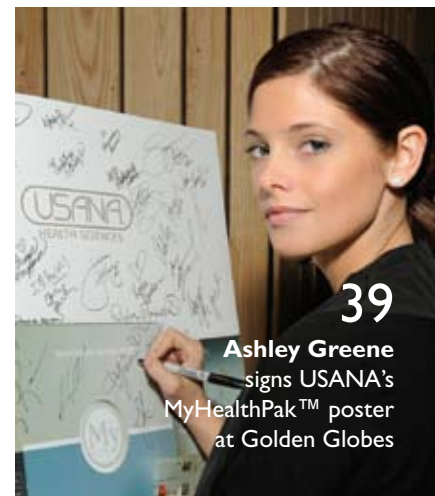
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Ashley Greene signs USANA's MyHealthPak™ poster at Golden Globes

sometimes
being a follower
is a good thing.



CONNECT WITH USANA



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Blogger

twitter

social medi@
JOIN THE CONVERSATION

www.usana.com/facebook ■ www.whatsupusana.com ■ www.usana.com/twitter



Hollywood legend **Samuel L. Jackson** checks out **USANA® Probiotic**



Gilles Marini, *Brothers & Sisters, Sex and the City: The Movie*

HOLLYWOOD OUT FOR THE USANA

Hollywood's hottest gather together for a sneak peek at USANA's top-rated nutritionals...

John Carroll Lynch, *Gran Torino, The Drew Carey Show, Close to Home, Shutter Island*



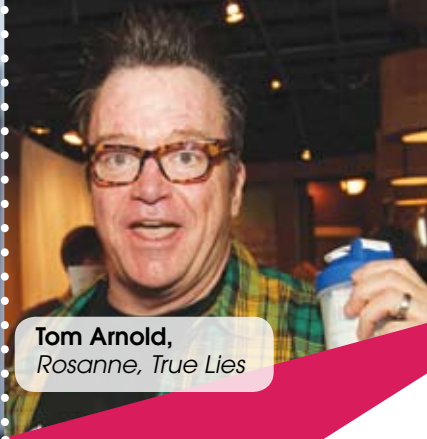
Rachael Harris, *Notes from the Underbelly, The Hangover, Reno 911!*



Rebecca Mader from *Lost* goes tribal on a box of USANA's MyHealthPak™



Brittany Snow, *American Dreams, Hairspray*



Tom Arnold, *Rosanne, True Lies*

RED CARPET ROLLS



Adrien Brody, *Predators, King Kong, The Brothers Bloom*



Sarah Polley, *Splice, Avonlea, Dawn of the Dead, John Adams*



Law & Order: Criminal Intent's Kathryn Erbe takes a moment to sign a poster that was later auctioned to help fund Haiti relief efforts.

Like all of your favorite Hollywood celebrities, USANA was out in style on award night. Light bulbs flashed on the red carpet as USANA brought out its best-dressed products for top events like the Golden Globes, the Emmys, and The Sundance Film Festival. Hollywood's hottest VIPs gathered together for a sneak peek at USANA's top-rated nutritionals as they learned all about products like MyHealthPak™ and USANA® Probiotic, which had them buzzing with excitement. USANA was definitely the hottest star in town, mingling with faces you'll probably recognize.



On the set of Sunday Set-Up™

From top left to right: *X-Men* and *Ugly Betty* actress Rebecca Romijn, *Law & Order* actress Angie Harmon, *White Collar* and *Beverly Hills 90210* actress Tiffani Thiessen, *90210* actress Jennie Garth, voice of "Peggy Hill" on *King of the Hill* and movie actress Kathy Najimy, *Days of Our Lives* actress and *Biggest Loser* host Alison Sweeney, producer and red carpet fashion expert Melissa Rivers



"Celebrities are really just like you and me. They want to learn from an expert how to make healthy choices for their bodies. I've been grateful and fortunate to be able to fill those shoes."

—Kathy Kaehler



Photographs courtesy @mibelleinc

Kathy Kaehler Dishes All

Kathy Kaehler is a best-selling author (*Fit and Sexy for Life*, *Real-World Fitness*, and others), a former fitness correspondent for the *Today* show, a celebrity trainer (clients have included **Julia Roberts**, **Michelle Pfeiffer**, **Cindy Crawford**, and **Jennifer Aniston**), and a USANA spokesperson. Recently Kathy added one more job to her already busy plate—Sunday Set-Up™, a routine that helps families organize and prepare quick and easy food for a week of nutritious snacks and meals in their home. Kathy takes USANA straight into celebrity homes by serving USANA Nutrimeal™ and Nutrition Bars as the breakfast portion of Sunday Set-Up. Check out what Kathy's been cookin' up with her celebrity clients. All tips and recipes can be found at www.kathykaehler.net ■

Sweet Dreams

are made of these.

With the rich flavor of chocolate in USANA's Dutch Chocolate **Nutrimeal™** and a delicious chocolate coating layered over a soft, fudge cookie center in the Chocolate Fusion **Nutrition Bar**, both products are sure to tantalize your taste buds while energizing your body with excellent nutrition.



So go on and indulge—guilt-free.

www.USANA.com

Stars Shake it Up with USANA

The pressures of looking great and staying fit are especially tough in the world of a celebrity. Luckily, celebs who attended the Golden Globes and The Sundance Film Festival got a chance to try several USANA products that perfectly complemented their busy and demanding lifestyles. We shared our delicious, low-glycemic shakes and **Nutrition Bars** at both star-studded events, along with **Rev3 Energy™**, our healthy, great-tasting energy drink. USANA—providing perfect solutions for any A-lister trying to stay in shape and maintain energy levels.



Golden Globes 2010, bottom left, counterclockwise: **Kevin McHale**, who plays “Artie Abrams” on Fox’s *Glee* holds a **Nutrimeal™**. **Patrick Gallagher**, *Glee*’s football coach “Ken Tanaka” is all smiles with a **MyHealthPak™**. **Jordana Brewster**, “Mia” from *The Fast and the Furious*, poses pretty with a bottle of **Pure Rest™**.

Angie Harmon Actress, *Law & Order*

“I LOVE USANA **Nutrition Bars**. I keep a few in my purse and in my trailer at work, as I know it’s a snack that’s going to keep me healthy and give me the right kind of energy as opposed to empty calories. A must for any woman!”





