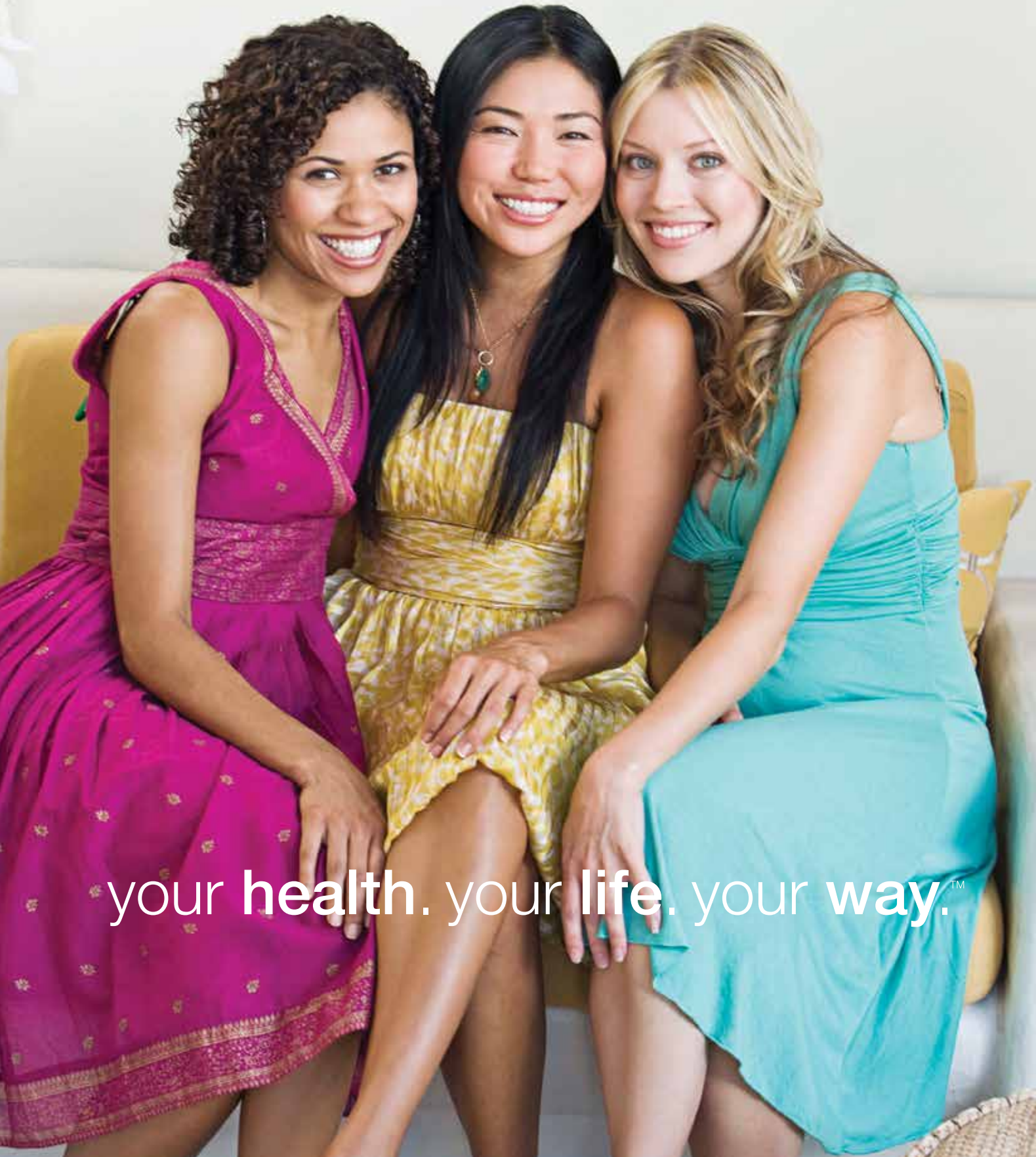




your health. your life. your way.™



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



your health. your life. your way.™





## Undeniably Unique

**Y**ou may have heard this before. More likely than not, you've already been told on numerous occasions that no matter what similarities you share with your friends, family, and peers, you are different. *You* are unique. But you probably don't believe it.

That's because you understand there are certain things *everyone* has in common. We all want the best for our families, we all yearn for success, and we all share the same basic health needs.

But we all have our differences, too. We all have our own, individual mark we want to leave in life—our own interests, routines, and subtle quirks that truly make each and every one of us...unique.

And the way we see it, it's up to each of us to express what sets us apart from everyone else, not only in our daily lives, but in our daily nutritional regimens as well.

So make your mark. Make a commitment to living a longer, healthier life. We can help. In the following pages, you'll learn about the product lines USANA offers and how the right combination of products will help you maximize your nutrition and encourage you to support every aspect of your well-being.

Choose the products that are best for you, and then get back to creating a life that's truly—uniquely—yours.

# CONTENTS

## NUTRITIONALS

### 11 ESSENTIALS™

- 12 MultiMineral Plus
- 14 Mega Antioxidant
- 16 HealthPak™

### 17 THE BEST NUTRITION FOR YOUR FAMILY

- 18 Body Rox™
- 19 Usanimals™
- 20 BiOmega Jr.™

### 21 OPTIMIZERS

- 22 Proflavanol® C<sup>100</sup>
- 23 CoQuinone™ 30 & 100
- 24 Poly C®
- 25 BiOmega™
- 26 Optomega®
- 27 Vitamin D
- 28 Ginkgo-PS™
- 29 Visionex™
- 30 Active Calcium Plus™ & Active Calcium™ Chewable
- 32 Procosa®
- 33 PhytoEstrin™
- 34 Palmetto Plus™
- 35 Pure Rest™

### 36 DIGESTION/DETOX

- 37 USANA® Digestive Enzyme
- 38 USANA® Probiotic
- 39 Fibergy® Plus
- 40 Hepa Plus®



ConsumerLab.com conducted an independent survey of more than 10,000 supplement users, and USANA came out as your #1 favourite brand in the direct sales channel based on customer satisfaction.

<b>41</b>	<b>FOODS</b>
42	Dutch Chocolate Nutrimeal™
43	Wild Strawberry Nutrimeal™
43	French Vanilla Nutrimeal™
44	Chocolate Whey Nutrimeal™
45	Nutrimeal™ Free
46	Choco Chip™ Protein Snack
47	Peanutty Bliss™ Protein Snack
47	Fudge Delite™ Protein Snack
48	Go Nuts 'n' Berries™
49	Rev3 Energy™ Drink
50	Rev3 Energy Surge™ Pack
51	5-Day RESET™ Kit
<b>52</b>	<b>SENSE™</b>
53	Basics
	Gentle Daily Cleanser
	Hydrating Toner
	Daytime Protective Emulsion
	Night Renewal Crème
54	Enhancers
	Serum Intensive
	Perfecting Essence
	Eye Nourisher
	Rice Bran Polisher
	Nutritious Crème Masque
56	Sensé™ Body Care
	Energizing Shower Gel
	Revitalizing Shampoo
	Nourishing Conditioner
	Firming Body Nourisher
	Intensive Hand Therapy
58	Natural Whitening Toothpaste

# You're Only as Old as You Feel

As we age, we gain wisdom and experience but often lose the youthful vitality we once took for granted. As the years pile on, we may find ourselves unable to perform some of the daily activities we used to, lacking the energy we once had, losing our mental sharpness, or lamenting the effects of time on our appearance. While the ability to stop time only exists in the realm of fantasy, looking and feeling "old" is one aspect of our existence over which we have complete control. It is possible to add youth to our years and preserve good health into the future.

You have a choice.

Maintaining youthful vitality is the direct result of making positive choices every day. And in today's society, it's all too easy to take our health for granted. We often go about our daily lives without paying much attention to the state of our physical condition. It's easy to forget that a healthy diet, regular exercise, and quality supplementation all have an impact on our ability to live our lives to their greatest potential. But that's exactly what we have to remember.

The key to living your best life lies in your ability to make the best, healthiest choices possible.

Oxidative stress is caused by free radicals. Free radicals are unstable molecules that can damage our body's cells and tissues. Figuratively, they cause us to rust from the inside out. Although they are normal byproducts of cellular metabolism, they also result from exposure to pollution or excessive sunlight, and from smoking, drinking too much alcohol, and eating a poor diet.



## 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.

A variety of government agencies conduct periodic inspections of USANA's Salt Lake City, Utah, manufacturing facility, requiring strict control of procedures and documentation. The facility also has been certified to be in compliance with Good Manufacturing Practices (GMP) requirements set forth in *NSF/ANSI Standard 173-2012, Dietary Supplements* by NSF International.



Taking the commitment to quality a step further, USANA's Salt Lake City facility became an FDA Drug Establishment registered facility in 2012. As such, all components of the manufacturing process are evaluated and inspected by the same FDA standards as are used for pharmaceutical-grade products.





# Innovations Based on Sound Science

Science...it's a common link that unites all corners of the earth by permeating our lives and informing our actions. Science provides us with a deeper understanding of who we are as a species and what we need to survive. Science betters us, and science saves lives.

Following Galileo's footsteps in his efforts to improve our quality of life through research, discovery, and innovation, scientists from around the world are responsible for the development of modern medicine... and the discovery of cellular nutrition.

Led by a vision of creating health and happiness for our consumers, USANA's world-class scientists formulate every USANA product to be complete, safe, and effective, based on the latest research and clinically tested ingredients. USANA also conducts ongoing studies, which have led to many groundbreaking

Front row from left to right: Jim Eng, Howard Goldfine, Austin Winegar  
 Second row from left to right: Brian Dixon, Ph.D., John Cuomo, Ph.D., Jenna Templeton  
 Back row from left to right: Cory Telford, Sean Surbeck, Mark Brown, Mark Levy, Ph.D., Jeremy Tian, Ph.D., Erik Schneider  
 Not pictured: Toni McKinnon, Russ Barton, Armando Vasquez, Cory Telford, John Bosse

discoveries that have directly improved upon and confirmed the various health benefits associated with our products.

USANA collaborates with prominent institutions, such as the Linus Pauling Institute, to advance the world's understanding of the effects of nutrition on health. In addition, USANA's in-house team works closely with the 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, MD, 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
- Balz Frei, Ph.D.

The cell, the structural and functional unit of all living organisms, is the source of your body's energy supply; it's what keeps you going—it's what keeps you alive.

# 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 glycemic control, making them a great foundation for overall well-being as well as healthy weight management.
- **Rev3 Energy™** provides a healthier alternative to sugary crash-and-burn energy drinks, so you can get through your day focused and revitalized.

- **Sense™** 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](http://truehealthassessment.com) to complete a full evaluation of your current state of health and your lifestyle. In less than 20 minutes, you will have a list of recommendations tailored to your individual profile from our exclusive **True Health Assessment**.

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.



TrueHealth™  
ASSESSMENT

TrueHealth  
COMPANION





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](http://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. 

Palmetto Plus™  
PhytoEstrin™

3 Choose products tailored to your interests.

	 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	Strongly recommended	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 <sup>100</sup>	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
 USANA® 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
 Protein Snacks	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](http://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 IMPORTANCE OF MINERALS

Minerals and trace elements represent less than one half of one per cent of the total nutrients we consume every day. Yet, without them, 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.

## CALCIUM

The most common mineral in the body, calcium is essential for healthy bones and teeth. It also is vital to many important processes in the body, including regulating the acid/alkaline balance, promoting healthy nerve and muscle function, and maintaining healthy blood flow and blood clotting, which is important for cardiovascular health.

## MAGNESIUM

Because it helps regulate calcium levels, magnesium is essential for the formation and maintenance of healthy bones and teeth, which is where 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. It is also an activator of hundreds of enzymes essential to life.

## 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, as well as DNA and RNA replication. It is important for wound healing, insulin production, and hormone function. Zinc also acts as an antioxidant, aids in healthy bone structure development, and helps maintain or assists in the maintenance of healthy immune function and healthy vision.

## SELENIUM

Selenium is an essential component of the glutathione peroxidase antioxidant system, which helps combat the effects of free radicals, such as premature aging. It plays an important role in thyroid hormone metabolism and supports a healthy immune system. In addition, many studies have shown that selenium is important for retaining prostate health.

## COPPER

Copper is a critical component of the enzyme superoxide dismutase (SOD), is an important antioxidant in cell cytoplasm, and acts as a catalyst in the formation of hemoglobin. Copper is also essential for collagen synthesis and healthy nerve function.

## MANGANESE

Important for fat and carbohydrate metabolism, manganese is necessary for maintaining 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. It activates numerous enzymes, and supplementation with manganese can enhance the SOD enzyme system to increase antioxidant activity and help reduce damaging effects of free radicals.

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:		DEUX COMPRIMÉS CONTIENNENT :	
MEDICAL INGREDIENTS		INGRÉDIENTS MÉDICINAUX	
CALCIUM (CITRATE, CARBONATE)	135 mg	CALCIUM (CITRATE, CARBONATE)	
MAGNESIUM (CITRATE, HVP* CHELATE)	150 mg	MAGNESIUM (CITRATE, CHELATE DE PVH*)	
IODINE (POTASSIUM IODIDE)	150 µg	IODÉ (IODURE DE POTASSIUM)	
ZINC (CITRATE)	10.05 mg	ZINC (CITRATE)	
SELENIUM (SELENOMETHIONINE, HVP* CHELATE)	100.5 µg	SELENIUM (SÉLÉNOMÉTHIONINE, CHELATE DE PVH*)	
COPPER (GLUCONATE)	1 mg	CUIVRE (GLUCONATE)	
MANGANESE (GLUCONATE)	2.5 mg	MANGANESE (GLUCONATE)	
CHROMIUM (POLYNICOTINATE, PICOLINATE)	150 µg	CHROME (POLYNICOTINATE, PICOLINATE)	
MOLYBDENUM (CITRATE)	25.05 µg	MOLYBDÈNE (CITRATE)	
SILICON (HVP* CHELATE)	2 mg	SILICIUM (CHELATE DE PVH*)	
VANADIUM (CITRATE)	20 µg	VANADIUM (CITRATE)	
BORON (CITRATE)	1.5 mg	BORE (CITRATE)	

(\*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 DESINTEGRATION, 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 ANTECÉDENTS DE CANCER DE LA PEAU NON-MÉLANOME, REÇU UN DIAGNOSTIC DE CANCER LIÉ À L'ŒSTROGÈNE OU POUR TOUT AUTRE PROBLÈME DE SANTÉ, OU SI VOUS PRENEZ UN MÉDICAMENT DÉLIÉRE 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.

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LB 00055

#### CHROMIUM

Today's poor diets and unhealthy lifestyles often put stress on the body's blood glucose control mechanisms. Chromium is an important component of the glucose tolerance factor (GTF), which helps retain healthy glucose metabolism, provided it is healthy to begin with. Healthy insulin and glucose levels are beneficial for weight management and sustained energy levels throughout the day.

#### MOLYBDENUM

An important co-factor for a number of enzymes, molybdenum is necessary for removing wastes and toxins from the body. It also helps strengthen teeth.

#### BORON

Boron supports the body's ability to use calcium, magnesium, and phosphorus. It also plays a role in brain function.

#### VANADIUM

Vanadium helps support healthy serum glucose levels, provided they are healthy to begin with, and may also help retain healthy thyroid function.

#### SILICON

Maintaining a good balance of silicon in the body is important for maintaining strong bones, connective tissues, and skin health. It also supports healthy blood vessels.

#### WHY MULTIMINERAL PLUS?

Because it is one half of the **USANA® Essentials™**—the top-rated supplements in the world—you can trust that **MultiMineral Plus** is the best mineral supplement you can use to protect your health every day. Formulated by a team of nutritional-science experts using highly bioavailable forms of each nutrient, the **Essentials** surpass virtually every competitor for completeness, potency, and quality. USANA is proud to be one of only a handful of manufacturers who makes products 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.

## ANTIOXIDANTS—YOUR CELLS' SUPERHEROES

Cell-damaging oxidative stress is caused by free radicals that come from normal cellular metabolism, exposure to pollution and toxins, stress, and poor diet and lifestyle habits. Free radicals attack our cells, gradually chipping away at their integrity, resulting in an eventual decline in health. Antioxidants neutralize the activity of free radicals to 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 powerful antioxidants that also reinforce the activity of the others.
- Flavonoids and phenolic compounds, which are abundant in fruits and vegetables, not only provide important protection against oxidative stress, but also complement and extend the activities of other antioxidants as well. A unique bioflavonoid complex—including quercetin, rutin, hesperidin, green tea, bilberry, pomegranate, and cinnamon—plus turmeric all work to inhibit the activity of free radicals.
- 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.

## ESSENTIAL HEALTH

Complete, effective combinations of nutrients are needed to provide a foundation for good health. For the best results, **Mega Antioxidant** should be taken with **MultiMineral Plus**. The following are a few examples of how **Mega Antioxidant** offers broad, balanced nutritional support for every aspect of optimal health.

## CARDIOVASCULAR HEALTH

- High levels of antioxidants in the blood have been shown to help support cardiovascular health.
- Vitamin E and mixed tocopherols play a critical role in protecting LDL and cell membranes from oxidation, keeping arteries healthy. Vitamin C is also helpful in maintaining healthy veins and arteries by supporting healthy tissue growth and strengthening collagen.
- The B vitamins, especially riboflavin, folate, and vitamins B6 and B12, are fundamental to the maintenance of healthy levels of the amino acid homocysteine, provided they are healthy to begin with. Homocysteine levels have been linked to cardiovascular health.
- Vitamin B12 is also necessary for the health of red blood cells and DNA, the genetic material in all cells. Those who do not take a supplement containing vitamin B12 are twice as likely to be vitamin B12 deficient as supplement users, regardless of age group.
- Coenzyme Q10 plays a key role in producing cellular energy, demand for which is especially high in the heart, making this an important nutrient for cardiovascular health. In addition, cellular-energy production requires a full spectrum of B vitamin activities.
- USANA's patented Olivol helps protect low-density lipoproteins (LDL) from oxidation.

## VISION

- Mixed carotenoids—including beta carotene, lutein, and other antioxidants—help maintain good vision. Lutein selectively accumulates in tissues in the eye to help protect against damaging UV rays.
- Vitamin C is especially important for the retina, where the concentration of this essential nutrient is significantly higher than in the blood.

## IMMUNITY

- By helping to maintain the integrity of all cell membranes, along with the digestive system and lungs, beta carotene is important for strong immunity.

