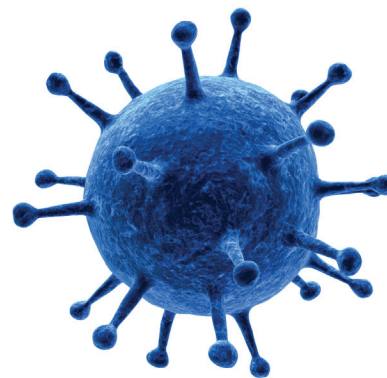


A LITTLE WISDOM FOR YOUR IMMUNE SYSTEM

A healthy immune system is vital to good overall health. While common sense can help you stay healthy, it can only do so much. Luckily, several USANA® products are designed to give your immune system the support it needs.



DENY VITAMIN D DEFICIENCIES

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. And it's not just for winter—even during the summer months, you probably spend most of your time at work in an office, away from the vitamin D the sun naturally provides. Vitamin D promotes a healthy, balanced immune system through its key role in the regulation of immune system cells.

BALANCE THE GOOD BACTERIA

USANA® Probiotic food supplement helps sustain healthy immune function by promoting healthy bacterial growth in the gut. Since more immune cells are concentrated there than in any other region of the body, keeping your gut in check is always a smart move.



UP YOUR VITAMIN C

USANA's unique **Proflavanol® C¹⁰⁰** bioflavonoid supplement offers the highest quality grape seed extract along with the added antioxidant protection of high-potency vitamin C. Featuring USANA's innovative Nutritional Hybrid Technology, Proflavanol C¹⁰⁰ offers powerful support for balanced immune function in a unique bilayer tablet.



GET YOUR ZZZS



Sleep has many restorative functions, including boosting your body's internal defence mechanisms. USANA's **Pure Rest™** melatonin supplement helps support the body's natural sleep and wake cycles to ensure you get the rest you need. Choose a quiet, comfortable sleep environment and avoid watching television or engaging in other mind-stimulating activities before going to bed.

Contact your local USANA Associate for more information.



USANA
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