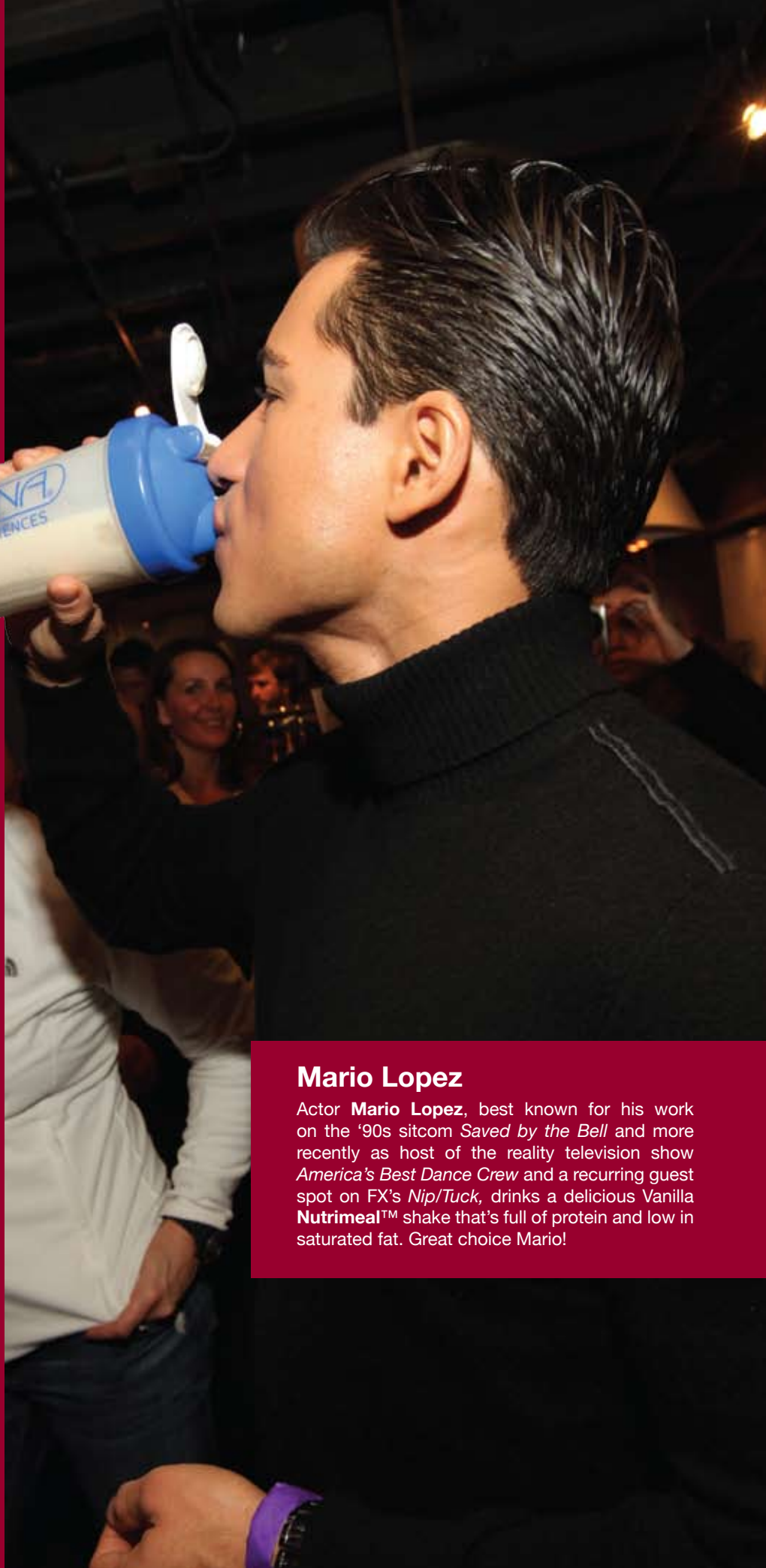
Actor **Chris Bauer**, well-known for his roles on HBO television shows, including “Frank Sobotka” from *The Wire* and “Andy Bellefleur” in *True Blood*, stops by the USANA Kari Feinstein Style Lounge at the Golden Globes.



Actress **Amber Stevens** smiles for the camera with her handy USANA BlenderBottle® in tow. Amber plays “Ashleigh” on the ABC Family Channel’s sitcom *Greek*.



Thomas Dekker stopped by the USANA-sponsored Golden Globes Style Lounge for a quick photo. Thomas is an actor and musician who was recently seen in the remake of *Nightmare on Elm Street*.



Mario Lopez

Actor **Mario Lopez**, best known for his work on the '90s sitcom *Saved by the Bell* and more recently as host of the reality television show *America's Best Dance Crew* and a recurring guest spot on FX's *Nip/Tuck*, drinks a delicious Vanilla **Nutrimeal**™ shake that's full of protein and low in saturated fat. Great choice Mario!

As the World's Best Boss Would Say, "USANA's the Best."

That's What She Said.

USANA



Darryl
(Craig Robinson)



Michael Scott may have many flaws like, I dunno, singing in the shower, spending too much time volunteering, and occasionally hitting people with his car. So what? At least his comrades at Dunder Mifflin understand just how important it is to stay healthy so they don't miss a day at The Office.

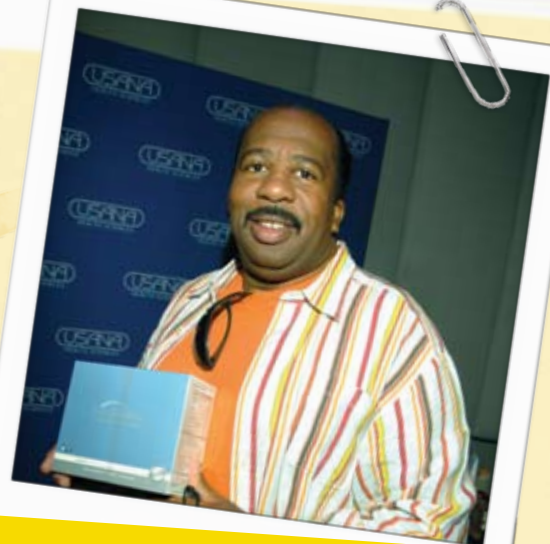


Meredith
(Kate Flannery)

MyHealthPak™



Jan
(Melora Hardin)



Stanley
(Leslie David Baker)

From *Dancing with the Stars* to *The Hills*, USANA Provides a Healthy Dose of **Reality** for Everyone

With celebrities like **Paris Hilton** and **Kara DioGuardi** experiencing the high quality of USANA® supplements, the USANA name is on the tip of everyone's tongue. As the word continues to spread, USANA is proving to reality stars like **Lauren Conrad** that not all gossip is bad gossip.

Paris Hilton stopped by to check out USANA in L.A.



The Bachelor's Chris Harrison snags a MyHealthPak™.

USANA is vying to be **Kara DioGuardi's Idol**.



Lo Bosworth and **Lauren Conrad** from *The Hills* learn about USANA's top products.



Dancing with the Stars' **Karina Smirnoff** (a), and *The Girls Next Door's* **Bridget Marquardt** (b), sample everything from MyHealthPak™ to Rev3.

Let USANA move you!

USANA shimmies and shakes its groove-thang as it dances its way into the hearts of our favorite stars.

"I'm training six hours a day preparing for my performances on Dancing with the Stars. USANA vitamins keep my body strong and healthy during those long days of hard work. I always have a couple of USANA bars in my purse. They provide me great nutrition in between training sessions when I need to keep my energy up."

—Edyta Sliwinska



sensé

beautiful science®

A Star is Born

Sensé™ Shines at Hollywood Events



Ashlan Gorse
E! News correspondent
Ashlan Gorse loves the
gentle daily cleanser

Shannon Elizabeth
Actress Shannon Elizabeth
checks out the hydrating toner



gentle daily cleanser

this mild soap-free formula washes away surface dirt and impurities without drying or irritating the skin

hydrating toner

after cleansing, restore skin's pH balance with this gentle revitalizing toner



rice bran polisher

exfoliates dead skin cells and keeps your complexion looking radiant



Regina King

T.V. and movie actress Regina King picks up some cleanser





Leeza Gibbons

T.V. host and radio personality
Leeza Gibbons with the gentle
daily cleanser

**daytime
protective emulsion**

this lightweight moisturizer
restores moisture and protects
against aging



night renewal crème

wake up to younger
looking skin with this
hydrating overnight
cream



Mya

R&B/hip-hop singer and actress
Mya at Kari Feinstein's Emmy
Style Lounge

eye nourisher

protects the delicate skin
around the eyes



For more photos, visit the Sensé Facebook page at
<http://www.facebook.com/sensebeautifulscience>

5 Ways to Look Hot Without Breaking the Bank

Beauty shouldn't rely on expensive make-up. Healthy skin is naturally beautiful. And while your skin type won't change drastically over time, a few simple habits and lifestyle choices can affect your skin's appearance. Here are five easy tips to help you discover your natural beauty without a hefty price tag.



1 Eat Clean and Drink Your H2O



Your diet definitely affects your looks. Tasty fruits and veggies are a great source of vitamins and minerals that form a foundation for healthy, vibrant skin. But if you're looking for healthy oils that can improve your skin's appearance, try eating sashimi or cucumber salad with olive-oil dressing.

>>Water is essential for youthful looking skin. Stay hydrated and support the growth of healthy, new skin cells by drinking 8-10 glasses of water per day.