ITEM #103

**RECOMMENDED USE:** PROVIDES VITAMINS AND ANTIOXIDANTS FOR THE MAINTENANCE OF GOOD HEALTH.

**USAGE RECOMMANDÉ:** FOURNIT DES VITAMINES ET ANTIOXYDANTS POUR PRÉSERVER UNE BONNE SANTÉ.

**RECOMMENDED ADULT DOSE:** TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH MEALS PROVIDING PROTEIN.

**DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE DEUX (2) COMPRIMÉS DEUX FOIS PAR JOUR AVEC REPAS FOURNISSANT DES PROTÉINES.

**TWO TABLETS CONTAIN:**

**MEDICINAL INGREDIENTS**

BETA CAROTENE (PROVITAMIN A 1.5 mg RAE\*\*)

VITAMIN C (POLY C\*)—CALCIUM POTASSIUM

MAGNESIUM AND ZINC ASCORBATES

ASCORBYL PALMITATE

VITAMIN D3 (10 µg CHOLECALCIFEROL)

VITAMIN E (133.8 mg AT, d-ALPHA TOCOPHERYL SUCCINATE)

VITAMIN K1 (PHYLOQUINONE)

VITAMIN B1 (THIAMINE HYDROCHLORIDE)

VITAMIN B2 (RIBOFLAVIN)

NIACIN

NIACINAMIDE

VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)

FOLIC ACID

VITAMIN B12 (CYANOCOBALAMIN)

BIOTIN

PANTOTHENIC ACID (CALCIUM d-PANTHENATE)

OLIVE FRUIT EXTRACT\* (OLEA EUROPAEA)

MIXED NATURAL TOCOPHEROLS

RUTIN

QUERCETIN DIHYDRATE

HESPERIDIN

GREEN TEA LEAF EXTRACT (CAMELLIA SINENSIS)

POMEGRANATE FRUIT EXTRACT (PUNICA GRANATUM)

CINNAMON BARK EXTRACT (CINNAMOMUM CASSIA)

BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS)

INOSITOL

CHOLINE BITARTRATE

DL-ALPHA-LIPOIC ACID

DL-ALPHA-LIPOIC ACID

COENZYME Q10 (UBIQUINONE)

TURMERIC ROOT EXTRACT (CURCUMA LONGA)

LUTEIN ESTERS

LYCOPENE

**NON-MEDICINAL INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, DEXTRIN, SILICON DIOXIDE, MODIFIED FOOD STARCH, DEXTROSE, SOY LECITHIN, CORN STARCH, SODIUM CITRATE, SODIUM ASCORBATE, DL-ALPHA-TOCOPHEROL, / INGREDIENTS NON MÉDICINAUX: CELLULOSE MICROCRISTALLINE, AMIDON PRÉGÉLATINISÉ, CROSCARMELLEUSE SODIQUE, DEXTRINE, DIOXYDE DE SILICIE, AMIDON ALIMENTAIRE MODIFIÉ, DEXTROSE, LÉCITHINE DE SOJA, AMIDON DE MAIS, CITRATE DE SODIUM, ASCORBATE DE SODIUM, DL-ALPHA-TOCOPHEROL.

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, CYSTITIS/URIA, 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. 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, CYSTITIS/URIE, 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 FLAÇON EST SCÉLÉE. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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

\*\*RETINOL ACTIVITY EQUIVALENT / ÉQUIVALENT ACTIVITÉ RÉTINOL.

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

LB 00083



- Vitamins B6, B12, and folate are critical for producing immune cells.
- Vitamin E, vitamin D, as well as vitamin C are well known for their immune-cell supporting properties.

#### 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.

#### RESPIRATORY FUNCTION

- Lycopene and the combination of vitamin C and bioflavonoids support healthy maintenance of many organs.

#### ENERGY, NUTRIENT METABOLISM

- Several B vitamins are involved in energy metabolism, helping to convert the carbohydrates, fats, and proteins we eat into fuel for our cells.

#### DETOXIFICATION

- Vitamin C helps to conserve glutathione, which is produced in the liver. The natural detoxification process can create a great deal of oxidative stress, especially in the liver. Intracellular glutathione is one of the most important antioxidants for defending cell health, and it acts as a primary detoxification element.
- N-acetyl l-cysteine can also help boost glutathione.
- Choline and inositol help move fats out of the liver.

#### BRAIN AND NERVE FUNCTION

- B vitamins are important for brain and nerve support. Folate is especially important for women who may have children. Health Canada has stated, "If you could become pregnant, take a multi vitamin and mineral supplement each day. Make sure your supplement contains 400 µg (0.4 mg) of folic acid. To protect your baby from neural tube defects, start your supplement at least three months before you get pregnant. Keep taking it all through your pregnancy and for as long as you breastfeed." One daily dose of **Mega Antioxidant** contains 1,000 µg of folic acid.
- Choline supports transmission of nerve impulses from the brain throughout the central nervous system. It is also important for memory support.

#### SKIN, HAIR, NAILS

- Antioxidants, such as vitamin E, help defend your cells against the oxidative stress caused by sunlight, pollution, and stress, which can all prematurely age the skin.
- Lycopene, lutein, and beta carotene play a role in supporting healthy, glowing skin.
- Inositol, as well as biotin and pantothenic acid, are fundamental to the growth of healthy skin, hair, and nails.
- Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues, and is also important for the maintenance of muscle, joint, and tendon function.

#### WHY MEGA ANTIOXIDANT?

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 **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, 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.

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# HealthPak™



A selection of core supplements, including the **USANA® Essentials™** vitamin and mineral supplements, pre-packed in convenient AM and PM pouches

If you are looking for a comprehensive nutritional supplement that fits your busy life, then **HealthPak** daily supplement packs are for you.

## MORE THAN A MULTIVITAMIN

**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 the following **USANA®** Nutritionals:

- The **Essentials—Mega Antioxidant** and **MultiMineral Plus** (see pages 12–15 to discover the many benefits of exceptional nutrition with the **Essentials**)
- **Active Calcium Plus™** (see page 30 to learn about the many benefits of this advanced calcium supplement)
- Advanced **AO Booster™** —a **HealthPak** exclusive!

## AO BOOSTER™ FOR ADVANCED ANTIOXIDANT PROTECTION

The **AO Booster** supplement, available exclusively in **HealthPak**, contains a blend of power-packed antioxidants:

- Resveratrol is a polyphenolic compound found in berries, grape skin, and red wine that provides excellent support for cardiovascular health. Resveratrol has also been shown to deliver antioxidant benefits. Oxidative stress can damage cells, which may lead to premature aging.
- In addition to antioxidant activity, research suggests flavonoids from grape seed extract provide important support for cell-signalling pathways, which regulate the cell's lifecycle, from production and growth to death.
- Alpha-lipoic acid supports the body's natural detoxification processes by promoting phase II detoxification enzyme induction. It supports mitochondrial health and helps regenerate and activate production of other antioxidants, such as vitamin C and intracellular glutathione.

## CONVENIENCE AIDS COMPLIANCE

One of the most important aspects of achieving optimal health for a lifetime is maintaining consistent, optimal levels of nutrients in your body. **HealthPak** makes it easy to make sure you get the full range of nutrients you need every day to support your entire body, including your heart, immune system, brain, nerves, bones and joints, lungs, eyes, and skin. The antioxidants in **HealthPak**, including **USANA's** patented **Olivol™**, will also help protect you, morning and night, from the constant barrage of free radicals your body faces in modern society.

## WHY HEALTHPAK™?

Because it includes the **Essentials**—the top-rated supplements in the world—you can trust that **HealthPak** provides the best multivitamin/mineral and antioxidant supplements you can use 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 plus additional defence against the cell damage caused by oxidative stress. The individually wrapped pouches make it easier than ever to stay consistent with your nutritional regimen, so you are at your best throughout the day, every day.

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ITEM # 100

**RECOMMENDED USE:** PROVIDES VITAMINS, ANTIOXIDANTS AND MINERALS FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDE:** FOURNIT DES VITAMINES, ANTIOXIDANTS ET MINÉRAUX POUR PRÉSERVER UNE BONNE SANTÉ.

**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 PRÉFÉRENCE AVEC UN REPAS.

**EACH PACKET CONTAINS:** CHAQUE EMBALLAGE CONTIENT:

MEDICAL INGREDIENTS	AMOUNT	INGRÉDIENTS MÉDICAUX
BETA CAROTENE	3 mg	BÉTA-CAROTÈNE
VITAMIN C (POLY C*)—CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES; ASCORBYL PALMITATE	650 mg	VITAMINE C (POLY C*)—ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIUM ET ZINC; PALMITATE D'ASCORBYLE
VITAMIN D3 (12.5 µg, CHOLECALCIFEROL)	500 IU	VITAMINE D3 (12.5 µg, CHOLECALCIFÉROL)
VITAMIN E (133.8 mg AT, d-ALPHA TOCOPHERYL SUCCINATE)	200 IU	VITAMINE E (133.8 mg AT, SUCCINATE d-ALPHA TOCOPHÉRYL)
VITAMIN K1 (PHYLOQUINONE)	45 µg	VITAMINE K1 (PHYLOQUINONE)
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	13.5 mg	VITAMINE B1 (CHLORHYDRATE DE THIAMINE)
VITAMIN B2 (RIBOFLAVIN)	13.5 mg	VITAMINE B2 (RIBOFLAVINE)
NIACIN	5 mg	NIACINE
NIACINAMIDE	15 mg	NIACINAMIDE
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	16 mg	VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)
FOLIC ACID	500 µg	ACIDE FOLIQUE
VITAMIN B12 (CYANOCOBALAMIN)	100 µg	VITAMINE B12 (CYANOCOBALAMINE)
BIOTIN	150 µg	BIOTINE
PANTOTHENIC ACID (CALCIUM d-PANTOTHENATE)	45 mg	ACIDE PANTOTHÉNIQUE (d-PANTOTHÉNATE DE CALCIUM)
CALCIUM (CITRATE, CARBONATE)	335 mg	CALCIUM (CITRATE, CARBONATE)
POTASSIUM (POLYACRYLATE)	150 µg	POSSÉ MOUSSE DE POTASSIUM
MAGNESIUM (CITRATE, HPP CHELATE, OXIDE)	250 mg	MAGNÉSIUM (CITRATE, CHÉLATE DE HPP, OXIDE)
ZINC (CITRATE)	10 mg	ZINC (CITRATE)
SELENIUM (L-SELENIOMETHIONINE, HPP CHELATE)	100 µg	SÉLÉNIUM (L-SÉLÉNOMÉTHIONNE, CHÉLATE DE HPP)
COPPER (GLUCONATE)	1 mg	CUIVRE (GLUCONATE)
MANGANESE (GLUCONATE)	2.5 mg	MANGÈSE (GLUCONATE)
CHROMIUM (POLYNICOTINATE, PICOLINATE)	150 µg	CHROME (POLYNICOTINATE, PICOLINATE)
MOLYBDENUM (CITRATE)	25 µg	MOLYBDÈNE (CITRATE)
OLIVE FRUIT EXTRACT** (OLEA EUROPAEA)	15 mg	EXTRAIT D'OLIVE** (OLEA EUROPAEA)
RUTIN	60 mg	RUTINE
GREEN TEA LEAF EXTRACT (DECAFFEINATED) (CAMELLIA SINENSIS)	7.5 mg	EXTRAIT DE FEUILLE DE THÉ VERT (DÉCAFÉINÉE) (CAMÉLLIA SINENSIS)
QUERCETIN DIHYDRATE	12 mg	DIHYDRATE DE QUERCÉTINE
HESPERIDIN	12 mg	HÉSPÉRIDINE
PIGEEBERRY FRUIT EXTRACT (PLUNICA GRANATUM)	5 mg	EXTRAIT DE GROSEILLE (PLUNICA GRANATUM)
CINNAMON BARK EXTRACT (CINNAMOMUM CASSIA)	2 mg	EXTRAIT D'ÉCORCE DE CANNELLE (CINNAMOMUM CASSIA)
BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS)	500 µg	EXTRAIT DE MYRTILLE (VACCINIUM MYRTILLUS)
DECAFFEINATED TOCOPHEROLS	17 mg	MÉLANGE DE TOCOPHÉROLS NATURELS (DÉCAFÉINÉS)
INOSITOL	75 mg	INOSITOL
CHOLINE BITARTRATE	50 mg	BITARTRATE DE CHOLINE
N-ACETYL L-CYSTEINE	30 mg	N-ACÉTYL L-CYSTÉINE
PHOSPHATIDYLCHOLINE	100 mg	PHOSPHATIDYLCHOLINE
COENZYME Q10 (UBIQUINONE)	4.9 mg	COENZYME Q10 (UBIQUINONE)
TURMERIC ROOT EXTRACT (CURCUMA LONGA)	7.5 mg	EXTRAIT DE RACINE DE CURCUMA (CURCUMA LONGA)
LUTEN ESTERS	300 µg	ESTERS DE LUTÉINE
LYCOPENE	500 µg	LYCOPÈNE
GRAPE SEED EXTRACT (VITIS VINIFERA)	45 mg	EXTRAIT DE PÉPIN DE RAISIN (VITIS VINIFERA)
RESVERATROL (POLYVENON COSYPATRUM)	15 mg	RESVÉRATROL, POLYVENON COSYPATRUM
SILICON (HPP CHELATE)	4.25 mg	SILICUM (CHÉLATE DE HPP)
VANADIUM (CITRATE)	20 µg	VANADIUM (CITRATE)
BORON (CITRATE)	1.5 mg	BORE (CITRATE)

**NON-MEDICINAL INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, HYDROXYPROPYL CELLULOSE, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, STARCH, SILICON DIOXIDE, DEXTRIN, MODIFIED FOOD STARCH, RICE PROTEIN, VANILLA EXTRACT, DEXTROSE, SOY LECITHIN, SEA SALT, CORN STARCH, SODIUM CITRATE, SODIUM ASCORBATE, DL-ALPHA-TOCOPHEROL. / **INGRÉDIENTS NON MÉDICAUX:** CELLULOSE MICROCRISTALLINE, AMIDON PREGÉLATINISÉ, HYDROXYPROPYLCELLULOSE, CROSCARMELOSE SODIQUE, PALMITATE D'ASCORBYLE, AMIDON, DIOXYDE DE SILICUM, DEXTRINE, AMIDON ALIMENTAIRE MODIFIÉ, PROTÉINE DE RIZ, EXTRAIT DE VANILLE, DEXTROSE, LÉCITHINE DE SOJA, SEL DE MER, AMIDON DE MAÏS, CITRATE DE SODIUM, ASCORBATE DE SODIUM, DL-ALPHA-TOCOPHÉROL.

**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 PORTÉE DES ENFANTS. CONSULTER VOTRE MÉDECIN SI VOUS AVEZ UN PROBLÈME DE SANTÉ. CONSULTER VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS AVEZ REÇU UN DIAGNOSTIC DE CANCER LIÉ AUX ŒSTROGÈNES OU DE CANCER, OU SI VOUS SOUFFRIR D'UN DES PROBLÈMES SUIVANTS: CANCÈRE EN FER, CALCULS BILIAIRES, OBSTRUCTION DES VOIES BILIAIRES, ULCÈRE D'ESTOMAC, DOXES D'ACIDE GASTRIQUE, CYSTITIS, TROUBLE HÉPATIQUE OU SYMPTÔMES DE TROUBLE HÉPATIQUE (PAR EX. : DOULEUR ABDOMINALE, URINE FONCÉE OU JAUNISSE). CONSULTER VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS PRENEZ UN ANTICOAGULANT, UN ANTYHYPERTENSEUR, DE LA NITROGLYCÉRINE OU UN ANTIBIOTIQUE. CÉSEZ D'UTILISER CE PRODUIT EN CAS D'HYPERSENSIBILITÉ, PAR EXEMPLE UNE ALLERGIE. NE PAS UTILISER CE PRODUIT EN CAS D'ALLERGIE AUX PLANTES DE LA FAMILLE DES ASTÉRACÉES / COMPOSÉES / MARGARITÈRES. NE PAS UTILISER CE PRODUIT SI VOUS ÊTES GÉNÉTIQUEMENT ALLÉRGIQUE. CERTAINES PERSONNES POURRAIENT SOUFFRIR DE DIARRHÉE. LES PERSONNES SENSIBLES À L'ACIDE NICOTINIQUE PEUVENT AVOIR DE LÈGÈRES ROUGEURS CUTANÉES PASSAGÈRES. CONSULTER UN MÉDECIN POUR UNE UTILISATION AU-DELÀ DE SIX SEMAINES.****

\*\*HYDROLYSED VEGETABLE PROTEIN / \*PROTÉINES VÉGÉTALES HYDROLYSÉES

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

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

CONSERVER DANS UN ENDROIT FRAIS ET SEC (À UNE TEMPÉRATURE INFÉRIEURE À 23 °C (73 °F))

EX 00148



## 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.





Family

Body Rox™



Complete daily vitamin, mineral, and antioxidant supplement

Establishing healthy dietary habits that will last a lifetime and getting optimal nutrition are especially important during years of growth, development, and physical maturation. Most young adults know what they should eat; however, busy schedules, the inconvenience of preparing healthy meals, and the belief that they can focus on improving their diets later in life often get in the way of eating better. If they aren't skipping meals, the fast food that young adults tend to eat is usually high in calories, fat, and sodium, but low in fibre, vitamins, minerals, and antioxidants. While there is no substitute for a balanced diet based on healthy foods, the **Body Rox** supplement is specially formulated to help fill the gaps in a poor diet and help meet certain nutritional needs. It is a convenient way to ensure both adults and young adults do something positive for themselves by getting the nutrients they need to perform at their mental and physical best every day.

### EVERYDAY HEALTH

Young adults need to stay healthy to keep up with their demanding schedules, making immune support especially important. Healthy lifestyle habits and maintaining optimal levels of all of the essential vitamins and minerals in the body is the best way to maintain overall health and keep the body's immune system working as it should. **Body Rox** helps maintain immune 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.

### POWER UP

Whether you're cramming in late-night homework sessions or participating in campus activities, getting proper nutrition is the key to staying energized throughout the day. Necessary for turning the foods we eat into useable fuel—the B vitamins, especially B12, thiamin, and niacin—are essential for energy production. Magnesium, copper, and zinc also help the body get the energy it needs by supporting nutrient metabolism.

### ALL-STAR SPORTS NUTRITION

A fit body depends on good general health. Antioxidants are helpful for handling increased free-radical production caused by intense exercise. Strong bones, good muscle function, and cardiovascular health all depend on calcium and many other minerals. Vitamins C, D, and E play a role in respiratory and cardiovascular function. Protein metabolism—supported by riboflavin, folic acid, vitamins B6 and B12, and molybdenum—is essential for muscle tissue development. Vitamin C also plays a key role in synthesizing collagen, a structural protein that is a major component of connective tissue and muscle.

