

DOES YOUR BREAKFAST WORK FOR YOU?

A Simple Solution to a **BREAKFAST BLUNDER**

Did You Know?

Studies show that those who consume a healthy, balanced breakfast are more focused, have more energy, and weigh less than those who eat an unhealthy breakfast or skip it all together.



| Nutrition Facts Serving Size | 1 Serving USANA® Dutch Chocolate Nutriméal™ | 591 mL latte w/whipped cream 1 blueberry muffin | 650 mL orange juice 227 g egg & sausage muffin 57 g hash brown |
|---------------------------------|--|---|--|
| Calories | 240 | 770 | 880 |
| Saturated Fat | 1 | 16 | 11.5 |
| Fibre | 4 | 2 | 2 |
| Carbohydrates | 32 | 111 | 103 |
| Sugar | 17 | 83 | 60 |
| Price | \$3.22 | \$6.40 | \$5.51 |

USANA's Nutriméal™ is a quick and nutritious meal replacement. It contains a perfect ratio of proteins, carbohydrates, and fats, and its low-glycemic formula is designed to promote satiety, sustain energy, and curb cravings. So start your day right and give your body what it really wants—a healthy and delicious, time-saving Nutriméal shake.

To avoid your next breakfast blunder, contact your independent USANA Associate today!



USANA
INDEPENDENT ASSOCIATE

USANA Canada Co., 80 Innovation Drive, Woodbridge, ON L4H 0T2

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