2 Get Your Beauty Sleep

Nighttime is when your skin repairs any damage from the day. Sufficient rest also reduces the appearance of circles under the eyes. Get 7-8 hours of sleep a night to allow your skin time to rejuvenate and build new cells.

>>Give nature a boost and wake up to gorgeous skin. Slather on **Night Renewal Crème** every night before bed.

3 Take Your Vitamins

Not only do vitamin and mineral supplements provide the essential nutrients you need to stay healthy and energized, they also play a part in your outward appearance. For example, vitamin C is known for supporting collagen production. Essential fatty acids help maintain your skin's elasticity. And antioxidants help defend your skin against the effects of exposure to harsh environmental factors such as the sun.*



4 Protect Your Skin From Mother Nature's Jealousy



You look good, and Mother Nature knows it. Which is why she is constantly finding ways to rob your skin of its natural glow with everything from sunlight to extreme temperatures to harsh winds. Sené's proprietary topical nutrient blends are power players in reducing the appearance of environmental damage.

>>Pamper your skin every day with **Daytime Protective Emulsion**.



>>Get all the good stuff you need to get a glowing complexion from the inside out with **MyHealthPak™: Beauty Edition**.

5 Listen To Your Body

Your body will let you know if you're doing something it doesn't like. If you notice that your skin is rapidly losing moisture and forming wrinkles, that's your body's way of telling you to look at your lifestyle.

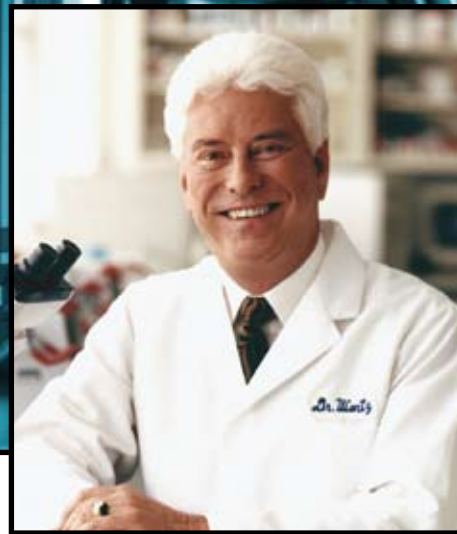
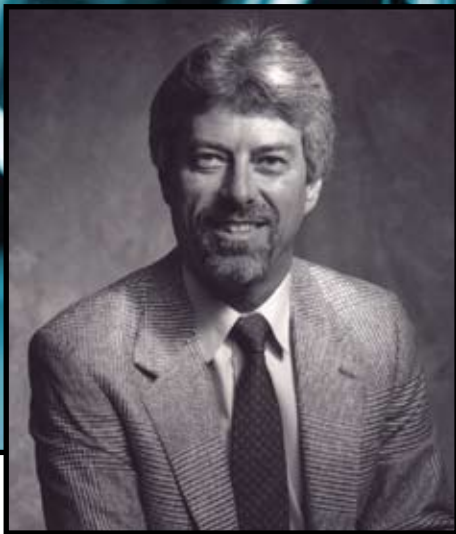
>>Cut down on excessive caffeine, alcohol, and stress. Then reduce the appearance of damage with targeted anti aging treatments like **Perfecting Essence, Serum Intensive, and Eye Nourisher**.



For more information, visit www.beautifulscience.com.

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

It seems like USANA is all the rage these days. Not only are there thousands upon thousands of people in 14 countries benefiting from the incredible USANA products, even celebrities are getting in on the act. So just where did this amazing company and these one-of-a-kind products come from? One man. Wentz. Dr. Myron Wentz.



1992

2010

From WENTZ It Came



In 1992, Dr. Myron Wentz, a renowned microbiologist and immunologist, brought his vision of a world free from pain and suffering to the forefront by founding **USANA Health Sciences**. It was in the USANA laboratories where he and his scientific team determined to provide the highest quality nutritional supplements possible.

Dr. Wentz' passion for maintaining optimal health began at a young age after the death of his father from degenerative disease. He believed people were "living too short and dying too long," and he vowed to do whatever he could to change that. And the introduction of the USANA philosophy and its products were a giant step in that direction.

Visionary Scientist Humanitarian Entrepreneur

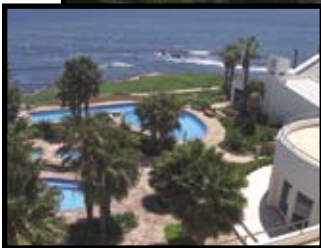
As a man of many labels,
Dr. Myron Wentz
is positively impacting
the lives of millions
of people every day.



Wentz Medical
Centre in
Uganda



Sanoviv Medical
Institute



Wentz Medical
Centre in Cambodia



But there is more to this story.

Having brought his state-of-the-art, life-changing products to the world, Dr. Wentz knew much more had to be done.

Dr. Wentz created the **Sanoviv Medical Institute**, a holistic medical facility with full hospital accreditation located in Baja California, México. In 2001, an important partnership began between USANA and the international charity, **Children's Hunger Fund (CHF)**, to provide financial support and products to help suffering children throughout the world. Later, Dr. Wentz worked with CHF to establish **Wentz Medical Centres in Uganda and Cambodia**.

While Dr. Wentz' primary focus is on health and disease prevention, he is also passionate about music. In 2003, he returned to his alma mater, **North Central College in Naperville, Illinois**, where he made a generous contribution to the school's performing arts programs by donating nearly \$10 million to help fund the construction of the **Wentz Concert Hall and Fine Arts Center**. ■



Wentz Concert
Hall and Fine
Arts Center



To learn more about Dr. Wentz
and his incredible life and
contributions, please visit
www.drwentz.com

In Touch Weekly, February 1, 2010



Audrina Patridge, an original cast member on the MTV reality show *The Hills*, was given a customized MyHealthPak™ at the Kari Feinstein Golden Globes Style Lounge in L.A.

OK Magazine, February 8, 2010



Actor Ben Affleck was seen sipping a Rev3 Energy™ drink at the Sundance Film Festival Style Lounge. Affleck enjoyed USANA's healthy, great-tasting energy drink during a press conference for *The Company Men*.

Star, October 12, 2009



In *Star* magazine's "Sightings" section, actor Adrian Grenier from HBO's *Entourage* was spotted with a Rev3 Energy™ drink in L.A. on Sept. 17.

STARS SHARE THE SPOTLIGHT WITH USANA

Life & Style, October 12, 2009



Dancing with the Stars' Karina Smirnoff shared her four favorite tips for staying in shape with *Life & Style*. She eats lots of greens, enjoys sweet (healthy) treats like pineapple, stays hydrated with water-filled foods, and boosts her energy with a Rev3 Energy™ drink from USANA.

People, February 8, 2010



The Hangover's Bradley Cooper stopped by USANA's Kari Feinstein Style Lounge during the Sundance Film Festival with actress friend Renée Zellweger.

In Touch Weekly, February 8, 2010



Actor Dax Shepard, well-known for his work in comedies like *Baby Mama* and *When in Rome*, dropped by USANA's Kari Feinstein Sundance Style Lounge to do some eco-friendly shopping—the actor bought a green lighting system for his L.A. home.

In Touch Weekly, February 1, 2010



Actor Mario Lopez, best known for his work on the '90s sitcom *Saved by the Bell* and more recently, the reality television show *America's Best Dance Crew*, received a personalized MyHealthPak™ at Sundance.