### SCHOOL SMARTS

There may not be a magic pill to make you smarter, but giving your brain consistent levels of optimal nutrition will keep it working at its best. Many B vitamins—including biotin, niacin, thiamin, and folate—are essential to healthy brain activity. A number of minerals, including manganese, are also needed to influence neural activity. Choline is involved in memory function. Some studies also suggest multivitamin/mineral supplementation has been beneficial for improvements in "mental tiredness" after complex tasks as well as in mood regulation, which is also controlled in the brain.

### HEALTHY SKIN

Inner health will be reflected in your outer appearance, helping you put your best face (and hair and nails) forward. Beta carotene (safe provitamin A) and other carotenoids, such as lutein and lycopene, along with vitamins C and E, are all crucial for skin health. Zinc and copper play a role in protein structure, which can impact skin appearance. **Body Rox** provides a comprehensive combination of antioxidants, including our patented Olivol™, that maintain healthy skin and defend the body's cells, including especially vulnerable skin cells, from oxidative damage caused by pollution, stress, fried foods, and sunlight.

### WHY BODY ROX™?

In three tablets a day, USANA's **Body Rox** provides optimal levels of nutrients that both adults and young adults need to be their best every day. Only **Body Rox** offers patented Olivol extract, which provides highly bioavailable phenolic antioxidants. 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 AND 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.

**EACH TABLET CONTAINS:**

**MEDICAL INGREDIENTS**

BETA CAROTENE (1.8 mg. PROVITAMIN A)	3,000 IU	BETA-CAROTÈNE (1,8 mg. PROVITAMINE A)	3,000 IU
VITAMIN C (AS POLY C. CALCIUM POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES, ASCORBYL PALMITATE)	167 mg	VITAMINE C (ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIUM ET ZINC; PALMITATE D'ASCORBYLE)	167 mg
VITAMIN D3 (8.33 µg. CHOLECALCIFEROL)	333.3 IU	VITAMINE D3 (8,33 µg. CHOLECALCIFÉROL)	333.3 IU
VITAMIN E (44.65 mg AT D-ALPHA TOCOPHERYL SUCCINATE)	66.7 IU	VITAMINE E (44,65 mg AT, SUCCINATE DE D-ALPHA TOCOPHÉROL)	66,7 IU
VITAMIN K1 (20 µg)	20 µg	VITAMINE K1 (20 µg)	20 µg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	6.67 mg	VITAMINE B1 (CHLORHYDRATE DE THIAMINE)	6,67 mg
VITAMIN B2 (RIBOFLAVIN)	6.67 mg	VITAMINE B2 (RIBOFLAVINE)	6,67 mg
NIACIN	4 mg	NIACINE	4 mg
NICOTINAMIDE	8 mg	NICOTINAMIDE	8 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	8 mg	VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)	8 mg
FOLIC ACID (FOLATE)	166 µg	ACIDE FOLIQUE (FOLATE)	166 µg
VITAMIN B12 (COBALAMIN)	50 µg	VITAMINE B12 (COBALAMINE)	50 µg
BIOTIN	100 µg	ACIDE PANTOTHÉMIQUE	100 µg
PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE)	10 mg	(D)-PANTOTHÉNATE DE CALCIUM	10 mg
CHOLINE BITARTRATE	15 mg	BITARTRATE DE CHOLINE	15 mg
INDISTOL	35 mg	INDISTOL	35 mg
DIURETICIN HYDRATE (STYPHANOLOBUM JAPONICUM WHOLE)	4 mg	DIURÉTIQUE DE QUÉBEC (STYPHANOLOBUM JAPONICUM, ENTER)	4 mg
GREEN TEA LEAF EXTRACT, DECAFFENATED (CAMELLIA SINENSIS)	4 mg	EXTRAIT DE FEUILLE DE THÉ, DÉCAFÉINÉ (CAMÉLLIA SINENSIS)	4 mg
GRAPE SEED EXTRACT (VITIS VINIFERA)	4 mg	EXTRAIT DE PÉPINS DE RAISIN (VITIS VINIFERA)	4 mg
OLIVE FRUIT EXTRACT** (OLEA EUROPAEA)	4 mg	EXTRAIT D'OLIVE*** (OLEA EUROPAEA)	4 mg
MERIVA® BI-AVAILABLE CURCUMIN COMPLEX***		COMPLEXE DE CURCUMINE BIODISPONNIBLE MERIVA®****	
CURCUMIN; CURCUMINOL; CURCUMINOL	0.9 mg	CURCUMINE	0,9 mg
LUTEIN (TAGETES ERECTA FLOWER)	500 µg	LUTÉINE (TAGÈTES ERECTA FLEUR)	500 µg
LYCOPENE	150 µg	LYCOPÈNE	150 µg
BROCCOLI FLOWER POWDER (BRASSICA OLERACEA VAR. ITALICA)	5 mg	POUDRE DE FLEUR DE BROCCOLI (BRASSICA OLERACEA VAR. ITALICA)	5 mg
CALCIUM CITRATE CARBONATE	75 mg	CALCIUM (CITRATE, CARBONATE)	75 mg
POTASSIUM CITRATE	50 mg	ACIDE ASCORBIQUE	50 mg
MAGNESIUM CITRATE, HVP CHELATE	37.5 mg	MAGNÉSIUM (CITRATE, CHÉLATE DE PVP)	37,5 mg
ZINC CITRATE	4 mg	ZINC (CITRATE)	4 mg
SELENIUM (HVP) CHELATE	50 µg	SELENIUM (CHÉLATE DE PVP)	50 µg
COPPER (GLUCONATE)	330 µg	CUivre (GLUCONATE)	330 µg
MANGANESE (GLUCONATE)	1 mg	MANGANESE (GLUCONATE)	1 mg
CHROMIUM NICOTINATE CHLORIDE	50 µg	CHROME (NICOTINATE, CHLORURE)	50 µg
MOLYBDENUM (HVP) CHELATE	16.6 µg	MOLYBDÈNE (CHÉLATE DE PVP)	16,6 µg

\*HYDROLIZED 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, CHLORURE DE L-CYSTEINE, DEXTRINE, SULFATE DE CALCIUM, LÉCITHINE, DEXTROSE, ARÔME NATUREL DE MANGUE, CARBOXYMETHYLCELLULOSE 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 BILE 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 AVEZ DES SYMPTÔMES D'EXCÈS D'ACIDE GASTRIQUE OU DE CARENCE EN FER, SI VOUS PRENEZ DES MÉDICAMENTS ANTIPLAQUETTES OU DES ANTICOAGULANTS, OU SI VOUS AVEZ UN PROBLÈME DE FOIE. CONSULTEZ VOTRE MÉDECIN SI VOUS PRENEZ UN MÉDICAMENT EN PLUS D'UN MOIS OU SI VOUS PRÉNEZ UN MÉDICAMENT DELIRIE 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. / 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 DESINTÉGRATION, LE CAS ÉCHÉANT.

\*\*USANA OLIVOL™ PROTECTED UNDER US PATENTS 6,338,542 OR 6,361,803. / OLIVOL™ D'USANA, MARQUE PROTÉGÉE EN VERTU DES BREVETS AMÉRICAINS 6,338,542 OU 6,361,803.

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Family  
**Usanimals™**

Complete daily vitamin, mineral, and antioxidant supplement



Good nutrition plays a critical role in everyone's health, and taking a multivitamin/mineral supplement every day is a sensible choice. **Usanimals**, one of USANA's **Essentials** products, are an advanced formulation of important nutrients beneficial for the maintenance of good health. In addition to a phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders, **Usanimals** contain a comprehensive array of antioxidants, vitamins, and minerals.

## BETA CAROTENE

Beta carotene is an antioxidant that 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** contain carefully proportioned B-complex vitamins, which are fundamental to energy production and metabolism. B vitamins are also important for the health of nerve cells, red and white blood cells, and the formation of DNA and RNA, the genetic material in all cells. Many B vitamins, such as folate, B6, and B12, are also important to healthy brain function.

## VITAMIN D

Vitamin D is an essential nutrient found in only a limited number of foods. Since experts now widely believe that many people do not get adequate amounts of vitamin D, it has become an increasingly important component of a healthy diet. In addition to its important role in supporting bone health, recent research links vitamin D to an impressive and diverse array of other potential health benefits.

## VITAMIN C

Critical to maintaining good health, vitamin C supports many important functions within the body and is vital for collagen synthesis. Collagen is the most abundant structural protein in the body and is essential for healthy skin, muscles, teeth, bones, and blood vessels. Vitamin C is also a co-factor for many enzyme systems within the body, helps regenerate other antioxidants such as vitamin E, and is a highly effective antioxidant. Vitamin C protects cells from damage by free radicals that can be generated during normal metabolism as well as through exposure to toxins and pollutants.

## VITAMIN E

Vitamin E is an important antioxidant essential to the structure and protection of cells. Vitamin E helps produce new blood cells, protects against free-radical damage, and helps maintain healthy body tissue. Eye health also depends on adequate amounts of vitamin E as well as vitamins A and C.

## CALCIUM

In addition to its role in helping to build strong, healthy bones and teeth, calcium also helps maintain muscle and nerve function, blood clotting, and cell division, and helps activate enzymes needed to convert food to energy.

## ZINC

Zinc is a necessary element in more than 100 enzymes that are essential to digestion and metabolism, as well as wound repair and healthy eye function. Zinc also functions as an antioxidant.

## WHY USANIMALS™?

**Usanimals** have a great-tasting natural berry flavour without artificial flavours or sweeteners, and fun animal shapes stamped on each supplement make staying healthy a blast.

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. PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

### EACH TABLET CONTAINS:

#### MEDICINAL INGREDIENTS:

BETA CAROTENE (1.5 mg. PROVITAMIN A)	2,500 IU
VITAMIN C (ASCORBIC ACID, SODIUM ASCORBATE, ASCORBYL PALMITATE)	125 mg
VITAMIN D3 (12.5 µg. CHOLECALCIFEROL)	500 IU
VITAMIN E (34.2 mg AT, D-ALPHA TOCOPHERYL SUCCINATE)	50 IU
VITAMIN K1 (THIAMINE MONONITRATE)	20 µg
VITAMIN B1 (THIAMINE MONONITRATE)	1.25 mg
VITAMIN B2 (RIBOFLAVIN)	1.25 mg
NIACINAMIDE	10 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	1.25 mg
FOLIC ACID (FOLATE)	200 µg
VITAMIN B12 (CYANOCOBALAMIN)	25 µg
BIOTIN	75 µg
PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE)	5 mg
INOSITOL	15 mg
CALCIUM (WHEY MINERAL CONCENTRATE)	75 mg

IODINE (POTASSIUM IODIDE)	50 µg
MAGNESIUM (CARBONATE)	25 mg
ZINC (HPV* CHÉLATE)	5 mg
SELENIUM (HPV* CHÉLATE)	25 µg
COPPER (CITRATE)	375 µg
MANGANESE (GLUCONATE)	500 µg
CHROMIUM (NICOTINATE)	25 µg
MOLYBDENUM (HPV* CHÉLATE)	12.5 µg
IRON (FERROUS FUMARATE)	2 mg

#### \*HYDROLYZED VEGETABLE PROTEIN / PROTÉINES VÉGÉTALES HYDROLYSÉES

NON-MEDICINAL INGREDIENTS: D-FRUCTOSE, SUCROSE, HYDROXYPROPYLCELLULOSE, NATURAL FLAVOURS, XYLITOL, LECITHIN, WILD-BERRY FLAVOUR, DEXTRIN, CITRIC ACID ANHYDRIDE, BLACKBERRY FLAVOUR, RASPBERRY FLAVOUR, CRANBERRY FLAVOUR, BLUEBERRY FLAVOUR, CALCIUM SILICATE, SODIUM CHLORIDE, DL-MALIC ACID, DEXTROSE, STEVIA REBAUDIANA LEAF, CARBOXYMETHYLCELLULOSE SODIUM, SODIUM CITRATE. / INGREDIENTS NON MÉDICINAUX: D-FRUCTOSE, SACCCHAROSE, HYDROXYPROPYLCELLULOSE, AROMES NATURELS, XYLITOL, LÉCITHINE, AROMÈ DE FRUITS DES CHAMPS, DEXTRINE, ACIDE CITRIQUE ANHYDRE, AROMÈ DE MÛRE, AROMÈ DE FRAMBOISE, AROMÈ DE CANNEBERGE, AROMÈ 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 DESINTÉGRATION, 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 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 SCELLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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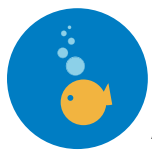
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Family

LD00627



Family  
**BiOmega™ Jr.**



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

A growing body of research shows the importance of omega-3 fatty acids for our health, even at the earliest stages of life. Because we know how important these vital nutrients are, pregnant women and new mothers often supplement their diets, and most infant formula is now fortified with omega-3s to help support a baby's growing brain and body. But when a child transitions to eating solid foods, the amount of omega-3s in his or her diet may drop dramatically and stay low throughout childhood, especially if the child is a finicky eater. In fact, nearly 80 per cent of children in North America are estimated to be deficient in omega-3s. In order to ensure a child's healthy growth and development, it may be necessary to add a quality omega-3 supplement to their diet. USANA's **BiOmega Jr.** delivers a healthy amount of omega-3 fatty acids—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—along with vitamin D, in a creamy orange-pineapple flavoured gel.

### HEALTHY BRAINS

Omega-3 fatty acids assist with maintaining the fluidity and permeability of cell membranes, and brain cell membranes in particular contain more than 10 times more concentrated omega-3s than the rest of the body. Low plasma levels of DHA and EPA have been associated with various developmental problems, such as impaired cognitive development, in children. Our bodies require omega-3 fatty acids, especially DHA, for proper brain development and structure. DHA is thought to support electric signalling in the brain, underscoring its role in learning ability, memory, concentration, and behaviour and mood. And some studies have suggested that intakes of omega-3 polyunsaturated fats can contribute to improved performance on tests for verbal learning ability and listening comprehension.

Essential fatty acids, including EPA and DHA, also influence nerve conduction, making them vital for the health of the central nervous system, which stems from the brain.

### HEALTHY BODY

Omega-3 fatty acids, including DHA and EPA, are precursors for eicosanoids, which are mediators of many biochemical processes and influence interactions between cells. Thus, they are necessary for the normal function and production of healthy cells throughout the body, making them vital for ongoing healthy growth and development.

Developing a healthy body early in life can have long-term, positive effects. Some research suggests that early nutrition can induce lifelong effects on metabolism, growth, neuro development, and cardiovascular health. 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.)

### WHY BIOMEGA™ JR.?

Nutrition is a key component in getting a child off to a smart start, but omega-3 fatty acids are often missing from children's diets. A quality supplement like USANA's **BiOmega Jr.** can make it fun and easy for kids to get the DHA and EPA they need for healthy minds and bodies without taking a supplement full of added sugar. Unlike many popular brands that supply only small amounts of omega-3s, **BiOmega Jr.** supplies a valuable amount of highly absorbable DHA and EPA in a delectable orange-pineapple 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.** as a treat every other day, and parents will love how convenient it is to give their kids a healthy snack, 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 HÉRMIQUE, À L'ABRI DE LA LUMIÈRE.**

144.02/0100

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## 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® C<sup>100</sup>

Powerful bioflavonoid supplement



Plants are living pharmacies, producing thousands of substances that are beneficial to human health. There are several major categories of these phytonutrients, including the plant pigments called bioflavonoids. While clearly exhibiting antioxidant capabilities that offer protection from oxidative stress, bioflavonoids may be even more important for their ability to modulate cell-signalling pathways. Among the many important cell-signalling functions that bioflavonoids influence are regulating the cell cycle, inhibiting cell proliferation, and producing detoxification enzymes.

### PROANTHOCYANIDINS

Proanthocyanidins are a subclass of bioflavonoids found in blue and purple berries, purple grapes, and red wine, and they are available in relatively high concentrations in grape seed extract. Research suggests a strong role for dietary bioflavonoids, including proanthocyanidins, in supporting and maintaining sound cardiovascular function.

### THE MANY ROLES OF 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. **Proflavanol C<sup>100</sup>** bioflavonoid supplement 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 alone.

Critical to good health, vitamin C supports many important functions in the body. First, it is essential for collagen synthesis. Collagen is the most abundant structural protein in the body and is essential for staying healthy and strengthening muscles, teeth, bones, skin, and blood vessels. Without adequate vitamin C, there is inadequate collagen.

Under normal conditions, the DRI of 60–75 mg per day meets the requirement for maintaining collagen. But we also need vitamin C to quench free radicals, prevent lipid oxidation, and regenerate other antioxidants. It is a co-factor or co-substrate for many enzyme systems involved in such functions as ATP synthesis within mitochondria and hormone biosynthesis. Vitamin C can help retain cardiovascular health by supporting healthy adrenal function and healthy arterial wall integrity.

And, vitamin C helps support a healthy immune system, which is the primary system responsible for defence of the human body. You also need enough vitamin C to help protect the liver from environmental toxins and drug metabolites and to make carnitine, interferon, and prostaglandin E1. Thus, a daily dose of 60–75 mg is unlikely to be sufficient for everyone.

### NUTRITIONAL HYBRID TECHNOLOGY

**Proflavanol C<sup>100</sup>** employs USANA's innovative Nutritional Hybrid Technology. This state-of-the-art approach to formula design and manufacture features bilayer tableting: the separation of various formula ingredients into two distinct tablet layers. Now, for the first time, previously distinct products can be joined into a single formula and incompatible ingredients can be combined in a single tablet. USANA's Nutritional Hybrid Technology opens the door to accelerated innovation in supplement design and manufacture. Proudly, USANA is among the first in the world to use Nutritional Hybrid Technology.

### WHY PROFLAVANOL® C<sup>100</sup>?

With USANA's unique formulation, **Proflavanol C<sup>100</sup>** bioflavonoid supplement combines the highest quality grape seed extract with the free-radical quenching power of vitamin C, giving you an important tool in the quest for lifelong good health. Laboratory studies done at USANA confirm that, when used together, these ingredients provide significantly better protection against the oxidative modification of low-density lipoproteins (LDL) than would be predicted from the sum of grape seed extract and vitamin C individually.