Larramie Doc Shaw,
The Suite Life on Deck

best
friends



Monique Coleman,
High School Musical

I ♥
USANA



email me



Angus T. Jones,
Two and a Half Men

"Rev3 gives me the boost I need without the crash to keep me going throughout my day. And the personal vitamin packs [MyHealthPak™] are terrific and keep me healthy."
-David Henrie,
Wizards of Waverly Place



Debby Ryan,
The Suite Life on Deck

Star, February 15, 2010



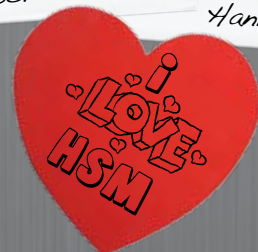
Tyler James Williams,
Everybody Hates Chris



KayCee Stroh,
High School Musical



Jason Earles,
Hannah Montana



USANA's elegant "Swag Bags" were given to dozens of celebrities at USANA's Kari Feinstein Sundance Style Lounge. Bradley Cooper, Paris Hilton, and Marissa Tomei were all seen walking away with one. The fancy swag bags, worth more than \$1,500, were filled with samples of the MyHealthPak™ and lots of other goodies!

USANA STYLE



AT HOME WITH THE
PRIESTLEYS

Photographs by KELLY BRANAN

Written by CAMERON SMITH



Sitting in the home of Jason and Naomi Priestley, it is clear that they are passionate about everything they do. Jason became a household heartthrob playing Brandon Walsh on the television series *Beverly Hills 90210*. He is also an accomplished director, producer, and owner of an IndyCar Series racing team. Naomi is a talented make-up artist who has worked on the sets of several popular television specials including the *Nickelodeon Kids' Choice Awards* and *The Victoria's Secret Fashion Show*. The two are also big hockey enthusiasts, doting parents of two beautiful children, members of their local neighborhood watch program, and longtime fans of USANA.

"We actually heard about USANA for the first time through a friend who knew several NHL trainers," Jason explains. This friend said the trainers made sure their players used USANA products in their nutritional regimen. "So, I started asking other friends and people I knew on different hockey teams and all they talked about was how the supplements were super clean and really supported their health."

Jason and Naomi began taking USANA's **HealthPak™** and were immediately impressed by the results. "I noticed, almost overnight, the difference that it made with my skin," Jason said. "It just seemed that the tone and quality progressively improved." Naomi added, "That's what first got me interested in what USANA products could do. I noticed how great my friend, who was using the Nutritionals, looked. She told me it was because she was taking better care of her health through USANA."



NUTRIMEAL™

NAOMI—“WORKING ON SET WITH THE ONLY FOOD CHOICE BEING TRAYS OF CHIPS AND CHOCOLATES CAN BE DIFFICULT. BUT WHEN I TAKE NUTRIMEAL IT KILLS MY SUGAR URGE AND I FEEL COMPLETELY FULL. AND IT TASTES GREAT. IT'S WONDERFUL!”

PURE REST™

JASON—“AS I FIND THAT I'M GETTING A LITTLE OLDER AND MY SLEEP PATTERNS ARE GETTING MORE THROWN OFF, USANA'S PURE REST REALLY HELPS ME GET BACK TO A REALLY RESTFUL, DEEP SLEEP AT NIGHT.”

“These products have kept us incredibly healthy for the past five years. We love USANA!”

Now, more than five years later, USANA plays a big role in the life of the Priestleys. “I've been taking supplements most of my adult life,” Jason says. “I find that USANA supplements are so much more pure and that my body absorbs much more of the supplement. Other vitamins just aren't made with the same care or quality control and don't have the same high-quality ingredients that your body can really assimilate on a cellular level.”

“Basically we are big fans of the whole product line,” Naomi says, which is quite something for a Hollywood couple used to being surrounded by their own adoring fans. “These products have kept us incredibly healthy for the past five years. We love USANA!” ■

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



They're Kind of a **Big Deal**



"MyHealthPak™ makes it so simple to get the supplements that we need. You can just go online and custom-make a pack that suits you individually. It's amazing! There is not a day that goes by that we don't take our MyHealthPak. We love it!"

Jason & Naomi Priestley



For more information on MyHealthPak™, visit www.usanamhp.com

Game, Set, Match Made in Heaven

USANA Health Sciences & Sony Ericsson WTA Tour



From left to right: USANA booth at the **Family Circle Cup, Charleston, South Carolina**, USANA logo at the **Sony Ericsson Open in Miami**, USANA featured on the court in **Miami**. Inset below: The crowd in **Miami**.



There are legendary names associated with the WTA Tour. King. Evert. Navratilova. Graf. Williams. But there's another big name we hope you'll recognize—**USANA Health Sciences, Official Health Supplement Supplier to the Sony Ericsson WTA Tour.** We think it has a nice ring to it.

For more information on USANA's relationship with the Sony Ericsson WTA Tour and stories about the tournaments we've attended in 2010, visit www.USANA.com/blog.





“With training, traveling, jet lag, and our matches, my body is severely put to the test. Thanks to USANA, I am able to provide it with everything it needs to overcome these obstacles and to be in my best shape throughout the year.”
—Aleksandra Wozniak, rising star on the Sony Ericsson WTA Tour

OUTSTANDING IN THEIR FIELDS

From the NFL gridiron and PGA Tour greens all the way to the Olympic podium, USANA products support the success of world-class athletes across the sporting world.



→ Andy Studebaker, NFL Player



→ Bart Bryant, PGA Golfer

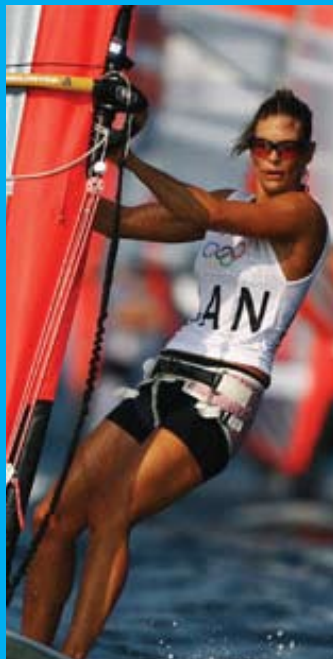


→ Derek Parra, 2002 Olympic Gold & Silver Medalist

The X(treme) Factor



Melanie McQuaid, Three-Time XTERRA World Champion



Nikola Girke, Two-Time Olympic Wind Surfer



Werner Berger, Oldest North American to Summit Mt. Everest



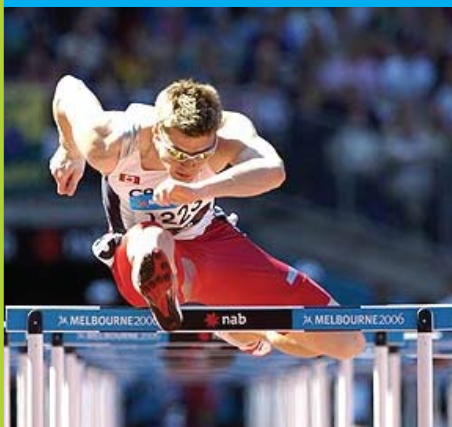
Ryan Dodd, Champion Water Ski Jumper



→ Mike "Ole" Olson, Wasatch Powderbird Guides, Co-owner/Senior Guide



→ Brent Newdick, New Zealand Decathlete



→ Jared Macleod, Canadian Track & Field Athlete



→ Steve Hooker, Australian 2008 Olympic Gold Medal Pole Vaulter

→ For more information on athletes visit: www.facebook.com or usana.com/athlete



Jose Antonio Rivera &
Timothy Ray Bradley, Jr.



The FIGHT for BETTER NUTRITION

These two professional boxers and longtime fans of USANA® products deliver a KNOCKOUT.



Jose Antonio Rivera

"I started taking USANA® Nutritionals and as a result I feel healthier and stronger.* Despite all that I put my body through, I now feel better than ever. Let me tell you—I will never look back!"

Timothy Ray Bradley, Jr.

"I felt the difference in my energy levels right away after taking USANA supplements.* I felt so strong in the ring, I was starting to become afraid of myself!"

Alias: El Gallo

Age: 37

Height: 5'8"

Reach: 70"

Division: Light middleweight

Residence: Philadelphia,

Pennsylvania

Wins: 39 (24 by KO)

Losses: 6

Draws: 1

Favorite USANA® Products:

Procosa® II

BiOmega™

Hepasil DTX™

Alias: Desert Storm

Age: 26

Height: 5'6"

Reach: 69"

Division: Light welterweight

Residence: Palm Springs,

California

Wins: 25 (11 by KO)

Losses: 0

Draws: 0

Favorite USANA® Products:

Proflavanol® 90

Active Calcium™

Chelated Mineral

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

TEAM
USANA



Biathlon Canada



CANADA



CROSS COUNTRY
SKI
DE FOND



GB Short Track Team



US
SPEEDSKATING



USA
LUGE




The Athletes who Trust Their Health to USANA were on display during the 2010 Vancouver Games

Nearly 100 USANA athletes
competed in the 2010
Vancouver Games.

If USANA were a country, they
would have finished fifth in the
medal count, only behind the U.S.,
Germany, Canada, and Norway.

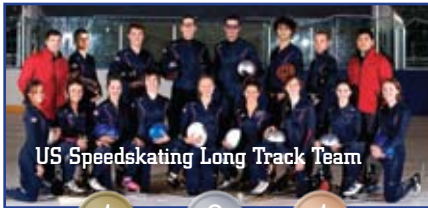
USANA guarantees the quality
and safety of its products, making
it the company that world-class
athletes trust with their health.

MEDAL COUNT

| | Gold | Silver | Bronze | Total |
|---|------|--------|--------|-------|
|  | 9 | 15 | 13 | 37 |
|  | 14 | 7 | 5 | 26 |
|  | 6 | 8 | 8 | 22 |

INTRODUCING **TEAM** USANA

The world's best athletes train tirelessly to ensure their bodies are built for optimum performance. They cannot afford to take risks, which is why many world-class competitors trust their health to USANA.



US Speedskating Long Track Team

1 2 1

US SPEEDSKATING TEAM

"US Speedskating is truly honored to have USANA as a sponsor. Our athletes all benefit greatly from the products, and they proudly skate knowing they have a strong backing from our USANA partners."

—US Speedskating



US Speedskating Short Track Team

2 4



USA LUGE

"Having safe and tested nutritional products plays an important role in the physical development of our team, as well as letting them rest easy that a positive drug test through tainted supplements is not an issue."

—Gordy Sheer, Director of Marketing and Sponsorship, USA Luge



Jennifer Heil, Canadian Freestyle Mogul Skier

1



CROSS COUNTRY CANADA

"USANA products have been pivotal over the past two years in providing our team with an extensive line of quality dietary supplements, guaranteed clean products, necessary for high-performance training in the sport of cross-country skiing."

—Tom Holland, Director of High Performance, Cross Country Canada



BIATHLON CANADA

"The USANA products that our athletes take daily have definitely helped our team achieve this state of healthiness which in turn allows the athletes to focus more on their training and competitions."

—Joanne Thomson, Executive Director, Biathlon Canada



Jennifer Boterill, Canadian Women's Hockey Team

1



SPEED SKATING CANADA

"For many years, Speed Skating Canada's unofficial motto has been 'The Relentless Pursuit of Excellence.' To achieve excellence means to be partnered with excellence, and Speed Skating Canada is proud to have USANA as an official supplier to our national team athletes."

—Speed Skating Canada, 2008

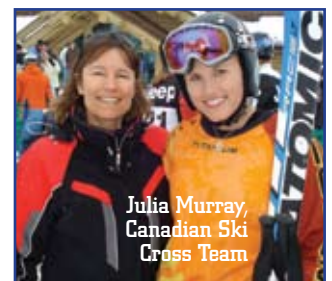
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GREAT BRITAIN SHORT TRACK SPEED SKATING TEAM

"We are pleased to be associated with such a prestigious and internationally renowned company."

—Keith Horton, NISA General Secretary



Julia Murray, Canadian Ski Cross Team

The pictured athletes are either Distributors or dedicated users who have received compensation for their partnership and/or complimentary USANA products.

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

For more information about USANA-sponsored athletes and USANA products, visit www.USANA.com.

On & Off the Court with Jennifer Azzi

Jennifer Azzi is a WNBA legendary hall-of-famer, Olympic gold medalist, motivational speaker, trainer, and new head coach of women's basketball at the University of San Francisco. Her schedule is booked solid. But Jennifer still makes times for another important aspect of her life—her USANA business.

After learning about USANA from an athletic trainer in the WNBA, Jennifer quickly fell in love with the company and began

building a business. Today, she promotes USANA wherever she goes. "USANA has made such a difference in my health and my life, it's only natural to want to share this business with people," Jennifer says. "While I'm unable to build this business full time, I definitely promote it full time. Any opportunity I have to share USANA's products with others, I do, because USANA is a part of me and what I do."

"USANA is at the core of everything I do. Whether I'm playing, coaching, or speaking, USANA is my ultimate teammate."



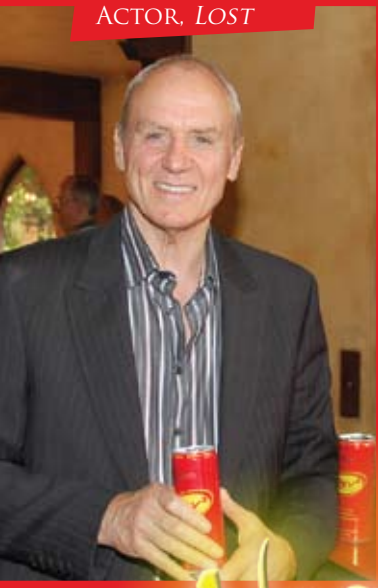
JOIN THE **REVOLUTION**



CLEANER.
SMARTER.
STRONGER.

WWW.DRINKREV3.COM

ALAN DALE
ACTOR, *LOST*



MONIQUE COLEMAN
ACTRESS, *HIGH SCHOOL MUSICAL*



CRIS JUDD
DANCER



DAVID FAUSTINO
ACTOR, *MARRIED WITH CHILDREN*



A Night ON THE TOWN WITH REV³



DAMIEN WAYANS
ACTOR, *MAJOR PAYNE*,
MALIBU'S MOST WANTED



BILLY BURKE
ACTOR, *TWILIGHT*



ANTONIO SABATO, JR.
ACTOR, *MELROSE PLACE*,
GENERAL HOSPITAL



AARON CARTER
SINGER/SONGWRITER

REX LEE
ACTOR, *ENTOURAGE*



TIFFANI THIESSEN
ACTRESS, *WHITE COLLAR*,
90210



VIOLA DAVIS
ACTRESS, *DOUBT*



ED ASNER
ACTOR, *UP*,
MARY TYLER MOORE

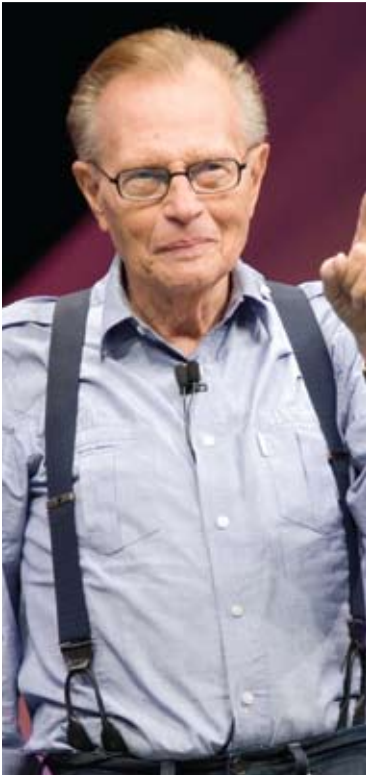


The great tasting, healthy boost of natural energy that Rev3 provides for Hollywood's biggest celebs earns USANA a primo spot on Tinseltown's A-List.