## HYBRID

ITEM #110

**RECOMMENDED USE:** PROVIDES ANTIOXIDANTS FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ:** ASSURE DES ANTIOXYDANTS 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:** / **CHACQUE COMPRIMÉ CONTIENT:**

**MEDICINAL INGREDIENTS** / **INGRÉDIENTS MÉDICINAUX**  
 VITAMIN C 300 mg / VITAMINE C  
 (POLY C® VITAMIN BLEND: CALCIUM, ASCORBATES DE CALCIUM, POTASSIUM, MAGNESIUM, ZINC) / (MÉLANGE DE VITAMINES POLY C®: ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIMUM ET ZINC)

ASCORBATES; ASCORBYL PALMITATE) / PALMITATE D'ASCORBYLE)  
 GRAPE SEED EXTRACT 100 mg / EXTRAIT DE PÉPINS DE RAISIN (VITIS VINIFERA L., SEEDS) / (VITIS VINIFERA L., PÉPINS)

**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.

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. / **DE 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.**

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

# CoQuinone™ 30 & 100

An optimal combination of coenzyme Q10 and alpha-lipoic acid



The energy that every cell needs to function is produced through a complex process in the mitochondria, an organelle within the cell, often called the cellular powerhouse. Cells store energy in a molecule called adenosine-5-triphosphate, or ATP. Thus ATP is synthesized and used by every cell in the body. CoQ10 is an essential part of the electron transport chain used to make ATP. **CoQuinone 30** and **CoQuinone 100** 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, contain 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 the maintenance of good heart function.

## 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, but also works in concert with other antioxidants to clean up the free radicals that are produced during that process and protect against their damaging effects. As an antioxidant, it rivals vitamins E and C. In addition, CoQ10 helps to regenerate and recycle vitamin E.

## ALPHA-LIPOIC ACID

Alpha-lipoic acid is another component involved in mitochondrial energy metabolism and recycling oxidized CoQ10. This system also helps to regenerate and recycle other antioxidants, including vitamins E and C and glutathione.

## DO YOU NEED COQ10?

As we age, the ability to absorb and synthesize CoQ10 diminishes, and the amount of CoQ10 retained in tissues decreases. 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. Some drugs, including cholesterol-lowering statins, and excessive exercise or environmental stresses, such as illness and extreme weather, may also lower CoQ10 levels in tissue.

## WHY COQUINONE™ 30?

**CoQuinone 30** contains a full 30 mg of CoQ10 and 12.5 mg of alpha-lipoic acid per soft gel capsule. USANA's unique formulation provides these important antioxidants in a natural mixture of lecithin and vegetable-derived glycerin monooleate in a base of medium chain triglycerides. Clinical tests performed in USANA's laboratories show that **CoQuinone 30** delivers CoQ10 in a more bioavailable formulation than some solid formulations or from competitive liquid formulations.

## WHY COQUINONE™ 100?

**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.

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-MEDICAL INGREDIENTS: MEDIUM CHAIN TRIGLYCERIDES, GELATIN, GLYCERYL MONOOLEATE, SOY LECITHIN, GLYCERIN, PURIFIED WATER, ANNATTO SEED EXTRACT, TITANIUM DIOXIDE. / **INGRÉDIENTS NON MÉDICAUX:** 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:** COENZYME Q10 30 mg, ACIDE DL-ALPHA-LIPOÏQUE 12,5 mg.

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 EST 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**

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

DISTRIBUTED BY: / **DISTRIBUÉ PAR:** USANA CANADA COMPANY, 80 INNOVATION DRIVE

WOODBRIIDGE, ONTARIO L4H 0T2

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

NON-MEDICAL INGREDIENTS: MEDIUM CHAIN TRIGLYCERIDES, GELATIN, GLYCERYL MONOOLEATE, SOY LECITHIN, GLYCERIN, PURIFIED WATER, ANNATTO SEED EXTRACT, TITANIUM DIOXIDE. / **INGRÉDIENTS NON MÉDICAUX:** 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:** COENZYME Q10 100 mg, ACIDE DL-ALPHA-LIPOÏQUE 40 mg.

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.**

NOT FOR RESALE IN QUÉBEC / **REVENTE INTERDITE AU QUÉBEC**

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

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Optimizers

LB 00065

LB 00069



Cellular Function

Poly C®



USANA's proprietary, advanced vitamin C supplement

Vitamin C carries dual importance as the body's premier water-soluble antioxidant and as a co-factor essential for the synthesis and health of connective tissues in the skin throughout the body. It also supports the development and maintenance of bones, cartilage, teeth, and gums. And it complements the **USANA® Essentials™** daily vitamin, antioxidant, and mineral supplement during times of stress.

The unique blend of mineral ascorbates in **Poly C** provides superior bioavailability and prolonged vitamin C activity while reducing the potential of stomach irritation.

In 1928, Albert Szent-Györgyi 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 alone.

#### THE MANY ROLES OF VITAMIN C

Critical to good health, vitamin C supports many important functions in the body. First, it is essential for collagen synthesis. Collagen is the most abundant structural protein in the body and is essential for staying healthy and strengthening muscles, teeth, bones, skin, and blood vessels. Without adequate vitamin C, there is inadequate collagen.

Under normal conditions, the DRI of 60–75 mg per day meets the requirement for maintaining collagen. But we also need vitamin C to quench free radicals, prevent lipid oxidation, and regenerate other antioxidants.

It 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. It also helps support a healthy immune system. 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.

#### WHY POLY C®?

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.

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:** MEDICINAL INGREDIENTS

VITAMIN C (CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES; ASCORBYL PALMITATE)	600 mg	VITAMINE C (ASCORBATES DE CALCIUM, POTASSIUM, MAGNESIUM ET ZINC; PALMITATE D'ASCORBYLE)
CITRUS BIOFLAVONOIDS (CITRUS SPP. L., PEEL)	65 mg	BIOFLAVONOÏDES D'AGRUMES (CITRUS SPP. L., PELURE)
RUTIN	7 mg	RUTINE
QUERCETIN	3 mg	QUERCÉTINE

**NON-MEDICINAL INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, DEXTRIN, COLLOIDAL SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, CROSCARMELLOSE SODIUM. / **INGRÉDIENTS NON MÉDICINAUX:** CELLULOSE MICROCRISTALLINE, 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 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 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**™



High-quality, ultra-pure fish oil supplement

No nutritional program is complete without a high-quality source of beneficial omega-3 fatty acids, which are lacking in the typical Western diet. USANA's **BiOmega** is produced from cold-water, deep-sea fish oil and contains a balanced, highly concentrated daily dose of two important omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in two convenient capsules per day.

### HEALTHY FATS

Omega-3 and omega-6 fatty acids are the biosynthetic precursors of a family of compounds called eicosanoids (prostaglandins, thromboxins, and leucotriens). These compounds are hormone-like substances that help retain normal health processes in our bodies. It is important to maintain an appropriate balance of omega-3s, and omega-6s, in the diet as these two substances work together to promote health. Yet despite the clear health benefits associated with omega-3 fatty acids, dietary surveys indicate that most of us do not obtain enough omega-3 fatty acids from our diets.

In 2007, the American Dietetic Association and Dieticians of Canada issued guidance on fish and fish oil consumption, because results of large scale epidemiological studies and randomized controlled studies showed that omega-3 fatty acids in fish oil support cardiovascular health. In addition to the heart health benefits, studies have shown omega-3 fatty acids, in the form of fish oil supplements, to be effective in promoting optimal neural development and function.

In addition to the heart health benefits, studies have shown omega-3 fatty acids, in the form of fish oil supplements, to be effective in supporting healthy joints, supporting neural development and function, and maintaining good bone health. Finally, DHA is also an important structural component of the retina and is, therefore, essential for eye development and growth.

### EARLY CHILDHOOD DEVELOPMENT

It is important that women of childbearing age who are pregnant or may become pregnant get proper nutrition to ensure the best possible development for their baby, including getting sufficient amounts of omega-3 fatty acids. DHA is one of the dominant fats in the nerve cells of fetal and infant brains, and research is beginning to suggest that omega-3 fatty acids are critical to the development of the brain before birth and during early childhood. Most commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.

### VITAMIN D

Most purification processes for fish oil remove any vitamin D from the product. Yet, experts now widely believe that a majority of people are not getting enough vitamin D, which has been shown to have many health benefits. **BiOmega** is fortified with vitamin D to supply an additional 200 IU per day.

### WHY BIOMEGA™?

In spite of clear benefits, health authorities have warned us to limit our intake of certain species of fish due to concern about potential contaminants. Manufactured in a state-of-the-art facility, USANA's **BiOmega** is virtually free of contaminants, which are eliminated through a double-molecular distillation process that ensures the highest possible purity. Through this process, heavy metals, PCBs, pesticides, and organic residues are effectively eliminated. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to minimize oxidation of the omega-3 fatty acids and maintain product quality during storage. In short, **BiOmega** is one of the purest, highest quality products available on the market today.

Supplementation with **BiOmega** is an excellent way to ensure that your diet includes a concentrated balance of safe, healthful EPA and DHA in two convenient capsules per day. 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:**

NATURAL FISH (SARDINE, ANCHOVY) 1000mg  
BODY OIL (STANDARDIZED TO 290 mg EICOSAPENTAENOIC ACID AND 235 mg DOCOSAHXAENOIC ACID)

VITAMIN D3 (2.5 µg, CHOLECALCIFEROL)

**CHAQUE GÉLULE CONTIENT:**

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 DÉSINTEGRATION, 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 FLAÇON 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

In the past few years, researchers have begun to understand the fundamental role that a certain class of fats, known as essential fatty acids (EFAs), plays in health and wellness. EFAs are called “essential” because the body needs them, yet cannot make them on its own. Therefore, EFAs must come from the diet.

**Optomega** organic blend is an all-natural, vegetarian product produced from certified organic, unrefined cold-pressed flax seeds, sunflower seeds, pumpkin seeds, and extra-virgin olive oils. It is an excellent way to give your body the EFAs it needs and balance your intake of omega-3 and omega-6 fatty acids. When combined with a healthy diet, exercise, and reduced-stress living, **Optomega** can help support optimal health.

## A BALANCED BLEND

There are only two EFAs—alpha-linolenic acid (an omega-3 fatty acid) and linoleic acid (an omega-6 fatty acid). Alpha-linolenic acid and linoleic acid are essential precursors in the biosynthesis of prostaglandins, which have a wide variety of actions in many cells, each giving rise to a different class of these important compounds.

The balance of omega-3 to omega-6 EFAs is critical to maintaining optimal prostaglandin biosynthesis. An imbalance of these EFAs could have negative effects on health, but a proper balance can help support health. With an omega-3 to omega-6 ratio of 3-to-1, **Optomega** organic blend is designed to help re-establish the optimal balance of omega-3 and omega-6 fatty acids in your diet.

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

## MAJOR FACTORS FOR CARDIOVASCULAR HEALTH

EFAs are especially important to cardiovascular health. They may help you support normal blood pressure and healthy levels of triglycerides and serum cholesterol. EFAs are incorporated into the membrane of every cell. They also help to maintain the membrane in a soft, fluid, and flexible state. These flexible membranes incorporate cholesterol to regain structural rigidity, a process that also helps to support healthy serum cholesterol levels, provided they are healthy to begin with.

## MULTIPLE HEALTH BENEFITS

Specific fatty acids are vital to brain health because they are instrumental in maintaining cell membrane fluidity and permeability, thereby improving the communication among brain cells. This electric signalling in the brain plays a significant role in learning ability, memory, concentration, behaviour, and mood. EFAs also influence nerve conduction, making them vital for the health of the central nervous system, which stems from the brain.

## ANTIOXIDANT SUPPORT

To preserve freshness and aid in the defence against oxidation, **Optomega** is stabilized with a potent blend of antioxidants, rosemary extract, turmeric extract, and phenols from extra virgin olive oil.

## WHY OPTOMEGA®?

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	CHAUDE 10 ml CONTIENT:	INGRÉDIENTS MÉDICINAUX
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-VERGE 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 cellular and cardiovascular health

Read the news lately? If you have, odds are you've run across a story about the importance of vitamin D and all of its wonderful health benefits. Recent reports 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 and bone-fracture rates. There is also evidence that suggests vitamin D deficiency increases during the winter months because of decreased exposure to sunlight. Vitamin D (frequently called the "sunshine vitamin") is necessary for normal bone mineralization and growth and the maintenance of bones and teeth.

## VITAMIN D SUPPLEMENTATION, ALL YEAR LONG

Studies have shown that because our bodies use sunlight to make vitamin D, people in North America can become vitamin D deficient during the winter months. But even when the sun is shining, how often do you actually see it? If you're like most people, not often—especially if you work in an office or never leave the house without covering yourself in sunscreen. USANA's **Vitamin D** supplement is formulated with a high level of vitamin D to ensure you get the nutrients you need throughout the entire year.

## HOW VITAMIN D HELPS

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, including vitamin D. Vitamin D increases absorption of calcium from the small intestine so the body receives maximum benefit. Deficiencies in vitamin D can increase the risk of calcium deficiency, which, in turn, can lead to accelerated bone loss.

## CHOLECALCIFEROL (VITAMIN D3)

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. Cholecalciferol can be acquired through diet and exposure to sunlight. Light-induced synthesis occurs in the skin when ultraviolet light reacts with a form of cholesterol, converting it to cholecalciferol. This molecule is then altered by the liver and kidneys to form the physiologically active vitamin D. Several forms have vitamin D or potential vitamin D activity. The most important forms are vitamin D2 and vitamin D3. The latter is the form normally found in humans and is also the form used in USANA's **Vitamin D** supplement.

## WHY VITAMIN D?

Even when the winter months are behind us, it doesn't mean your body needs less of a good thing. Every cell in your body needs vitamin D to function.

## From the Lab

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.



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

**CHACUN COMPRIMÉ CONTIENT :** INGREDIENTS MÉDICINAUX

**VITAMIN D3** (CHOLECALCIFEROL, 25 µg) 1,000 IU **VITAMINE D3** (CHOLECALCIFÉROL, 25 µg)

**NON-MEDICINAL INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, STARCH - MAIZE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, SILICON DIOXIDE, DEXTRIN, DEXTROSE, LECITHIN, SODIUM CITRATE. / **INGREDIENTS NON MÉDICINAUX :** CELLULOSE MICROCRYSTALLINE, AMIDON DE MAÏS, CROSCARMELLOSE SODIQUE, 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 PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DELIVRÉ 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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**MADE IN USA / FABRIQUÉ AUX É.-U.**

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Nervous

Ginkgo-PS™



Unique *Ginkgo biloba* formula supporting acute memory function and cognition

As advances in medical technology steadily lengthen the average human life span, we face the problem of retaining mental acuity throughout our lives. In later years, many intellectual functions we once took for granted, such as memory tasks, require more effort and attention. However, maintaining good nutrition, continuing physical and intellectual activity, and supplementing our diet with standardized *Ginkgo biloba* extract and phosphatidylserine may help preserve cognitive health. USANA's **Ginkgo-PS** combines these two powerful circulatory supplements in a single tablet.

### AGING, ENVIRONMENT, AND STRESS

Several factors contribute to weakening mental function. As we age, the number of brain cells (neurons) steadily declines, partly because of oxidative damage caused by free radicals. The human brain loses about one-tenth of its mass between the ages of 20 and 75. Also, the conductivity of neuron membranes tends to decrease over time due to the gradual loss of critical phospholipids from the cell membrane and other structural components.

Today's environment increasingly subjects us to toxic substances and pollutants, such as insecticides, solvents, and heavy metals that can damage cellular tissue. In addition, our physiological response to stress restricts blood circulation in the brain, thus reducing the supply of oxygen and nutrients.

### GINKGO'S MANY HEALTH BENEFITS

The Chinese have traditionally used *Ginkgo biloba* in herbal form for thousands of years, and an extract of ginkgo leaves has been used widely for decades in Europe for supporting memory, attention span, and other neurological activity. Ginkgo extract contains a mix of bioflavonoids that provide antioxidant activity to fight free-radical damage. Its most important role, however, is facilitating blood circulation throughout the body and supporting healthy oxygenation. More oxygen means more efficient use of other nutrients, which has positive results for mental performance, memory, and general cognitive function.

### PHOSPHATIDYLSERINE (PS)

Phosphatidylserine, or PS, is the ideal complement to *Ginkgo biloba*. PS is a component of all cell membranes and is essential to proper cell function. It is found in highest concentration in the cell membrane of neural tissues. More than 25 human clinical studies have been conducted on PS, including at least 12 double-blind, placebo-controlled trials. Measurable effects were related to memory, attention, and learning ability.

### WHY GINKGO-PS™?

USANA is one of only a few major manufacturers to combine *Ginkgo biloba* and PS into a single product. In addition, 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 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 :**

<b>MEDICINAL INGREDIENTS</b>	<b>INGRÉDIENTS MÉDICINAUX</b>
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	125 mg
18.75 mg	

**NON-MEDICINAL INGREDIENTS:** DEXTRATES, CROSCARMELLOSE SODIUM, COLLOIDAL SILICON DIOXIDE, ASCORBYL PALMITATE, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX:** DEXTRATES, CROSCARMELLOSE 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, LE CAS ÉCHÉANT.

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'HEMORRAGIE SPONTANÉE.

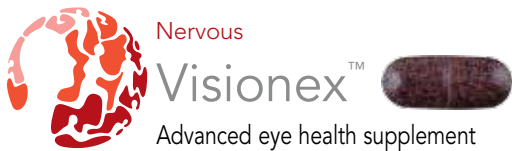
THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. STORE BELOW 25 °C. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C.

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LB000406



Your eyes are your window to the world. Outside of good health itself, nothing is more precious than the gift of sight. Everyone sees differently, in part due to differences in the acuity of our vision and the general state of our health, but we owe it to ourselves to do everything we can to maintain optimal vision.

As we age, there is a general decline in acuity of vision. One of the most important reasons for the loss of visual acuity over time is the damage caused by environmental factors. The eyes are not sequestered inside the body as the heart or kidneys are. Except when we are asleep, our eyes are constantly exposed to environmental factors such as air pollution, dryness, and oxidative damage from sunlight.

There are things that we can do to retain eye health. We can reduce the amount of damaging environmental effects we subject our eyes to each day. For example, we can minimize exposure to harsh sunlight with quality sunglasses, especially while driving, and if we work at a computer terminal for long periods, breaks of just a minute or two of looking at distant objects can reduce eye strain significantly.

Today's lifestyles and working conditions result in ever-increasing demand for defence from oxidative damage. We can help to retain proper functioning of our eyes by providing nutritional supplementation, especially antioxidants, to counter free-radical damage. The comprehensive formulation of **Visionex** is designed to support long-term eye health, especially when combined with preventive measures against exposure of the eyes to harmful environmental influences.