USANA schmoozed with the in-crowd at the MTV Movie Awards and the Emmys, mixing it up with big names from all corners of the biz. For stars like **Aaron Carter**, **Rex Lee**, and **David Faustino**, Rev3 seemed to go down easy.



The Conver



The King was in the building. **Larry King**, that is. Host of CNN's *Larry King Live*.



Author of *Multiple Streams of Income*, **Robert Allen**.



Coach to the world's top CEOs, **Tony Jeary**.



Les Brown—top motivational speaker and author.

Guess Who?

Match the faces with the performers who have graced USANA's Convention.

- A. Collin Raye
- B. The Temptations
- C. REO Speedwagon
- D. Juice Newton
- E. CCR
- F. Kansas
- G. David Osmond



ntion A-List



Best-selling author and long-time friend of USANA, **Dr. Denis Waitley**.



Robert Kiyosaki, best-selling author of *Rich Dad Poor Dad*.



An MLM legend, live on stage—**Tim Sales**.



Paul Zane Pilzer—economist and best-selling author.



Dr. Waitley

The STORIES

As one of the most sought-after speakers, trainers, and productivity consultants in the world, Dr. Denis Waitley has done a lot to get to where he is today.

Late **1950s** to early **1960s**—Served as an aviator with the Blue Angels and a Media Relations Officer for the Department of the Navy

1969—Conducted stress management and simulation programs for Apollo astronauts

1971–1976—Worked closely with Dr. Jonas Salk and the Salk Institute

1978—Published *The Psychology of Winning* audio program, which became the most listened to program in the world on personal mastery

1980—Appointed as Chairman of Psychology on the United States Olympic Committee's Sports' Medicine Council

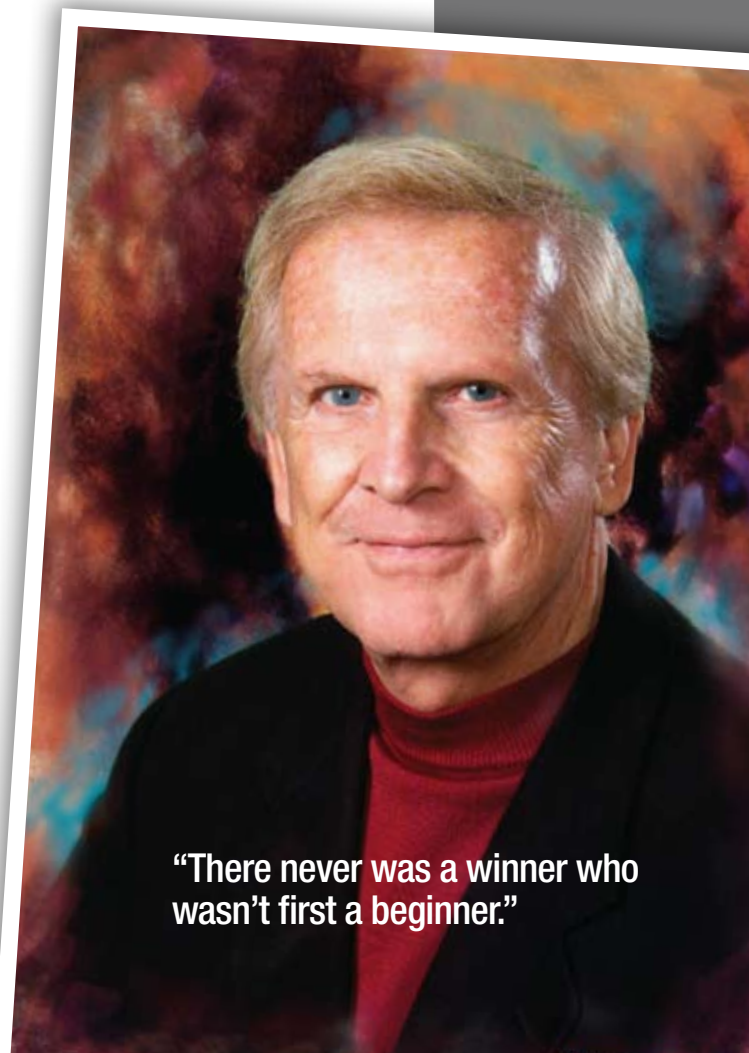
1985—Inducted into the International Speakers' Hall of Fame in St. Louis, Missouri

1995—Appointed as a consultant and a spokesperson for USANA Health Sciences, Inc.

2000—Selected by Toastmasters International as Business Speaker of the Year

2005—Appointed as member of the board of directors of SIAS International University, the first American-owned university in China

2007—Recognized by the Chinese publishing industry as author of one of the most influential business books in the Chinese language during the past 25 years with *The Joy of Working*



“There never was a winner who wasn't first a beginner.”

SEEING STARS

Look who's checking out great USANA® products!

Sampling
Sensé



Anne Dudek
Actress—*House, Mad Men, Big Love*



Denise Richards
Actress—*Starship Troopers, The World Is Not Enough*

Rev-ving
it up!



Jackson Hurst & friend
Actor—*Drop Dead Diva*



Phoebe Price
International actress and model

You know them as
your favorite vampires!
from the blockbuster hit *Twilight*.
Members of the cast take the time to
see what USANA has to offer them
away from the big screen...



Peter Facinelli
Carlisle Cullen takes a taste of Rev3
at the MTV Movie Awards



Edi Gathegi
Laurent checking out USANA
at the Emmys



Ashley Greene
Alice Cullen signing USANA's
MyHealthPak™ poster at the Golden Globes

Done

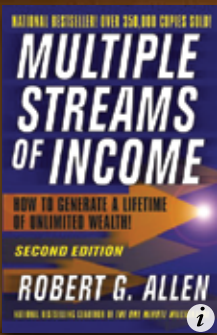
ask the experts



WORDS OF WISDOM

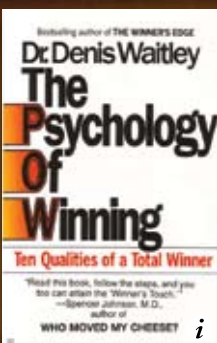
FROM INFLUENTIAL AUTHORS

In this electronic age, information comes at you fast. Curious about what USANA can do for you? Sit back, put your feet up, and let the guys who are “in-the-know” give you all the juicy details.



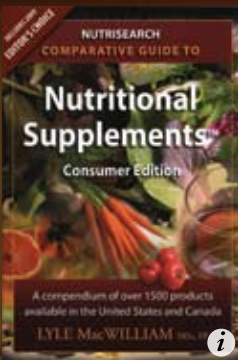
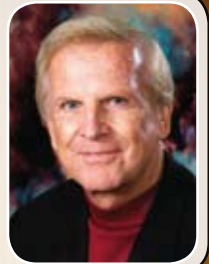
“**USANA** changed my life. It gave me freedom to write best-selling books. USANA was my secret—my answer to the financial crisis I was going through. And the products are incredible. You’re going to love them, and that’s the truth. That’s what happened to me, and I hope it will happen to you.”

—**Robert G. Allen**, a popular talk-show guest, has appeared on dozens of programs, including *Good Morning America* and *Larry King Live*. Robert Allen has also been featured in the *Wall Street Journal*, *Newsweek*, *Barron’s*, *Money Magazine*, and *Reader’s Digest*.



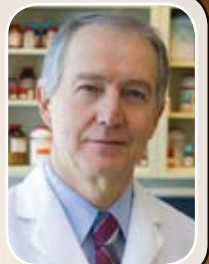
“Of all Fortune 500 and multi-national corporations I have worked with throughout my career, **USANA** has been the most impressive and rewarding for me. My admiration for its founder, Dr. Myron Wentz; my respect for its management team; and my relationship with its independent Associates continue to grow as **USANA** contributes to the quality of millions of lives throughout the world.”

—**Denis Waitley**, B.S., U.S. Naval Academy at Annapolis, Ph.D. in human behavior, is the author of 16 books and 10 best-selling audiotape programs, and has been a keynote speaker for 30 years.