#### NATURAL MAINTENANCE

What we actually "see" with the eyes are the patterns of light that strike the retina, a light-sensitive layer of cells at the back of the eye. In the centre of the retina is the macula, where the light rays are most highly focused and visual acuity is highest. The macula is especially vulnerable to oxidative damage because it has a high metabolic rate and because the energetic radiation (short wavelength light) focused on it enhances the production of free radicals.

The central portion of the retina contains a yellow pigment called the macular pigment, which helps protect the sensitive receptors in the retina, particularly from the potentially harmful effects of blue light. Our eyes receive support from the antioxidant carotenoids that make up the macular pigment—lutein and zeaxanthin.

#### LUTEIN

While the roles lutein and zeaxanthin play in the physiology of the eye are not completely known, the links between lutein and eye health are so strong that several national and regional health organizations have recommended the increase of dietary lutein. Lutein is believed to function in two ways: first as a filter of high-energy blue light, and second as an antioxidant that quenches light-induced free radicals and reactive oxygen species.

#### ZEAXANTHIN

Zeaxanthin, a yellow carotenoid, is a modified form of lutein. In the eye, lutein is predominant in the periphery of the macula while the concentration of zeaxanthin is greatest in the very centre. This is where conditions most favour the formation of free radicals. Zeaxanthin is thought to be an even more powerful antioxidant than lutein.

#### PRESERVE VISUAL FUNCTION

Macular pigment optical density (MPOD) levels have been linked to eye health. Daily lutein and zeaxanthin supplementation has been shown to significantly increase MPOD to help preserve visual function. Use of these important carotenoids improves visual performance in glare (better tolerance to bright light and quicker recovery from photostress), visual acuity in low-light conditions, and most measures of quality of vision (contrast sensitivity), for most subjects.

#### WHY VISIONEX™?

In addition to lutein and zeaxanthin, the **Visionex** formulation contains these three important nutritional aids to eye health: bilberry extract, vitamin C, and zinc. The bilberry fruit is rich in antioxidant anthocyanosides. Vitamin C provides additional antioxidant protection, especially to the lens of the eye, where the concentration of vitamin C in the lens is 20 times that found in the blood. Zinc appears to provide an additive effect to antioxidants in promoting good visual acuity.



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 DÉGÉNÉRESCEANCE MACULAIRE ASSOCIÉE AU VIEILLESSEMENT. **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 SOUFFRIZ 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™ Chewable

Complete bone health formula



The human body contains nearly three pounds of total calcium, about 99 per cent of which is in the bones. Throughout life, bones are in a constant state of reformation as calcium is continually removed from and re-deposited in the bones. Adequate levels of calcium are needed every day to ensure that bone mineral density is maintained. If people do not get enough calcium from their diets, the body will take it from the bone structure, which results in a net loss of bone calcium. **Active Calcium Plus** and **Active Calcium Chewable** are more than calcium supplements; they are carefully formulated, clinically proven bone health formulas. Both contain high amounts of calcium citrate and carbonate, magnesium, vitamin D, and silicon to optimize bone mineralization and to ensure proper calcium use.

## CALCIUM AND YOUR HEALTH

In addition to maintaining healthy bones, calcium is essential for producing and activating enzymes and hormones that regulate digestion, energy, and fat metabolism.

## MAGNESIUM

Magnesium is an essential mineral that accounts for about 0.05 per cent of the body's total weight. Along with calcium, it is an important component of strong, healthy bones. Magnesium is involved in the metabolism of carbohydrates and amino acids, and it plays an important role in neuromuscular contractions. New research shows that magnesium is also helpful in neutralizing free radicals.

## VITAMIN D

Vitamin D enhances calcium absorption in the small intestine and calcium utilization in bone formation. Vitamin D also influences the utilization of phosphorus, another mineral that is important for strong bones.

## SILICON

Silicon is essential for proper calcium utilization. Silicon is key to the calcium mineralization of the bone matrix.

## ANTACID

The calcium and magnesium compounds in **Active Calcium Chewable** neutralize stomach acids, thereby eliminating heartburn symptoms while also supplying balanced amounts of the nutrients needed to support strong, healthy bones.



ITEM #120

# Active Calcium Plus™

**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:** **CHACQUE COMPRIMÉ CONTIENT :**  
**MEDICINAL INGREDIENTS** **INGRÉDIENTS MÉDICINAUX**

CALCIUM (CITRATE AND CARBONATE)	200 mg	CALCIUM (CITRATE ET CARBONATE)
MAGNESIUM (CITRATE, HVP* CHELATE, AND OXIDE)	100 mg	MAGNESIUM (CITRATE, CHÉLATE, DE PVH* ET OXYDE)
VITAMIN D3 (CHOLECALCIFEROL)	2.5 µg	VITAMINE D3 (CHOLÉCALCIFÉROL)
VITAMIN K (PHYLOQUINONE)	15 µg	VITAMINE K (PHYLOQUINONE)
SILICON (CALCIUM SILICATE)	2.25 mg	SILICIUM (SILICATE DE CALCIUM)
*HYDROLYZED VEGETABLE PROTEIN / *PROTÉINES VÉGÉTALES HYDROLYSÉES		

**NON-MEDICINAL INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL-CELLULOSE, RICE PROTEIN HYDROLYSATE, ASCORBYL PALMITATE, DEXTRIN, SODIUM CARBOXYMETHYL CELLULOSE, DEXTROSE, SOY LECTHIN, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX :** CELLULOSE MICROCRYSTALLINE, 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 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, 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, ALLAITEZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFREZ 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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## WHY ACTIVE CALCIUM PLUS™ & ACTIVE CALCIUM™ CHEWABLE?

**Active Calcium Plus** and **Active Calcium Chewable** are more than calcium supplements; they are comprehensive aids in the maintenance of healthy bones. In addition to the important cofactors for bone health—magnesium, silicon, and vitamin D—**Active Calcium Plus** and **Active Calcium Chewable** contain a proven dosage of calcium in a bioavailable form in only four tablets per day for the maintenance of bone health.

A double-blind, placebo-controlled USANA study assessed the impact of **Active Calcium Chewable** on bone development and bone mineralization in 81 preadolescent girls. Half of the group was assigned at random to receive **Active Calcium Chewable**, and half received a placebo supplement. After 12 months of supplementation, girls receiving **Active Calcium Chewable** showed a net gain (1.41 per cent) in bone mineral density, while girls in the placebo group showed a net decline (-0.94 per cent). Gains in bone mineral content were also greater in the active treatment group than in the placebo group (5.38 per cent versus 0.69 per cent respectively).

ITEM #121

## Active Calcium™ Chewable

**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:** **MEDICAL 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, ALLATEZ, 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 FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.**

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Optimizers

LB.000005



Skeletal

Procosa®



Ground-breaking formula that supports optimal joint health

Millions of people in Canada suffer from some form of joint problem. The situation is worse for athletes and those who are subject to high amounts of physical stress at work and at home. To help support healthy joints, USANA created Procosa, a product with a blend of glucosamine, manganese, and vitamin C—building blocks for healthy cartilage.

### CARTILAGE

Cartilage is the protective layer that cushions and lubricates the joints. Over the years, the cartilage in our joints is gradually worn down due to normal physical activity. The body rebuilds the cartilage as it is worn and replaces shock-absorbing synovial fluid, so the joints are always protected. For various reasons, however, the production of new cartilage and synovial fluid can fall behind demand. Because of poor blood supply, lesions to articular cartilage do not heal at the same rate as in other tissue in the body; cartilage is rebuilt slowly. If components of the substances used for cartilage repair are in short supply, recovery from damage can be slowed even more.

### GLUCOSAMINE

Glucosamine, an amino sugar, is an important precursor in the biosynthesis of cartilage. Specifically, it is a building block of proteoglycans—protein molecules with a high content of bound carbohydrates. Proteoglycans and collagen compose the majority of the cartilage matrix. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint.

In addition to its role as a biochemical precursor, glucosamine is believed to play a role in regulating cartilage formation and normalizing cartilage metabolism by encouraging higher production of collagen and proteoglycans. Glucosamine also stimulates synovial production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.

Numerous double-blind clinical studies have shown the efficacy of glucosamine supplements in maintaining healthy cartilage, healthy joints, and full range of motion in the short-term. A three-year study was published showing that joint space increased in the glucosamine-treated group, while it continued to decrease in the placebo group, indicating that the protective cartilage was better maintained in those who used glucosamine. Additional studies have demonstrated that glucosamine, taken orally, is well-absorbed and diffuses into tissues, including the articular cartilage.

### A POWERFUL BLEND

The combination of glucosamine with Meriva™\* bioavailable curcumin, vitamin C, manganese, and additional joint-supporting nutrients represents a more comprehensive approach to joint health. Over the long term, these ingredients help retain healthy cartilage. Clinical studies have shown that Meriva bioavailable curcumin provides significant benefits for joint function. Manganese is required for enzymes involved in the biosynthesis of proteoglycans. Vitamin C is essential for the reactions necessary to collagen formation.

### WHY PROCOSA®?

Procosa is USANA's formula for joint health. We combine 1500 mg of high-quality, vegetarian glucosamine HCl—a dose shown to be effective—with a blend of important vitamins and minerals, including Meriva bioavailable curcumin. Meriva is an innovative phytosome that delivers water-soluble curcumin wrapped in fat-soluble soy lecithin, which more easily crosses cell membranes for dramatically improved stability and absorption. In addition, vitamin C and curcumin provide antioxidant defence against cell-damaging oxidative stress.

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	AMOUNT	CHACQUE COMPRIMÉ CONTIENT :	INGRÉDIENTS MÉDICINAUX
GLUCOSAMINE HYDROCHLORIDE (FROM FERMENTED ASPERGILLUS NIGER CHITIN)	500 mg	VITAMINE C (ASCORBATE DE CALCIUM)	CHLORHYDRATE DE GLUCOSAMINE (TIRÉ DE LA CHITINE ASPERGILLUS NIGER FERMENTÉE)
VITAMIN C (CALCIUM ASCORBATE, ASCORBYL PALMITATE)	75 mg	MANGANESE (GLUCONATE)	PALMITATE D'ASCORBYLE
MANGANESE (GLUCONATE)	1.67 mg	POTASSIUM (SULFATE)	MANGANESE (GLUCONATE)
POTASSIUM (SULFATE)	31.43 mg	MAGNÉSIUM (SULFATE)	POTASSIUM (SULFATE)
MAGNÉSIUM (SULFATE)	14.5 mg	CURCUMIN COMPLEX*	MAGNÉSIUM (SULFATE)
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX*	82.5 mg	NON-MEDICINAL INGREDIENTS:	*COMPLEXE DE CURCUMINE BIODISPONIBLE MERIVA®
CONTAINING: CURCUMIN	14.85 mg	NON-MEDICINAL INGREDIENTS:	CONTIENT : CURCUMINE

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYLCELLULOSE, SOY LECITHIN, CROSCARMELOSE SODIUM, DEXTRIN, CALCIUM SILICATE, DEXTROSE, CARBOXYMETHYLCELLULOSE SODIUM, SODIUM CITRATE. / INGREDIENTS 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 ULCERS, 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. CONSULTER VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITÉZ. CONSULTÉZ 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/°F. 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 DESINTEGRATION, 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™



Signature Optimizer to support women's health

Natural approaches to maintaining health before, during, and after menopause have gained favour. For many women, regular exercise; a proper diet; nutritional supplementation with vitamin E, pantothenic acid (vitamin B5), and calcium; and botanical preparations of estrogen-like compounds such as **PhytoEstrin** may support menstrual health and help improve the quality of life during the transition to menopause.

## PHYTOESTROGENS

Comparative studies of Western and Asian women show that not only is menopause much less stressful for Asian women, but they also have better health in other areas. Some authorities theorize that the high level of phytoestrogens in the Asian diet may contribute to these differences. Phytoestrogens 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. Phytoestrogens in the diet are believed to be a stabilizing factor throughout hormonal cycles.

## WHY PHYTOESTRIN™?

All-natural **PhytoEstrin** is a broad-spectrum, botanical formulation containing phytoestrogens from five different sources, including a guaranteed 14 mg of soy isoflavones to help maintain women's health. **PhytoEstrin** also contains a unique combination of herbs that complement the activity of the soy isoflavones: black cohosh, dong quai, licorice-root extract, and chasteberry powder. Together with the isoflavones, these herbs help provide support during menstruation and in 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.

<b>EACH TABLET CONTAINS:</b>		<b>CHAQUE COMPRIMÉ CONTIENT :</b>
<b>MEDICINAL INGREDIENTS:</b>		<b>INGRÉDIENTS MÉDICINAUX</b>
SOYBEAN POWDER	35 mg	POUDRE DE SOJA
(EQUIVALENT TO 14 mg SOY ISOFLAVONES, 8.68 mg AIF*)		(ÉQUIVALENT À 14 mg D'ISOFLAVONES DE SOJA, 8.68 mg AIF*)

BLACK COHOSH EXTRACT (CIMICIFUGA RACEMOSA, STANDARDIZED TO 2.5% TRITERPENE GLYCOSIDES)	50 mg	EXTRAIT D'ACTÉE RACÉMIQUE (CIMICIFUGA RACEMOSA, NORMALISÉ À 2.5 % DE GLYCOSIDES TRITÉRPENOÏDES)
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CHASTEERRY POWDER (VITEX AGNUS-CASTUS) LICORICE ROOT EXTRACT (GLYCYRRHIZA GLABRA)	50 mg 30 mg	POUDRE DE GATTILIER (VITEX AGNUS-CASTUS) EXTRAIT DE RACINE DE RÉGLISSE (GLYCYRRHIZA GLABRA)
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DONG QUAI EXTRACT (ANGELICA SINENSIS)	15 mg	EXTRAIT D'ANGÉLIQUE CHINOISE (ANGELICA SINENSIS)
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\* AGLYCONES ISOFLAVONE EQUIVALENTS / ÉQUIVALENTS AGLYCONES D'ISOFLAVONES  
 NON-MEDICINAL INGREDIENTS: DEXTRATES, ASCORBYL PALMITATE, SODIUM CARBOXYMETHYL CELLULOSE, SILICON DIOXIDE, DEXTRIN, MALTODEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX : DEXTRATES, PALMITATE D'ASCORBYLE, CARBOXYMETHYLCELLULOSE SODIQUE, DIOXYDE DE SILICUM, 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 PREVIOUSLY HAD 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 WORSE.
- 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 ÉNCEINTE OU ALLAITEZ.
- 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 RENAL 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 THYROÏDIENNES 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 MÉNOPAUSELS 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 DÉPÂRILION DES MENSTRUATIONS ET (OU) DE PERTES UTERINES SANGLANTES.

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

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Optimizers

129.00007





Endocrine

# Palmetto Plus™



Science-based supplement for men that supports long-term prostate health

As men age, many are at risk for developing prostate problems. It is, however, possible for men to maintain health and well-being if the right steps are taken. A healthy diet and exercise, coupled with targeted standardized botanical extracts specifically formulated for prostate health, can help men stay healthy as they age. **Palmetto Plus** is an all-natural, comprehensive formula that, over time, may provide long-term support for prostate health.

## SAW PALMETTO

Saw palmetto has a long history of use in helping men retain a healthy prostate. Considerable clinical research has shown that about 80 to 90 per cent of men using saw palmetto show a positive correlation between saw palmetto and prostate health.

## LYCOPENE AND SOY ISOFLAVONES

**Palmetto Plus** utilizes a highly effective combination of saw palmetto, lycopene, and soy isoflavones, which have been shown to assist in retaining prostate health.

Lycopene is the most abundant carotenoid (vitamin-like compound) found in the prostate and may play a role in retaining a healthy prostate by enhancing immune function and providing antioxidant protection.

## WHY PALMETTO PLUS™?

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 premier 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:		CHAQUE CAPSULE CONTIENT :	
MEDICINAL INGREDIENTS		INGRÉDIENTS MÉDICINAUX	
SAW PALMETTO EXTRACT (STANDARDIZED TO A MINIMUM OF 85% FREE FATTY ACIDS)	320 mg	EXTRAIT DE CHOU PALMISTE NAN (NORMALISE RENFERMANT UN MINIMUM DE 85 % D'ACIDES GRAS LIBRES)	
TOMATO EXTRACT (STANDARDIZED TO CONTAIN 5 mg LYCOPENE)	71 mg	EXTRAIT DE TOMATE (NORMALISE 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 AIE*)	

\*AGLYCONE ISOFLAVONE EQUIVALENTS / \*ÉQUIVALENTS AGLYCONES D'ISOFLAVONES  
NON-MEDICINAL INGREDIENTS: GELATIN, GLYCERIN, SOYBEAN OIL, BEESWAX, PURIFIED WATER, SOY LECITHIN, NATURAL CARMEL 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. SOUFFREZ 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 DELIVRE SUR ORDONNANCE, SOUFFREZ 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 ALLAITEZ 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 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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LB.000411



Endocrine

Pure Rest™



Fast-acting melatonin supplement that supports the body's natural sleep and wake cycles

Most researchers agree that getting enough sleep is equally important to long-term health as eating a healthy diet and exercising regularly. Unfortunately, millions of individuals suffer from occasional sleeplessness—the incidence of which increases with age. Other lifestyle factors, such as stress or alcohol consumption, can contribute to poor sleep as well.

Poor sleep results in tiredness, poor concentration, reduced quality of life, compromised immune function, and an increased risk of morbidity and mortality. Sleep deprivation has also been linked with increases in markers of oxidative stress and decreases in levels of antioxidant enzymes (e.g., SOD, glutathione reductase, etc.) in the brain, liver, and heart.

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 and feel drowsy. USANA's **Pure Rest** supplement supports the natural increase of melatonin production at night. They are not sleeping pills. When taken at bedtime, oral **Pure Rest** supplements support the body's natural circadian rhythms and have been clinically proven to help promote sleep, which restores the body after daily exposure to free radicals and general wear and tear.

#### SLEEP IS KEY TO STAYING HEALTHY

There is abundant evidence showing that getting enough sleep will not only help people feel energized and be more productive, but it will also increase their odds of living healthier lives. While asleep, the body's cells and tissues have the opportunity to recover from the previous day. Many major restorative functions in the body occur almost entirely during sleep, including tissue repair, muscle growth, and protein synthesis. Additionally, sleep is required to maintain normal brain and immune function.

Those who sleep, on average, less than six hours per night have been shown 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.

#### ANTIOXIDANT SUPPORT

Sleep is restorative with respect to oxidative stress, and melatonin, by promoting sleep and inactivity, allows the body's natural antioxidant defences to overcome the oxidative stress that accumulated during the day's activity.

#### MELATONIN AND IMMUNE FUNCTION

Adequate amounts of sleep are necessary for healthy immune function. As a compound that promotes sleep, melatonin may help in keeping the immune system functioning normally.

#### WHY PURE REST™?

USANA's fast-acting, ultra-pure **Pure Rest** supplement is manufactured to the same high standards and carries the same potency guarantee as all tableted products, so you can feel confident that it is safe and effective. Each great-tasting, orange-flavoured dissolvable tablet supplies 2 mg of melatonin. 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. / **INGRÉDIENTS 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.**

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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 PORTEE 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

# USANA® Digestive Enzyme

Enzyme-containing digestive support supplement



Raw foods contain an abundance of enzymes to support digestion. However, most of us don't live on a raw food diet. When we cook our food, the enzymes in the food are destroyed and our body has to make them in order to digest our food. **USANA Digestive Enzyme** supplement supplies enzymes to help us digest our meals more efficiently. And with added spirulina, this unique formula also supports the body's natural processes for eliminating toxins.

## DIGESTION

When you eat foods—such as bread, meat, and vegetables—they are not in a form that the body can use as nourishment. Food and drink must be changed into smaller nutrient molecules before they can be absorbed and carried to cells throughout the body. Food enters the mouth and is chewed, while chemical processing begins with chemicals and enzymes in the saliva from the salivary glands. It then moves down the esophagus into the stomach, where acid both kills most contaminating microorganisms and begins the mechanical and chemical break down of some food.

As part of this digestion process, the stomach has three tasks: First, it stores the swallowed food and liquid. Second, it mixes up the foods and liquids, with digestive juices produced by the stomach. And third, it empties its contents slowly into the small intestine.

After the stomach completes these tasks (typically after an hour or two in humans), food is passed to the small intestine where the majority of digestion and absorption occurs. Here it is further mixed with three different liquids. Bile, produced by the liver and stored in the gallbladder, emulsifies fats; while juice secreted by the pancreas, and intestinal enzymes, secreted by the mucosal membranes, further process sugars and proteins.

The results go through the small intestine and into the large intestine. There, complex molecules are further digested and absorbed. Non-digestible food products (dietary fibre) are mixed with water and waste products and concentrated into feces, which are excreted.

Without optimal functioning of enzymes, good digestive health may be impaired.

## THE IMPORTANCE OF DIGESTIVE ENZYMES

Although raw foods contain an abundance of enzymes, which may play an important role in human health, how many of us actually eat raw foods on a daily basis? Modern diets contain dramatically fewer enzymes due to cooking and heavy processing of foods, and many researchers over the last century have maintained that this loss of dietary enzymes may be a significant contributing factor to poor health as we age.

**USANA Digestive Enzyme** supplies the supplemental enzymes our bodies may need to break down the cellulose (from fruits and vegetables), fats, proteins, carbohydrates, and starches that we eat, so that the macronutrients are available for our cells.

## SPIRULINA

In addition to promoting healthy digestion, **USANA Digestive Enzyme** supports the body's natural detoxification processes with the addition of spirulina, a nutrient-rich blue-green algae that contains chlorophyll. Chlorophyll helps promote the elimination of toxins from the body.

Spirulina is a nutrient-dense "superfood." It is rich in amino acids; vitamins A, C, E, and B6; phytonutrients; and minerals, including magnesium. All these are nutrients that the liver—the body's primary organ for filtration—depends on to function properly.

## WHY USANA® DIGESTIVE ENZYME?

Supplementing with **USANA Digestive Enzyme** can help compensate for inadequate—and the gradual decline of—enzyme production. It is designed to support more complete digestion and absorption of macronutrients. The addition of spirulina 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. 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. CONSERVER LES COMPRIMÉS DANS LEUR CONTENANT ORIGINAL. LE COUVERCLE BIEN FERMÉ ENTRE LES UTILISATIONS. GARDER DANS UN ENDROIT FRAIS ET SEC.

EACH TABLET CONTAINS: MEDICINAL INGREDIENTS	AMOUNT	CHAQUE COMPRIMÉ CONTIENT: INGRÉDIENTS MÉDICINAUX	AMOUNT
SPIRULINA	150 mg	SPIRULINE	150 mg
ALPHA-AMYLASE (3,000 DU)	33 mg	ALPHA-AMYLASE (3 000 DU)	33 mg
BROMELAIN (750,000 PU)	25 mg	BROMÉLAINE (750 000 PU)	25 mg
PROTEASE (15,000 HUT)	25 mg	PROTÉASE (15 000 HUT)	25 mg
LIPASE (350 LPU)	17.5 mg	LIPASE (350 LPU)	17.5 mg
LACTASE (1,000 ALU)	11.5 mg	LACTASE (1 000 ALU)	11.5 mg
PAPAIN (250,000 PU)	5 mg	PAPAÏNE (250 000 PU)	5 mg
CELLULOSE (130 CU)	3.25 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 MICROCRISTALLINE, CROSCARMELOSE SODIQUE, AMIDON PRÉGÉLATINISÉ, PALMITATE D'ASCORBYLE, DIOXYDE DE SILICUM, DEXTRINE, EXTRAIT DE VANILLE, DEXTROSE, LÉCITHINE DE SOJA, CITRATE DE SODIUM.

**NO ANIMAL-DERIVED INGREDIENTS:** AUCUN INGRÉDIENT D'ORIGINE ANIMALE.  
**FOR PROLONGED USE:** CONSULT A HEALTH-CARE PRACTITIONER. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, HAVE DIABETES OR GALACTOSEMIA, OR HAVE ANY OTHER MEDICAL CONDITION. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE GASTROINTESTINAL LESIONS/ULCERS, ARE TAKING ANTICOAGULANT AGENTS, ANTI-INFLAMMATORY AGENTS, ANTIBIOTICS OR OTHER ENZYME PRODUCTS OR BEFORE HAVING SURGERY. DISCONTINUE USE AND CONSULT A HEALTH-CARE PRACTITIONER IF SYMPTOMS PERSIST OR WORSEN. HEADACHES, HEARTBURN, BLOATING, NAUSEA, VOMITING, DIARRHOEA, AND HYPERTENSIVITY (E.G. ALLERGY) HAVE BEEN KNOWN TO OCCUR. IN WHICH CASE, DISCONTINUE USE AND CONSULT A HEALTH-CARE PRACTITIONER.

**CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE ALLERGY TO LATEX OR FRUITS (SUCH AS AVOCADO, BANANA, CHESTNUT, PASSION FRUIT, FIG, MELON, MANGO, KIWI, PINEAPPLE, PEACH, AND TOMATO). / POUR UN USAGE PROLONGÉ, CONSULTEZ UN PROFESSIONNEL DES SOINS DE SANTÉ. GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, OU SI VOUS SOUFFREZ DE DIABÈTE, DE GALACTOSÉMIE OU DE TOUT AUTRE PROBLÈME DE SANTÉ. AVANT D'UTILISER CE PRODUIT, CONSULTEZ VOTRE MÉDECIN SI VOUS AVEZ DES LÉSIONS OU ULCÈRES GASTRO-INTESTINAUX OU SI VOUS PRENEZ DES AGENTS ANTICOAGULANTS OU ANTI-INFLAMMATOIRES, DES ANTIBIOTIQUES OU D'AUTRES PRODUITS ENZYMATIQUES, OU AVANT UNE OPÉRATION CHIRURGICALE. CÉSSEZ D'UTILISER CE PRODUIT ET CONSULTEZ UN PROFESSIONNEL DES SOINS DE SANTÉ SI DES SYMPTÔMES PERSISTENT OU S'AGGRAVENT OU DANS LES CAS SUIVANTS QUI ONT ÉTÉ RAPPORTÉS: MAUX DE TÊTE, BRÛLURES D'ESTOMAC, BALLONNEMENT, NAUSEE, VOMISSEMENT, DIARRHÉE ET HYPERTENSIBILITÉ (PAR EX.: ALLERGIE). CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES ALLERGIQUE AU LATEX OU A CERTAINS FRUITS (AVOCAT, BANANE, CHÂTAIGNÉ, FRUIT DE LA PASSION, FIGUE, MELON, MANJUE, KIWI, ANANAS, PÊCHE ET TOMATE).**

**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. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGÉNÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.**

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Digestion/Detox

LE 000410





Digestive

# USANA® Probiotic

Dairy- and sugar-free probiotic food supplement for digestive and immune 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

There are trillions of bacteria living in or on your body, and many of them play a role in keeping you healthy. Your gut alone is host to hundreds of species of both beneficial and potentially harmful bacteria, which are part of the intestinal flora. To maintain everyday intestinal health, it's important that the beneficial bacteria and harmful bacteria are in proper balance. Age, stress, illness, antibiotics and/or certain medicines, poor diet and hydration, lack of rest, and harmful environmental conditions may impact the balance that is needed to support the normal intestinal flora. An imbalance can lead to digestive concerns that may not only be physically uncomfortable but also possibly harmful to your health.

Using probiotic supplements can help ensure you have enough beneficial bacteria to create an ideal environment for healthy digestion. 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.

## THE SCIENCE OF USANA® PROBIOTIC

A compound of Latin and Greek, the word "probiotic" means "favourable to life." 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 are beneficial because they temporarily modify gut flora and, thereby, encourage healthy bacterial growth. A proper microbial equilibrium in the gut can aid good digestion, support nutrient absorption, shorten colonic transit time, and enhance barrier function, which helps defend against potentially toxic microorganisms that may try to take hold in the walls of the intestinal tract.

Lactobacillus and bifidobacterium are two families of bacteria strains that have been identified as part of the healthy, normal gut microbiota. Lactobacillus strains are primarily found in the small intestine, while bifidobacterium are needed in the large intestine. USANA Probiotic features a unique 50/50 mixture of *Bifidobacterium* BB-12® and *Lactobacillus rhamnosus* LGG®—two strains of probiotic bacteria that promote a natural balance of beneficial microflora in the gut.

The bacterial strains in **USANA Probiotic** may also play a role in sustaining healthy immune function. More immune cells are concentrated in the gut than in any other region of the body, and probiotics can help strengthen our natural defences by modulating the cellular immune response.

## 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 the harsh environment of the stomach 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 acidic environment of the stomach to colonize the intestines.

USANA Probiotic employs an advanced dairy- and sugar-free 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 / A la fabrication, chaque sachet contient – Ingrédients médicinaux :**  
*Bifidobacterium* BB-12® / *Bifidobacterium* BB-12<sup>MD</sup>  
6 billion CFU / 6 milliards UFC  
*Lactobacillus rhamnosus* LGG® / *Lactobacillus rhamnosus* LGG<sup>MD</sup>  
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<sup>MD</sup> est une marque déposée de Chr. Hansen. LGG® is a registered trademark of Valio Ltd. LGG<sup>MD</sup> est une marque déposée de Valio Ltd. Store below 25° C / Conserver à une température inférieure à 25 °C

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BX00156



Digestive

# Fibergy® Plus

Nutritious fibre blend



Because of poor eating habits, many people only get one-half to two-thirds of the fibre necessary for optimal health. **Fibergy Plus** is a convenient, low-glycemic way to add more fibre to your diet. **Fibergy Plus** is also cholesterol free and low in saturated fat and sodium. A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure.

## FIBRE IN THE DIET

Consuming multiple sources of dietary fibre is important because different types of fibre provide specific benefits and serve unique purposes within the body. The unique formula of **Fibergy Plus** contains psyllium, which maintains healthy cholesterol levels already in the normal range, as well as inulin, a prebiotic that promotes healthy stimulation of bifidobacteria in the digestive tract.

## PSYLLIUM

Psyllium is a bulking agent that sweeps the GI tract and promotes regularity. A serving of **Fibergy Plus** supplies 2.9 grams of the soluble fibre from psyllium necessary per day to have this effect.

## INULIN

Prebiotics are non-digestible food ingredients that stimulate the growth and/or activity of bacteria in the digestive system, which is beneficial to the health of the body. Inulin is a prebiotic found in USANA's **Fibergy Plus** that promotes healthy stimulation of bifidobacteria in the digestive tract. It is a special type of non-digestible fibre that serves as fertilizer for healthy bacteria in the digestive system. Together, **USANA® Probiotic** digestive supplement and **Fibergy Plus** work to keep the healthy bacteria in your system.

The large intestine contains up to 500 different types of bacteria, which contribute to a number of biological functions in the body. To maintain a well-balanced flora in the large intestine, there must be more beneficial bacteria than pathogenic bacteria. Therefore, it is essential to promote the growth of "good" bacteria.

## WHY FIBERGY® PLUS?

The dietary fibre in **Fibergy Plus** not only promotes good digestive health, it aids in normal bowel regularity as well, which helps move wastes and toxins out of the colon quickly and efficiently. The high fibre content in **Fibergy Plus** will also leave you feeling satisfied, making it easy to skip unhealthy snacks throughout the day. Diets high in soluble and insoluble fibre are important for digestive health. **Fibergy Plus** makes it simple to add the benefits of fibre to your daily diet.

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
<b>Calories</b> 30	
<b>Fat / Lipides</b> 0 g	0 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 25 mg	1 %
<b>Carbohydrate / Glucides</b> 12 g	4 %
Fibre / fibres 6 g	24 %
Sugars / sucres 0 g	
<b>Protein / Protéines</b> 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.

## References

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Digestion/Detox

86.0001077



Digestive

# Hepa Plus®



Comprehensive liver support formula that promotes and balances the body's detoxification processes

The liver is the body's second largest organ and its largest gland. It manufactures many important blood proteins; assists in the conversion of fats, amino acids, vitamins, and minerals into more usable forms; makes important structural components, including cell membrane compounds; filters toxins from the blood; and stores many vitamins and minerals, including iron and B12. The **Hepa Plus** supplement was formulated to provide a unique blend of antioxidants to help support healthy liver function.

## MILK-THISTLE EXTRACT

Used as a natural remedy to support liver health for more than 2,000 years, milk thistle is used by the liver to protect against oxidative stress. Additionally, it stimulates liver detoxification pathways and has strong antioxidant properties thought to help strengthen and protect liver cells.

As an antioxidant, milk thistle helps increase the amount and the activity of several antioxidant enzyme systems that are involved in the detoxification process, such as superoxide dismutase (SOD) and the glutathione peroxidase system. The active phytochemicals in milk thistle may also stimulate protein synthesis in liver cells, which helps to regenerate them.

## ALPHA-LIPOIC ACID

Alpha-lipoic acid is easily transported across cell membranes to provide support to the important enzymes both inside and outside the cell. Because it is both water- and oil-soluble, it is thought to help regenerate both water- and oil-soluble antioxidants.

## TURMERIC EXTRACT

Turmeric, the powdered root of the plant *Curcuma longa L.*, is a member of the ginger family native to India and Southeast Asia. It contains curcumin and related compounds known as curcuminoids, which have significant antioxidant properties.

## CHOLINE AND THE LIVER

Choline supports healthy liver function by donating methyl groups necessary for detoxification reactions. Choline phospholipids are extremely important structural elements of cells and are essential for the normal processing of dietary fat, a key function of the liver. In addition, adequate choline intakes have been associated with lower levels of plasma homocysteine, meaning choline can also play a role in heart health. **Hepa Plus** contains 125 mg of choline bitartrate.

## N-ACETYL-L-CYSTEINE

N-acetyl-L-cysteine is an essential precursor for glutathione. Glutathione is an important antioxidant that scavenges free radicals inside and outside the cell and promotes detoxification. Its extra-cellular activity helps protect the liver from free radicals and toxins.

## NUTRITIONAL HYBRID TECHNOLOGY

**Hepa Plus** employs USANA's innovative Nutritional Hybrid Technology. This state-of-the-art approach to formula design and manufacture features bilayer tableting: the separation of various formula ingredients into two distinct tablet layers. Now, for the first time, previously distinct products can be joined into a single formula and incompatible ingredients can be combined in a single tablet. USANA's Nutritional Hybrid Technology opens the door to accelerated innovation in supplement design and manufacture. Proudly, USANA is among the first in the world to use Nutritional Hybrid Technology.

## WHY HEPA PLUS®?

The unique formulation of **Hepa Plus** helps to combat oxidative stress in the liver with a powerful blend of antioxidants, including green-tea extract and broccoli concentrate. It also includes USANA's patented **Olivol™** olive-fruit extract for more complete antioxidant support. With 240 mg of high-quality, highly bioavailable milk-thistle extract per recommended dose, **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:	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, ÉQUIVAUT 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, ÉQUIVAUT 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, ÉQUIVAUT 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, ÉQUIVAUT 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, SODIUM LECITHIN, CARBOXYMETHYLCELLULOSE SODIUM, SODIUM CITRATE. / INGRÉDIENTS NON MÉDICINAUX: CELLULOSE MICROCRYSTALLINE, PALMITATE D'ASCORBYLE, AMIDON PRÉGÉLATINISÉ, DIOXYDE DE SILICUM, HYDROXYPROPYLCELLULOSE, CROSCARMELOSE SODIQUE, DEXTRINE, EXTRAIT DE VANILLE, DEXTROSE, LÉCITHINE DE SOJA, CARBOXYMETHYLCELLULOSE 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 ENCEINTE OU SI VOUS ALLAITÉZ. AVANT D'UTILISER CE PRODUIT, CONSULTEZ VOTRE MÉDECIN SI VOUS AVEZ DES ANTÉCÉDENTS DE CALCULS BILIAIRES, D'OBSTRUCTION DES VOIES BILIAIRES, D'ULCÈRE D'ESTOMAC, DE DÉTÉRIORATION DE LA FONCTION HÉPATIQUE, OU SI VOUS PRENEZ UN ANTI-COAGULANT. CONSULTEZ AÛSSI 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. QUALITÉ GARANTIE. CONFORME AUX NORMES EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, 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.

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 000408



## 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

**Nutrimeal** is a nutritious, low-glycemic, gluten-free† meal replacement drink and a quality source of carbohydrates, beneficial fats, and many micronutrients.

## THE BENEFITS OF LOW-FAT PROTEIN

Each serving of Dutch Chocolate and Wild Strawberry **Nutrimeal** provides 15 grams of soy, whey, and other proteins. 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 provides a nice balance of amino acids, which are required by the human body.