Lyle MacWilliam’s 4th edition of the *Comparative Guide to Nutritional Supplements* awarded USANA the NutriSearch Gold Medal of Achievement. Comparing more than 1,500 nutritional products in North America and based on the recommendation of 12 recognized nutritional authorities, this award is the guide’s highest honor:

Lyle MacWilliam, BSc, MSc, FP, former Canadian Member of Parliament, and Member of the Legislative Assembly for British Columbia, also honored USANA with the Editor’s Choice Award.



USANA SONGBIRD

Lorraine Klaasen is more than just a "singer extraordinaire." Daughter of legendary jazz singer **Tandie Klaasen**, Lorraine is also a songwriter, dancer, and choreographer who

has taken the genre of World music to a whole new level. She sings in several different languages (including Zulu, Sotho, Xhosa, Lingala, French, and English), and has taken the distinct style of Township music from her homeland of South Africa and shared it with the rest of the world, infusing her work with the cultural sounds of Quebec, French-speaking Africa, Haiti, and the rest of the Caribbean. Lorraine is a perfect example of how diverse and expansive the USANA family has become!



USANA'S AMAZING FAMILY



Joe Bovino and **Pam "The Blam" Moore** are recognized throughout the world for their efforts to help people get into the best shape of their lives. When it comes

FITNESS EXPERTS CHOOSE USANA

to nutrition, these two fitness experts (featured in the hit home fitness program P90X) only trust their health to USANA. "USANA offers the best supplemental science on the planet," says Joe. Talk about a perfect team!



HIGH-OCTANE THRILLER

Driving racecars takes both mental focus and physical strength. At the Salt Lake City 200, avid USANA fan **Billy Johnson** fought against defending title-winner **Bill Auberlen** for the better part of two and a half hours, pulling ahead in the final lap and capturing the checkered flag and his second Grand Sport victory. "It's like a 160 mph chess game, and it requires a lot of physical and mental stamina to support that level of performance for hours on end," he says. Great race, Billy!



©BEAT FREAKS, LLC
photo: cole walliser

WE GOT THE BEAT

USANA Associate **Rino Razalan** and the rest of the high-energy dance crew **Beat Freaks** took the world by storm with their mind-blowing dance moves on season three of MTV's *America's Best Dance Crew*. They raved about USANA's products during the strenuous competition, and even performed at USANA's 2009 International Convention. Since then the Beat Freaks have been busy—they performed at halftime for the **L.A. Lakers** during game seven of the 2010 NBA Finals and were featured in **Justin Bieber's** hit music video "Somebody to Love."



USANA pride from the top of the world.

HOW DOES HE DO IT?

It's difficult to slow **Werner Berger** down. Two months short of his 70th birthday he became one of the oldest people in the world to reach the summit of Mount Everest. A USANA Associate and devoted user of USANA supplements, Werner is also the oldest North American to have climbed the Seven Summits—the highest mountain on each of the world's seven continents.

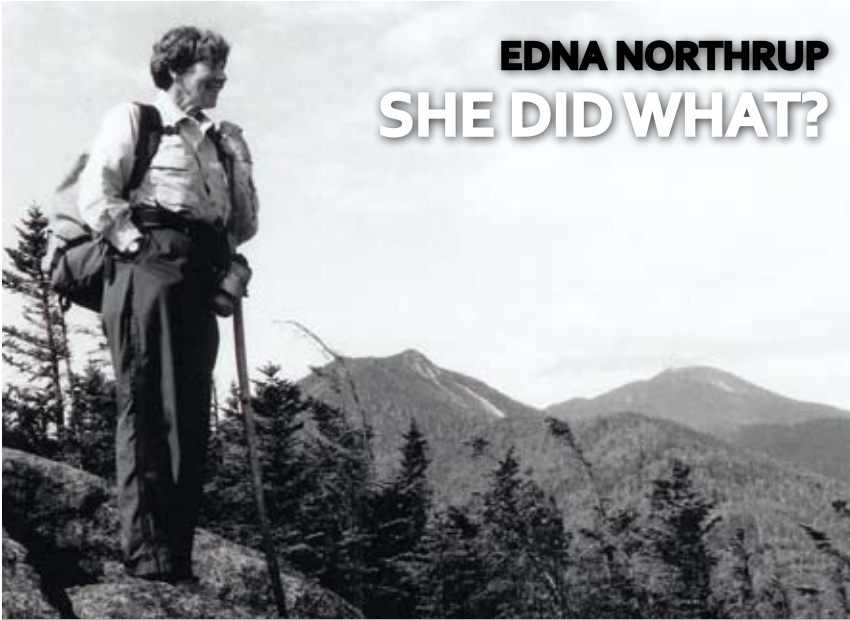


USANA'S ARMY WIFE

Unlike other new actors starting out in show business, **Vivian Fleming-Alvarez** never needs to worry about asking her boss for time off to attend auditions. Instead, the *Army Wives* actress is able to take her USANA business with her as she pursues her passion for acting. "USANA definitely allows me the flexibility to go to auditions and report to set on a moment's notice," she says.

Way to be all you can be, Vivian!

EDNA NORTHRUP SHE DID WHAT?



At 84, USANA Associate **Edna Northrup** defied age by climbing to Base Camp on Mount Everest. While other grandmothers may be content to spend their twilight years in quiet leisure, Edna made the trek that defeats more than 40 percent of all who attempt it and reached her goal at a staggering altitude of 17,590 feet. Wow!



YABBA DABBA DOO!

Before establishing their own studio, USANA Associate **Bunny Barth** was a professional dancer and her husband, **Bud**, was the voice of Fred Flintstone, Chester Cheetah, and other cartoon characters. Now they spend their time together training other actors!



IN IT TO WIN IT!

Derek Parra is no stranger to success. Big hopes followed the classy speedskater to the 2002 Winter Olympics in Salt Lake City, and he didn't disappoint. After winning a silver medal in the 5000-meter event, he went on to stun the world in a record-setting performance in the 1500-meter race that won him the gold and a top spot on the podium. "USANA was a key difference in my winning the gold and setting the world record at the 2002 Winter Games," Derek says of his favorite nutritional supplements. Since then, the USANA Associate has gone on to inspire others as a motivational speaker, and returned to the rink to coach US Speedskating at the 2010 Winter Olympics in Vancouver.



Heroes Across Nations

While hunger affects millions of people across the globe, the non-profit organization Children's Hunger Fund (CHF) is working to prevent children from becoming another face of hunger. CHF is bringing hope to children worldwide who are malnourished and affected by disease, poverty, and poor living conditions. Thanks to a strong and loyal relationship with USANA Health Sciences, CHF is helping children achieve a better future and brighter tomorrow.



Founded in 1991 by Dave Phillips, CHF's mission was simple: provide care and support for needy children. Today their purpose remains the same and has grown and developed into an organization that touches the lives of millions of needy children worldwide.

Since forming a partnership with CHF in 2001, USANA, along with its devoted Associates, has donated more than \$11 million in products and financial assistance in an effort to help diminish hunger across the world. But hope isn't just

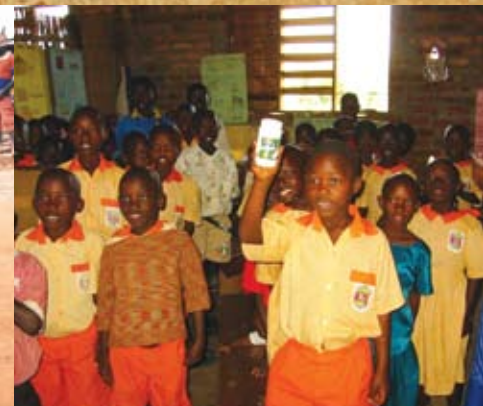
given in donations. USANA Associates volunteer their time at various CHF warehouses by helping fill food packs. From their hands these food packs go around the world and into the arms of needy families.

Associates also find inspiration in lacing up their running shoes and participating in the annual Children's Hunger Run each year at USANA's International Convention in Salt Lake City. Associates can truly find joy knowing that their small contribution is going a long way toward helping CHF fight hunger.

In 2003, USANA and CHF's relationship reached a whole new level as USANA Founder Dr. Myron Wentz and CHF President Dave Phillips traveled to Africa to visit several refugee camps in northern Uganda. Because of that trip, CHF and USANA have continued to move forward together and build a lasting relationship. "CHF's relationship with USANA continues to amaze me. From the beginning, when Dr. Wentz traveled with me to see firsthand the heartbreak of poverty in Uganda, Romania, Peru, and Ukraine, up until today, when that same heartbreak is

“It is not simply the number of friends that we have gained through this relationship that is so amazing. It is the passion with which each one has joined CHF to fight childhood hunger and malnutrition.”

CHF President Dave Phillips



felt and responded to by thousands of USANA Associates around the world, I am truly astonished by all that has transpired,” Dave says.

CHF’s dedication to fighting children’s hunger is apparent. With 99 cents of every dollar going to help children in need, CHF’s commitment doesn’t end there. Dr. Wentz and USANA have also helped CHF build and fund the Wentz Medical Centres in Uganda, Cambodia, and Malawi. Each center provides medical care for children affected by diseases.

Whether it’s packing food, donating monetarily through USANA’s Autoship program, or finding ways to raise money through events, USANA Associates continue to impress the CHF president. “In each USANA Associate I have met, I see a natural drive to succeed—to succeed in their business, their family, or their community. That drive, when focused on helping Children’s Hunger Fund meet the needs of the poor, is inspiring to say the least,” he says. “So many of them have put their compassion into action and stood by us with their donations,

or by putting on their own fundraisers, or by volunteering at our warehouses in L.A., Chicago, and San Antonio. To me, this seems to be the most impressive part of our relationship with USANA—the people who care enough to do something to change their world.”



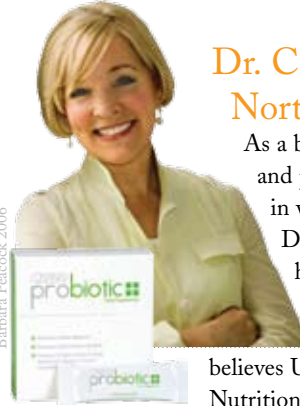
CHILDREN’S HUNGER FUND

www.chfus.org

DOC+ORS' ORDERS

You may already know that many celebrities love them, but USANA products are also used and recommended by a myriad of physicians and health-care professionals. These professionals not only endorse the products—they also provide USANA with valuable insights into product applications and efficacy.

Barbara Peacock 2006



Dr. Christiane Northrup

As a best-selling author and prominent physician in women's health, Dr. Christiane Northrup has an extensive professional background in health. Dr. Northrup

believes USANA truly makes Nutritional You Can Trust

because "they are made with the highest-quality ingredients in ideal ratios that work synergistically," she says. "I have taken and recommended USANA's supplements for more than 10 years. My favorite products are **HealthPak™**, **BiOmega™**, and **Probiotic™**."

Dr. Christine Wood

Practicing pediatrician, lecturer, author of *How to Get Kids to Eat Great and Love It!* and www.kidsgreat.com, and USANA Associate, Dr. Christine Wood



focuses on healthy nutrition for children and the environmental and nutritional impact on health and disease. Dr. Wood recommends USANA because she believes the manufacturing quality of USANA's **Usanimals™** and **Body Rox™** is unsurpassed in the industry. "My trust of these products has been built on the solid science and quality from USANA," she says. "And that gives me the confidence to recommend these products to my patients."

Summer READING

Did you know many of these medical professionals are also acclaimed authors? Take time to read some of their books and learn more from these amazing doctors inspired by USANA.

Women's Bodies, Women's Wisdom (Revised Edition)

by Dr. Christiane Northrup
An essential guide on how to truly flourish in a woman's body, and not merely avoid disease.

Buy it at www.drnorthrup.com





Dr. Ray Strand

As one of the world's leading authorities in nutritional medicine, Dr. Ray Strand has lectured on preventive and nutritional medicine across the globe. As a medical professional and USANA Associate, Dr. Strand has used USANA's meal and snack replacements with great success in his patients and the participants in his online Healthy for Life Program. "The partnership of nutritional supplements and the RESET™ weight-management program products in two clinical trials have shown significant health benefits in the participants, as they were able to establish a healthy weight."

‡Individual results may vary. **RESET™** weight-management system lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lbs in five days. It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. Children under the age of 18 should not participate in the **RESET™** program, except on the advice of their physician and/or dietician. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Tim Wood, Ph.D.

As executive vice president of USANA's research and development, Dr. Tim Wood believes USANA develops and provides the highest quality, science-based nutritional products on the planet. "I appreciate the fact that USANA upgrades its products on a regular basis to keep them current with the latest research in human nutrition," he says. "The latest improvements to the USANA® **Essentials™** and **HealthPak™** emphasize USANA's leadership in the industry. I know I can feel the difference because I've never felt healthier." What is Dr. Wood's favorite product? "The **Essentials**, of course. Every day."



Dr. Regina Hamlin

As the Chief of Dermatology at four major hospitals in California with more than 30 years of experience in the field and as a skin care consultant for USANA, Dr. Regina Hamlin has tried a number of skin care lines. "I recommend **Sensé™** to my patients because it is free from added chemical preservatives and doesn't irritate the skin," she says. "Sensé products not only offer amazing results, they are gentler to your skin, leaving it calm, healthy, and radiant."

Dr. Miquel Lanzagorta

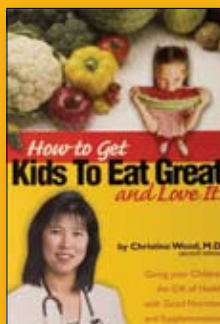
Dr. Miquel Lanzagorta is the chief of energy medicine at Sanoviv Medical Institute. Dr. Lanzagorta's diverse credentials include degrees in psychology and medicine, as well as extensive studies in bioenergetics, counseling, and alternative therapies. He says, "Health must begin at the cellular level, by providing the cell with all

the needed micronutrients. The body's antioxidant systems cannot stop the chain reaction of excessive free-radical activity that barrages it day in and day out. The logical step is to always take what is essential for health. That is why I trust USANA® **Essentials.**"



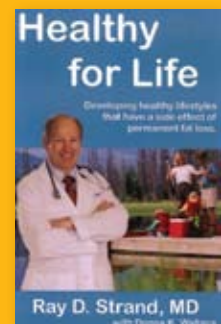
How to Get Kids to Eat Great and Love it! (Third Edition, KidsEatGreat, Inc. 2006) by Dr. Christine Wood

This book is filled with practical, easy-to-understand information for parents with science-based research to emphasize the nutritional links to disease.



Healthy for Life by Dr. Ray Strand

Learn how to develop a healthy lifestyle and reduce fat with fewer carbohydrates.



RESET™ Your Life!

Start down the road toward weight-loss success with RESET.*



These individuals followed the 12-week Kathy Kaehler Summer Slimdown Challenge Program.



"This weight-loss challenge has been the best thing to have ever happened to me. My whole outlook in life has changed for the better."

—Jeff Cabral (lost 51 pounds)



"I now have more energy than ever before, and I feel more confident in everything I do."

—Beta Tonga (lost 31 pounds)



Donna Josulevicz (Lost 11 pounds)



John Dey (Lost 16 pounds)



Joyce Dixon (Lost 14 pounds)



John Orara (Lost 80 pounds)

* It is suggested that you take these products to your physician and secure his or 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.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight-loss results. The RESET program lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lbs. in 5 days. Results will vary.

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



www.USANA.com/reset

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