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

Amount / Teneur	% Daily Value / % Valeur quotidienne
<b>Calories</b> 250 (1060 kJ)	
<b>Fat / Lipides</b> 7 g	<b>11 %</b>
Saturated / saturés 1.5 g	<b>8 %</b>
+ Trans / trans 0 g	
Polysaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 4.5 g	
<b>Cholesterol / Cholestérol</b> 10 mg	<b>3 %</b>
<b>Sodium</b> 250 mg	<b>10 %</b>
<b>Potassium</b> 620 mg	<b>18 %</b>
<b>Carbohydrate / Glucides</b> 33 g	<b>11 %</b>
Dietary Fibre / fibres 2 g	<b>8 %</b>
Sugars / sucres 20 g	
<b>Protein / Protéines</b> 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	30 %
Vitamin B6 / Vitamine B6	30 %
Folate	30 %
Vitamin B12 / Vitamine B12	30 %
Biotin / Biotine	130 %
Pantothenate / Pantothénate	20 %
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 ISOLATE), 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, CELLULOSE GUM, CALCIUM PHOSPHATE, SODIUM CASEINATE (A MILK DERIVATIVE), FRUCTOOLIGOSACCHARIDES, INULIN, XANTHAN GUM, SALT, PRUNE POWDER (PRUNE, CALCIUM STEARATE), MAGNESIUM CITRATE, MIXED TOCOPHEROLS, SILICON DIOXIDE, CALCIUM CARBONATE, ASCORBIC ACID, ZINC GLUCONATE, NIACINAMIDE, D-ALPHA-TOCOPHERYL ACETATE, VITAMIN A PALMITATE, FERROUS FUMARATE, POTASSIUM IODIDE, COPPER GLUCONATE, MOLYBDENUM CITRATE, MANGANESE CITRATE, BIOTIN, CALCIUM PANTOTHENATE, CHOLECALCIFEROL (VITAMIN D3), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), CYANOCOBALAMIN (VITAMIN B12), THIAMINE HYDROCHLORIDE (VITAMIN B1), CHROMIUM CHLORIDE, SODIUM SELENATE.

**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.

**INGRÉDIENTS :** MÉLANGE DE PROTÉINES (ISOLAT DE PROTÉINE DE LACTOSÉRUM, CONCENTRÉ DE PROTÉINE DE LACTOSÉRUM, POUDRE DE LAIT CRÈME, CASEINATE DE CALCIUM (UN DÉRIVÉ DU LAIT), ISOLAT DE PROTÉINE DE LAIT), FRUCTOSE, HUILE DE TOURNESOL À FORTE TENEUR OLÉIQUE, POUDRE DE CACAO, MALTODEXTRINE, TIGE DE CANNE À SUCRE (SACCHARUM OFFICINARUM L.), ARÔMES NATURELS, LÉCITHINE DE SOJA, GOMME ARABIQUE, FIBRES DE COQUES DE POIS MOULUES, PHOSPHATE DE POTASSIUM, CARBOXYMÉTHYLCELLULOSE, PHOSPHATE DE CALCIUM, CASEINATE DE SODIUM (UN DÉRIVÉ DU LAIT), FRUCTOOLIGOSACCHARIDES, INULINE, GOMME DE XANTHANE, SEL, POUDRE DE PRUNEAU (PRUNEAU, STEARATE DE CALCIUM), CITRATE DE MAGNÉSIE, MÉLANGE DE TOCOPHÉROLS, DIOXYDE DE SILICIUM, CARBONATE DE CALCIUM, ACIDE ASCORBIQUE, GLUCONATE DE ZINC, NIACINAMIDE, ACÉTATE DU (+)-ALPHA-TOCOPHÉROL, PALMITATE DE VITAMINE A, FUMARATE FERREUX, IODURE DE POTASSIUM, GLUCONATE DE CUIVRE, CITRATE DE MOLYBDÈNE, CITRATE DE MANGANESE, BIOTINE, PANTOTHÉNATE DE CALCIUM, CHOLECALCIFÉROL (VITAMINE D3), ACIDE FOLIQUE, CHLORHYDRATE DE PYRIDOXINE (VITAMINE B6), RIBOFLAVINE (VITAMINE B2), CYANOCOBALAMINE (VITAMINE B12), CHLORHYDRATE DE THIAMINE (VITAMINE B1), CHLORURE CHROMIQUE, SÉLÉNATE DE SODIUM.

**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 SAVEUR DE CHOCOLAT EST FABRIQUÉ DANS DES INSTALLATIONS QUI FABRIQUENT AUSSI D'AUTRES PRODUITS CONTENANT DU GLUTEN.

REGON0185

# 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 supplément du régime alimentaire ou 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
<b>Calories 240 (1020kJ)</b>	
<b>Fat / Lipides 6 g</b>	<b>9 %</b>
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 4 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium 400 mg</b>	<b>14 %</b>
<b>Potassium 460 mg</b>	<b>13 %</b>
<b>Carbohydrate / Glucides 33 g</b>	<b>11 %</b>
Dietary Fibre / fibres 3 g	
Sugars / sucres 18 g	
<b>Protein / Protéines 15 g</b>	
Vitamin A / Vitamine A	40 %
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	50 %
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, SUNFLOWER OIL, SOY FIBRE, MALTODEXTRIN, GUM ARABIC, SUGARCANE (SACCHARUM OFFICINARUM L.) STALK, NATURAL FLAVOURS, SOY LECITHIN, FRUCTOOLIGOSACCHARIDES, PRUNE POWDER (PRUNE, CALCIUM STEARATE), POTASSIUM PHOSPHATE, BEET JUICE POWDER (COLOUR), INULIN, TRICALCIUM PHOSPHATE, SODIUM CASEINATE (A MILK DERIVATIVE), MAGNESIUM CITRATE, CELLULOSE GUM, SALT, XANTHAN GUM, CALCIUM CARBONATE, CITRIC ACID, SILICON DIOXIDE, ZINC GLUCONATE, MALIC ACID, ASCORBIC ACID (VITAMIN C), TOCOPHEROLS (TO PROTECT FLAVOUR), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE (NIACIN), VITAMIN A PALMITATE, POTASSIUM IODIDE, BIOTIN, COPPER GLUCONATE, MANGANESE CITRATE, MOLYBDENUM CITRATE, FERROUS FUMARATE, BIOTIN, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMINE HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), CHROMIUM CHLORIDE, SODIUM SELENATE.

**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, HUILE DE TOURNESOL, FIBRES DE SOJA, MALTODEXTRINE, GOMME ARABIQUE, TIGE DE CANNE À SUCRE (SACCHARUM OFFICINARUM L.), AROMES NATURELS, LÉCITHINE DE SOJA, FRUCTOOLIGOSACCHARIDES, POUVRE DE PRUNEAU (PRUNEAU, STÉARATE DE CALCIUM), PHOSPHATE DE POTASSIUM, JUS DE BETTERAVE EN POUVRE (COLORANT), INULINE, PHOSPHATE TRICALCIQUE, CASÉINATE DE SODIUM (UN DÉRIVÉ DU LAIT), CITRATE DE MAGNÉSIE, CARBOXYMÉTHYLCELLULOSE, SEL, GOMME DE XANTHANE, CARBONATE DE CALCIUM, ACIDE CITRIQUE, DIOXYDE DE SILICIUM, GLUCONATE DE ZINC, ACIDE MALIQUE, ACIDE ASCORBIQUE (VITAMINE C), TOCOPHÉROLES (POUR PRÉSERVER LA SAVEUR), ACÉTATE D-ALPHA TOCOPHÉRYL (VITAMINE E), NIACINAMIDE (NIACINE), PALMITATE DE VITAMINE A, CITRATE DE MOLYBDÈNE, IODURE DE POTASSIUM, CITRATE DE MANGANESE, GLUCONATE DE CUIVRE, FUMARATE FERREUX, BIOTINE, D-PANTOTHÉNATE DE CALCIUM, CHOLECALCIFÉROL (VITAMINE D), ACIDE FOLIQUE, CHLORHYDRATE DE PYRIDOXINE (VITAMINE B6), RIBOFLAVINE (VITAMINE B2), CHLORHYDRATE DE THIAMINE (VITAMINE B1), CYANOCOBALAMINE (VITAMINE B12), CHLORURE CHROMIQUE, SÉLÉNATE DE SODIUM.

**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 PEUVENT AUSSI FABRIQUER D'AUTRES PRODUITS CONTENANT DU GLUTEN.

# 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 supplément du régime alimentaire ou 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
<b>Calories 250 (1060 kJ)</b>	
<b>Fat / Lipides 7 g</b>	<b>11 %</b>
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 5 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium 310 mg</b>	<b>13 %</b>
<b>Potassium 430 mg</b>	<b>12 %</b>
<b>Carbohydrate / Glucides 32 g</b>	<b>11 %</b>
Dietary Fibre / fibres 2 g	
Sugars / sucres 19 g	
<b>Protein / Protéines 15 g</b>	
Vitamin A / Vitamine A	35 %
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	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, DIPOTASSIUM PHOSPHATE, INULIN, PRUNE POWDER (PRUNE, CALCIUM STEARATE), CELLULOSE GUM, TRICALCIUM PHOSPHATE, MAGNESIUM CITRATE, SODIUM CASEINATE (A MILK DERIVATIVE), CALCIUM CARBONATE, XANTHAN GUM, SILICON DIOXIDE, TOCOPHEROLS (TO PROTECT FLAVOUR), SALT, ZINC GLUCONATE, ASCORBIC ACID (VITAMIN C), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE (NIACIN), VITAMIN A PALMITATE, POTASSIUM IODIDE, BIOTIN, COPPER GLUCONATE, MANGANESE CITRATE, MOLYBDENUM CITRATE, FERROUS FUMARATE, BIOTIN, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMINE HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), CHROMIUM CHLORIDE, SODIUM SELENATE.

**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, AROMES NATURELS, TIGE DE CANNE À SUCRE (SACCHARUM OFFICINARUM L.), FRUCTOOLIGOSACCHARIDES, GOMME ARABIQUE, LÉCITHINE DE SOJA, PHOSPHATE DIPOTASSIQUE, INULINE, POUVRE DE PRUNEAU (PRUNEAU, STÉARATE DE CALCIUM), CARBOXYMÉTHYLCELLULOSE, PHOSPHATE TRICALCIQUE, CITRATE DE MAGNÉSIE, CASÉINATE DE SODIUM (UN DÉRIVÉ DU LAIT), CARBONATE DE CALCIUM, GOMME DE XANTHANE, DIOXYDE DE SILICIUM, TOCOPHÉROLES (POUR PRÉSERVER LA SAVEUR), SEL, GLUCONATE DE ZINC, ACIDE ASCORBIQUE (VITAMINE C), ACÉTATE D-ALPHA TOCOPHÉRYL (VITAMINE E), NIACINAMIDE (NIACINE), PALMITATE DE VITAMINE A, IODURE DE POTASSIUM, BIOTINE, GLUCONATE DE CUIVRE, CITRATE DE MANGANESE, CITRATE DE MOLYBDÈNE, FUMARATE FERREUX, D-PANTOTHÉNATE DE CALCIUM, CHOLECALCIFÉROL (VITAMINE D), ACIDE FOLIQUE, CHLORHYDRATE DE PYRIDOXINE (VITAMINE B6), RIBOFLAVINE (VITAMINE B2), CHLORURE DE THIAMINE (VITAMINE B1), CYANOCOBALAMINE (VITAMINE B12), CHLORURE CHROMIQUE, SÉLÉNATE DE SODIUM.

**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 PEUVENT AUSSI FABRIQUER D'AUTRES PRODUITS CONTENANT DU GLUTEN.

Foods

# Chocolate Whey Nutrimeal™

Chocolate meal replacement shake formulated as a significant source of whey protein

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 low glycemic, formulated without gluten,<sup>†</sup> and made from all-natural ingredients.



## 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<sup>1</sup> and for athletes who often prefer to use whey as a protein source. It offers a healthy blend of essential fatty acids, whey protein, and good carbohydrates. Also, since it is low glycemic, Chocolate Whey **Nutrimeal** is formulated for sustained energy to keep you satisfied longer. 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 protein-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.

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 blender bottle 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
<b>Calories 250</b>	
<b>Fat / Lipides 7 g</b>	<b>11 %</b>
Saturated / saturés 1.5 g	8 %
+ 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	
<b>Cholesterol / Cholestérol 10 mg</b>	<b>3 %</b>
<b>Sodium 250 mg</b>	<b>10 %</b>
<b>Potassium 620 mg</b>	<b>18 %</b>
<b>Carbohydrate / Glucides 33 g</b>	<b>11 %</b>
Dietary Fibre / fibres 2 g	8 %
Sugars / sucres 20 g	
<b>Protein / Protéines 15 g</b>	
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	30 %
Vitamin B6 / Vitamine B6	30 %
Folate	30 %
Vitamin B12 / Vitamine B12	30 %
Biotin / Biotine	130 %
Pantothenate / Pantothénate	20 %
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 Isolate), Fructose, High Oleic Sunflower Oil, Cocoa Powder, Maltodextrin, Cane Fibre, Natural Flavours, Soy Lecithin, Gum Arabic, Ground Pea Hull Fibre, Potassium Phosphate, Cellulose Gum, Calcium Phosphate, Sodium Caseinate (a milk derivative), Fructooligosaccharides, Inulin, Xanthan Gum, Salt, Prune Powder (Prune, Calcium Stearate), Magnesium Citrate, Mixed Tocopherols, Silicon Dioxide, Calcium Carbonate, Ascorbic Acid, Zinc Gluconate, Niacinamide, D-Alpha Tocopheryl Acetate, Vitamin A Palmitate, Ferrous Fumarate, Potassium Iodide, Copper Gluconate, Molybdenum Citrate, Manganese Citrate, Biotin, Calcium Pantothenate, Cholecalciferol (Vitamin D3), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Thiamine Hydrochloride (Vitamin B1), Chromium Chloride, Sodium Selenate.

**Contains:** Milk and soybean.

**Produced on equipment that also processes peanuts, tree nuts, egg, wheat, oats, barley, sesame, and shellfish.**

**†For our customers with sensitivity to gluten, no gluten-containing grains are used as ingredients in this product. However, this product is produced in a facility that manufactures other products that do contain wheat, oats, and/or barley.**

**Ingrédients :** Mélange de protéines [isolat de protéine de lactosérum, concentré de protéine de lactosérum, poudre de lait écrémé, caséinate de calcium (un dérivé du lait), isolat de protéine de lait], fructose, huile de tournesol à forte teneur oléique, poudre de cacao, maltodextrine, fibres de canne à sucre, arômes naturels, lécithine de soja, gomme arabique, fibres de cosses de pois moulues, phosphate de potassium, carboxyméthylcellulose, phosphate de calcium, caséinate de sodium (un dérivé du lait), fructooligosaccharides, inuline, gomme de xanthane, sel, poudre de pruneau (pruneau, stéarate de calcium), citrate de magnésium, mélange de tocophérols, dioxyde de silicium, carbonate de calcium, acide ascorbique, gluconate de zinc, niacinamide, acétate de (+)-alpha-tocophérol, palmitate de vitamine A, fumarate ferreux, iodure de potassium, gluconate de cuivre, citrate de molybdène, citrate de manganèse, biotine, pantothénate de calcium, cholecalcérol (vitamine D3), acide folique, chlorhydrate de pyridoxine (vitamine B6), riboflavine (vitamine B2), cyanocobalamine (vitamine B12), chlorhydrate de thiamine (vitamine B1), chlorure chromique, séléniate de sodium.

**Le produit renferme :** lait, soja.

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

**†Pour nos clients qui ont une sensibilité au gluten, aucun grain 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 blé, de l'avoine et/ou de l'orge.**

# 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.

## GET HEALTHY

- Low glycemic
- Vegetarian friendly
- Gluten free
- Contains 15 grams of protein
- Complete vegetable protein



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
<b>Calories 240 (1000 kJ)</b>	
<b>Fat / Lipides 8 g</b>	<b>12 %</b>
Saturated / saturés 1.5 g	
+ Trans / trans 0 g	<b>8 %</b>
Omega-6 / oméga-6 0.8 g	
Omega-3 / oméga-3 0.2 g	
Polysaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 6 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium 300 mg</b>	<b>13 %</b>
<b>Potassium 430 mg</b>	<b>12 %</b>
<b>Carbohydrate / Glucides 26 g</b>	<b>9 %</b>
Dietary Fibre / fibres 2 g	<b>8 %</b>
Sugars / sucres 12 g	
<b>Protein / Protéines 15 g</b>	
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), AROMES NATURELS, SUCRE DE CANNE BIOLOGIQUE, HUILE DE TOURNESOL À FORT TENEUR OLÉIQUE, MALTODEXTRINE, HUILE DE CANOLA BIOLOGIQUE, MÉLANGE DE VITAMINES ET MINÉRAUX (PHOSPHATE DE POTASSIUM, PHOSPHATE DE CALCIUM, CITRATE DE MAGNÉSIUM, 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 CHLORHYDRATE DE PYRIDOXINE (VITAMINE B6), RIBOFLAVINE (VITAMINE B2), CHLORHYDRATE 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, BLÉ, LAIT, SOJA, OEUFS, ARACHIDES ET NOIX.**

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

Foods

BG.00011746



# USANA's Delicious 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 is low glycemic and 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 have gluten intolerances.<sup>†</sup> Gluten refers to protein found in wheat, rye, and barley. And, the new 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 taste 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<sup>†</sup>
- Low glycemic
- Soft baked
- Non-GMO
- No trans fats



# Choco Chip™ Protein Snack

ITEM #235

<b>NUTRITION FACTS / VALEUR NUTRITIVE</b>	
Per 1 square (38 g) / par 1 carré (38 g)	
Amount / Teneur	% Daily Value / % Valeur quotidienne
<b>Calories</b> 160 (669 kJ)	
<b>Fat / Lipides</b> 5 g	<b>8 %</b>
Saturated / saturés 3 g	
+ Trans / trans 0 g	<b>15 %</b>
Polyunsaturated / polyinsaturés 1 g	
Monounsaturated / monoinsaturés 1 g	
<b>Cholesterol / Cholestérol</b> 15 mg	<b>5 %</b>
<b>Sodium</b> 180 mg	<b>8 %</b>
<b>Carbohydrate / Glucides</b> 17 g	<b>6 %</b>
Dietary Fibre / fibres 0 g	<b>0 %</b>
Sugars / sucres 7 g	
<b>Protein / Protéines</b> 11 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	1 %
Calcium	3 %
Iron / Fer	13 %

ITEM 235 (2010)

**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 ÉCRÉMÉ, CACAO (TRAITÉ À L'ALKALI), ARÔME NATUREL DE VANILLE, LÉCITHINE DE SOJA, LACTOSÉRUM, ACIDE CITRIQUE, 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)

\*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 CASSÉ-CROÛTE SONT FABRIQUÉS DANS DES INSTALLATIONS QUI PEUVENT AUSSI FABRIQUER D'AUTRES PRODUITS CONTENANT DU GLUTEN.

# Peanutty Bliss™ Protein Snack

ITEM #236

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

# Fudge Delite™ Protein Snack

ITEM #237

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

# Go Nuts 'n' Berries™

A lip-smacking, super healthy nutrition bar

Health. When you have it, life is good. Every day is an adventure. Which is why, every day, you're faced with different choices to support your healthy lifestyle.

Choosing USANA means choosing health. Choosing life. So go ahead and indulge. And then get back to what matters most.

## GO NUTS 'N' BERRIES™

Peanuts, almonds, chia, and flaxseeds come together with raisins and cranberries, creating a perfect union between taste and nutrition.

Salty and sweet—two opposite ends of the taste spectrum. But no one is going to stop us from combining the saltiness of protein-packed peanuts and almonds with the sweetness of antioxidant-rich raisins and dried cranberries. Trust us—you'll thank us once you get a taste of this salty sweet treat.

## EAT TO YOUR ADVANTAGE

- Source of omega-3 polyunsaturates
- Low Glycemic Index
- All-natural ingredients
- No cholesterol
- Vegan
- Low sodium
- No hydrogenated oils
- Non-GMO
- No trans fats
- "Superfood" ingredients



ITEM #234

### NUTRITION FACTS / VALEUR NUTRITIVE

Per 1 bar (33 g) / par 1 barre (33 g)  
 Servings Per Container: 14 /  
 Portions par contenant : 14

Amount / Teneur	% Daily Value / % Valeur quotidienne
<b>Calories 150</b>	
<b>Fat / Lipides 7 g</b>	<b>11 %</b>
Saturated / saturés 1 g	
+ Trans / trans 0 g	<b>5 %</b>
Polyunsaturated / polyinsaturés 3 g	
Omega-6 / oméga-6 0 g	
Omega-3 / oméga-3 0.5 g	
Monounsaturated / monoinsaturés 3 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium 110 mg</b>	<b>5 %</b>
<b>Potassium 140 mg</b>	<b>4 %</b>
<b>Carbohydrate / Glucides 18 g</b>	<b>6 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 12 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium	2 %
Iron / Fer	4 %

BX.00277

INGREDIENTS: PEANUTS, BROWN RICE SYRUP, RAISINS, ALMONDS, DRIED CRANBERRIES, EVAPORATED CANE SYRUP, FLAXSEED, DRIED CANE SYRUP, APPLE JUICE CONCENTRATE, WALNUTS, CHIA SEED, SALT, HIGH OLEIC SUNFLOWER OIL. / INGRÉDIENTS : ARACHIDES, SIROP DE RIZ BRUN, RAISINS, AMANDES, CANNEBERGES SÉCHÉES, SIROP DE CANNE ÉVAPORE, GRAINES DE LIN, SIROP DE CANNE SÉCHÉ, CONCENTRÉ DE JUS DE POMME, NOIX, GRAINE DE CHIA, SEL, HUILE DE TOURNESOL À HAUTE TENEUR EN ACIDE OLÉIQUE.  
 CONTAINS PEANUTS, ALMONDS, WALNUTS. / LE PRODUIT RENFERME : ARACHIDES, AMANDES, NOIX  
 STORE AT ROOM TEMPERATURE (25 °C) / CONSERVER À LA TEMPÉRATURE AMBIANTE (25 °C)  
 FOR OUR CUSTOMERS WITH FOOD ALLERGIES:  
 NO GLUTEN, DAIRY, EGGS, OR SOY ARE USED IN THIS PRODUCT. GO NUTS 'N' BERRIES IS MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, MILK, EGGS, AND SOYBEANS.

# Rev3 Energy™ Drink

Cleaner. Smarter. Stronger. **Rev3 Energy** is all the power of an energy drink—refined. With an advanced formula developed by USANA's nutrition experts, **Rev3** is a superior alternative to crash-and-burn energy drinks.

## WHAT MAKES IT WORK?

**Rev3** has unique components that separate it from other energy drinks. **Rev3** contains CoQ10. CoQ10 is involved in the production of 95 per cent of the energy required by the body.

## A REVOLUTION IN ENERGY DRINKS

**Rev3** is also low glycemic and formulated for a sustained energy. With a high glycemic load, typical energy drinks spike your blood sugar levels, giving you a quick feeling of energy but soon leading to a crash that leaves you feeling drained. **Rev3** has a total glycemic load that is three to four times lower than traditional energy drinks. This means that **Rev3** does not lead to a debilitating sugar crash but rather leaves you feeling a sustained level of energy throughout the day.

## PROPRIETARY ENERGY COMPLEX

**Rev3** was developed with a complete and proprietary energy complex that includes Korean ginseng, tea, cocoa, and rhodiola. These ingredients are broken down and eventually enter the Krebs cycle (citric acid cycle) and electron transport chain where they help refill the body's energy stores.

## PROPRIETARY PHYTOCHEMICAL BLEND

The unique phytochemical blend of **Rev3** includes 61 mg of additional all-natural ingredients. This includes pomegranate, acerola, grape seed extract, and USANA's patented Olivol™ olive-fruit extract. Olivol provides highly bioavailable phenolic antioxidants.

## WHY REV3 ENERGY™ DRINK?

**Rev3** has a crisp, all-natural taste from natural ingredients. **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 naturally derived caffeine from a blend of teas for improved mental alertness and stamina.

**Rev3** also includes additional vitamins, minerals, and antioxidants that support energy metabolism at the cellular level.



ITEM #138

**RECOMMENDED USE:** DEVELOPED FOR PERIODS OF INCREASED MENTAL AND PHYSICAL EXERTION. HELPS TEMPORARILY RESTORE MENTAL ALERTNESS OR WAKELINESS WHEN EXPERIENCING FATIGUE OR DROWSINESS. PROVIDES VITAMINS AND ANTIOXIDANTS. / **USAGE RECOMMANDÉ:** DESTINÉE À LA CONSOMMATION PENDANT LES PÉRIODES DE FATIGUE MENTALE OU PHYSIQUE ACCRUE. AIDE À REDONNER TEMPORAIREMENT UNE ACUITÉ MENTALE OU À ÉVEILLER EN CAS DE FATIGUE OU DE SOMNOLENCE. ASSURE UN APPORT EN VITAMINES ET ANTIOXYDANTS.

**RECOMMENDED ADULT DOSE:** DRINK ONE CAN (355 mL) DAILY AS NEEDED. / **DOSE RECOMMANDÉE POUR ADULTES:** BOIRE UNE CANETTE (355 ml) PAR JOUR, AU BESOIN.

**MEDICINAL INGREDIENTS PER 355 mL:** GREEN TEA LEAF EXTRACT (*CAMELLIA SINENSIS*) (STANDARDIZED TO CONTAIN 40% CAFFEINE) 300 mg, MAGNESIUM (CITRATE) 75 mg, KOREAN GINSENG ROOT EXTRACT (*PANAX GINSENG*) 75 mg, RIBOSE 75 mg, NIACIN (NIACINAMIDE) 30 mg, PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE) 15 mg, CHOLINE CHLORIDE 15 mg, COENZYME Q10 (UBIQUINONE) 15 mg, WHITE TEA LEAF EXTRACT (*CAMELLIA SINENSIS*) 15 mg, RHODIOLA ROOT EXTRACT (*RHODIOLA ROSEA*) 15 mg, COCOA SEED EXTRACT (*THEOBROMA CACAO*) 15 mg, ALOE LEAF EXTRACT (*ALOE VERA*) 15 mg, GRAPE SEED EXTRACT (*VITIS VINIFERA*) 15 mg, RED VINE LEAF EXTRACT (*VITIS VINIFERA*) 15 mg, OLIVE FRUIT EXTRACT\* (*OLEA EUROPAEA*) 15 mg, ACEROLA FRUIT EXTRACT (*MALPIGHIA PUNICIFOLIA*) 15 mg, POMEGRANATE FRUIT EXTRACT (*PUNICA GRANATUM*) 15 mg, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE) 7.5 mg, VITAMIN B2 (RIBOFLAVIN) 2.55 mg, VITAMIN B1 (THIAMINE HYDROCHLORIDE) 2.25 mg, BLACKCURRANT FRUIT EXTRACT (*RIBES NIGRUM*) 1.5 mg, BIOTIN 450 µg. / **INGRÉDIENTS MÉDICINAUX PAR 355 mL:** EXTRAIT DE FEUILLE DE THÉ VERT (*CAMELLIA SINENSIS*) (NORMALISÉ POUR UNE TENEUR EN CAFFÉINE DE 40 %) 300 mg, MAGNÉSIMUM (CITRATE) 75 mg, EXTRAIT DE RACINE DE GINSENG CORÉEN (*PANAX GINSENG*) 75 mg, RIBOSE 75 mg, NIACINE (NIACINAMIDE) 30 mg, ACIDE PANTOTHÉNIQUE (D-PANTOTHÉNATE DE CALCIUM) 15 mg, CHLORURE DE CHOLINE 15 mg, COENZYME Q10 (UBIQUINONE) 15 mg, EXTRAIT DE FEUILLE DE THÉ BLANC (*CAMELLIA SINENSIS*) 15 mg, EXTRAIT DE RACINE D'ORPIN ROSE (*RHODIOLA ROSEA*) 15 mg, EXTRAIT DE GRAINES DE CACAO (*THEOBROMA CACAO*) 15 mg, EXTRAIT DE FEUILLE D'ALOËS (*ALOE VERA*) 15 mg, EXTRAIT DE PÉPINS DE RAISIN (*VITIS VINIFERA*) 15 mg, EXTRAIT DE FEUILLE DE RAISIN ROUGE (*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, VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE) 7,5 mg, VITAMINE B2 (RIBOFLAVINE) 2,55 mg, VITAMINE B1 (CHLORHYDRATE DE THIAMINE) 2,25 mg, EXTRAIT DE CASSIS (*RIBES NIGRUM*) 1,5 mg, BIOTINE 450 µg.

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

**NON-MEDICINAL INGREDIENTS:** ULTRA PURIFIED REVERSE OSMOSIS CARBONATED WATER, FRUCTOSE, EVAPORATED CANE JUICE SYRUP, NATURAL CITRUS FLAVOUR, CITRIC ACID, CALCIUM MALATE, NATURAL VEGETABLE JUICE COLOUR, POTASSIUM SORBATE, MALIC ACID, SEA SALT. / **INGRÉDIENTS NON MÉDICINAUX:** EAU GAZÉIFIÉE ULTRA-PURIFIÉE PAR OSMOSE INVERSE, FRUCTOSE, SIROP DE JUS DE CANNE ÉVAPORÉ, ARÔME NATUREL D'AGRUMES, ACIDE CITRIQUE, MALATE DE CALCIUM, COLORANT NATUREL TIRÉ DE JUS DE LÉGUMES, SORBATE DE POTASSIUM, ACIDE MALIQUE, SEL DE MER.

**CAUTIONS:** CONTAINS CAFFEINE. 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. / **MISE EN GARDE:** CONTIENT DE LA CAFÉINE. DÉCONSEILLÉ POUR LES ENFANTS, LES FEMMES ENCEINTEES OU QUI ALLAIENT ET LES PERSONNES SENSIBLES À LA CAFÉINE. CONSULTEZ VOTRE MÉDECIN SI VOUS PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.

MADE IN USA / FABRIQUÉ AUX É.-U.

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

IMPORTED BY / IMPORTÉ PAR :

USANA Canada Company, 80 Innovation Drive WOODBRIDGE, Ontario L4H 0T2  
STORE BELOW 25° C / CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25° C

Foods

CH 00008



# Rev3 Energy Surge™ Pack

Cleaner. Smarter. Stronger. **Rev3 Energy Surge Pack** is all the power of an energy drink—refined. With an advanced formula developed by USANA's nutrition experts, **Rev3** is a superior alternative to crash-and-burn energy drinks.



## WHAT MAKES IT WORK?

**Rev3 Energy Surge Pack** contains a natural source of caffeine derived from the leaves of three different types of teas. This caffeine helps to provide a feeling of increased energy and mental alertness. With 80 mg of naturally derived 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 that includes malic acid and citric acid. 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.

## WHY REV3 ENERGY SURGE™ PACK?

**Rev3** has a crisp, all-natural taste from natural ingredients. **Rev3** has no artificial flavours, no artificial sweeteners, no artificial preservatives, and no artificial colours. It contains naturally derived caffeine from a blend of teas for improved mental alertness and stamina. Teas also provide numerous beneficial ingredients, including antioxidants and phytonutrients known to be beneficial to health and metabolism. The teas also give **Rev3** its unique and refreshing taste, a contrast to the bitter or overly sweet flavours of many other energy drinks.

ITEM #139

### 14 PACKS / 14 SACHETS

**RECOMMENDED USE:** HELPS TO TEMPORARILY INCREASE ENERGY AND ENHANCE COGNITIVE PERFORMANCE. / **USAGE RECOMMANDÉ :** POUR FAVORISER TEMPORAIREMENT UNE HAUSSE DE L'ÉNERGIE ET UN MEILLEUR RENDEMENT COGNITIF.

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

### 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 60 mg CAFFEINE  
 KOREAN GINSENG (PANAX GINSENG) 100 mg  
 ROOT EXTRACT  
 CALCIUM (CARBONATE) 35 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 60 mg DE CAFÉINE  
 EXTRAIT DE RACINE DE GINSENG COREÉEN (PANAX GINSENG)  
 CALCIUM (CARBONATE)

**NON-MEDICINAL INGREDIENTS:** CRYSTALLINE FRUCTOSE, HONEY POWDER, NATURAL FLAVOURS, MALIC ACID, STEVIA (STEVIA REBAUDIANA) LEAF POWDER. / **INGRÉDIENTS NON MÉDICINAUX :** FRUCTOSE CRISTALLIN, POUDRE DE MIEL, AROMES NATURELS, ACIDE MALIQUE, POUDRE DE FEUILLES DE STÉVIA (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. / CE PRODUIT EST DÉCONSEILLÉ POUR LES ENFANTS, LES FEMMES ENCEINTEES OU QUI ALLAIENTENT OU POUR LES PERSONNES SENSIBLES À LA CAFÉINE. CONSULTEZ VOTRE MÉDECIN SI VOUS PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE OU SI VOUS SOUFFREZ D'UN PROBLÈME DE SANTÉ.**

MADE IN USA / FABRIQUÉ AUX É.-U.

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

WR139\_010008

# 5-Day RESET™ Kit

Reinvent yourself with RESET weight-management system and lose up to five pounds in five days

It's no secret that the key to effective weight loss 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 have developed **RESET**, a program to help people jumpstart healthy eating habits and begin to make a clean break from unhealthy, high-glycemic foods.



## RESETTING YOUR BODY HAS NEVER BEEN EASIER

**RESET** 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 an Oatmeal Raisin **Nutrition Bar**, a Peanut Butter Crunch **Nutrition Bar**, a serving of fruit, and a serving of vegetables. You should also take the AM and PM **HealthPak™**, drink approximately two litres of water and walk for approximately 20–30 minutes (about 3,000 steps) every day.

## CONTROL THE CRAVINGS†

All of the **USANA® Foods** products in **RESET** are guaranteed to be low glycemic. As the foundation of a nutritious diet, low-glycemic foods release energy slowly and do not cause drastic blood glucose spikes and crashes. Therefore, you don't feel hungry as quickly, so you don't feel an overwhelming need to eat, which may help you lose weight. In addition, the fibre content of **RESET** also helps provide a long-lasting sense of fullness and maintain energy levels throughout the day.†

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

## LOSE THE POUNDS

In an in-house trial, most participants who completed the **5-Day RESET Kit** program reported an average weight loss of five pounds, without feeling hungry. **RESET** is not about starvation. It is a nutritionally complete, low-calorie system to help you lose the first few pounds and find the motivation to keep working toward your total weight-loss goal.

## FIND THE NEW YOU

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

Meals	5-Day RESET	TRANSFORM PHASE	MAINTAIN PHASE
<b>Breakfast</b>	<b>Nutrimeal</b> shake	<b>Nutrimeal</b> shake	<b>Nutrimeal</b> shake
<b>Snack</b>	<b>Nutrition Bar</b>	<b>Nutrition Bar</b>	<b>Nutrition Bar</b>
<b>Lunch</b>	<b>Nutrimeal</b> shake	<b>Nutrimeal</b> shake	Low-glycemic meal with plenty of fresh vegetables and fruits
<b>Snack</b>	<b>Nutrition Bar</b>	Low-glycemic snack	Low-glycemic snack
<b>Dinner</b>	<b>Nutrimeal</b> shake	Low-glycemic meal with plenty of fresh vegetables and fruits	Low-glycemic meal with plenty of fresh vegetables and fruits
	Also eat one serving of fruit and one serving of vegetables per day	*Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes	

ITEM #251

## HEALTH BASICS

- Can lose five pounds in five days†
- Can lose two pounds a week for twelve weeks†
- Low-glycemic ingredients to control carbohydrate cravings
- One of the most nutritional weight-loss programs on the market
- In a clinical study, the average number of centimeters lost was 3.8 centimetres
- Provides balanced nutrition and all you need for weight-loss success

The **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**
- 5 Peanut Butter Crunch **Nutrition Bars**
- 5 Oatmeal Raisin **Nutrition Bars**
- 5 AM/PM **HealthPak** packets

To help you achieve your ideal weight, **Transform** every day:

- Replace two meals with **Nutrimeal** shakes and eat one low-glycemic meal.
- Eat one USANA **Nutrition Bar** as a snack and one other low-glycemic snack.
- Follow a moderate exercise program.
- Take your **Essentials™** or **HealthPak**.

To help you maintain your ideal weight, **Maintain** every day:

- Replace one meal with a **Nutrimeal** shake and eat two low-glycemic meals.
- Eat one USANA **Nutrition Bar** as a snack and one other low-glycemic snack.
- Continue a moderate exercise program.
- Take your **Essentials** or **HealthPak**.

## References

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

†Individual results may vary. **RESET™** weight-management program lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. 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, 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.

Foods



## 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, Pentyleneglycol, 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, Pentyleneglycol, 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, Pentyleneglycol, 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, Cetrimonium 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 Glycyrhethinate, Magnesium Ascorbyl Phosphate, Diisopropyl Dimer Dilinoleate, Morus Nigra Root Extract, Sodium PCA, Vitis Vinifera (Grape) Fruit Extract, Sambucus Nigra Flower Extract, Echinacea Angustifolia Extract, Chondrus Crispus (Carrageenan) Extract, Centella Asiatica Leaf Extract, 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<sup>®</sup>: 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](http://truehealthassessment.com)



