



your health. your life. your way.™



FOR HEALTH. FOR LIFE. FOR ALL.

USANA HEALTH SCIENCES WAS FOUNDED IN 1992, SO YOU COULD SAY WE'VE BEEN AROUND THE BLOCK. THAT'S A GOOD THING. OUR LONGEVITY IN THE WELLNESS INDUSTRY GIVES US—AND YOU—AN UNBEATABLE EDGE WHEN IT COMES TO LIVING YOUR LIFE, YOUR WAY. WE HAVE EXPERIENCE IN CREATING EXCEPTIONAL PRODUCTS THAT SUPPORT YOUR HEALTH, AND WE'VE BUILT ON THAT EXPERIENCE TO CREATE A COMPANY THAT'S A FORCE TO BE RECKONED WITH, WORLDWIDE.

WE'RE DEDICATED TO YOU, AND WE PROVE IT EVERY DAY. HOW? BY FOCUSING ON WHAT MATTERS.

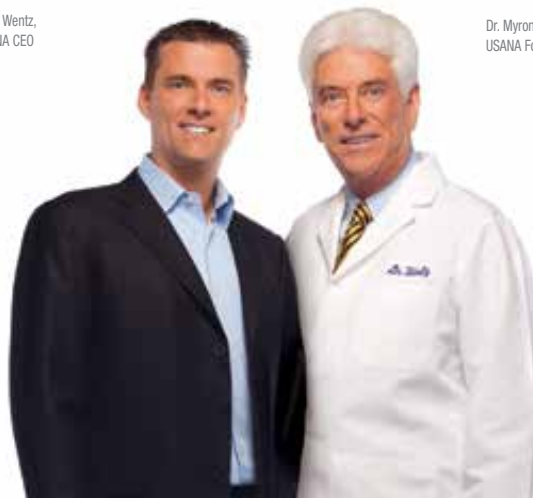
We've got top-notch manufacturing facilities, our own scientists and research and development team, and the highest standards for our nutritional products. We have an award-winning compensation plan, an award-winning communication department that produces award-winning sales tools, and award-winning products. We don't like to brag, but we come pretty highly recommended.

You're probably wondering: How did we get to be so awesome?

Easy. We were founded by an actual scientist—not a corporate suit.

USANA's founder, Dr. Myron Wentz, is an internationally recognized microbiologist, immunologist, and pioneer in infectious disease diagnosis. In 1974, he founded Gull Laboratories to develop viral diagnostics, and his greatest successes during this time included the first commercially available diagnostic test for Epstein-Barr virus, better known as the virus that causes mononucleosis.

Dave Wentz,
USANA CEO



Dr. Myron Wentz,
USANA Founder

Success was never Dr. Wentz' only aim. Instead, he centred his life around a dream—a dream dating back all the way to his teenage years, when his father died at the age of 57 from heart disease. From that defining moment, Dr. Wentz made the decision to dream big; to dream of a world free from pain and suffering. A world free from disease.

And he founded USANA Health Sciences to help further his dream by providing people all over the world with the most advanced supplements science can produce.

This is why USANA is a company based on continuous product innovation. This is why our products are of the highest quality. This is why we have stringent manufacturing processes, ongoing scientific research, and an insatiable drive to produce exceptional products. This is why USANA is trusted by professional athletes and Olympians, but also everyday people who believe health is a vital part of a long, happy life.

This is why USANA is not just another direct selling business.

We're in the business of changing lives for the better. And we're really, really good at it.



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FIVE REASONS TO MAKE USANA YOURS

NUTRITION FOR YOU, DESIGNED BY YOU.

Everyone is different. So why take the same supplements as the next guy? USANA always has you in mind, from the True Health Assessment and Companion to our whole line of Optimizers. Choose the nutritionals that work for you and then get back to living your life.

TOTAL FREEDOM.

Want extra time to do the things you love? How about some extra cash? Maybe you want the chance to be a part of something larger than yourself, or maybe you're just interested in being the healthiest person you can be. Maybe you simply want the chance to live life on your own terms. Whatever kind of freedom you're looking for—USANA can help you achieve it.

UNLIMITED ENERGY.

When USANA Associates, employees, and the management team get together, the passion is electrifying. And that's not just us talking. USANA's International Convention, the biggest USANA event each year, has earned four Stevie Awards for Best Live Event. And at USANA events like Super Saturdays, XRCs, retreats, and trainings, you'll feel camaraderie that can only come from being a part of the USANA family.

WE HAVE EXTRAORDINARY FRIENDS.

Lots of them. The amazingly high standards we set for our products have attracted more than 600 professional and Olympic athletes to our nutritionals and energy and diet lines. Their health is their life, and they trust their health to USANA. There's no reason you shouldn't.

ENDLESS POSSIBILITIES.

USANA is an award-winning leader in network marketing and the health and wellness industries. With operations in 19 markets around the globe, your future with USANA is in your hands. There are no limits to where your USANA business can take you. Whatever you want to do, whatever your goals, USANA can help you succeed.

THE USANA STANDARD



For more information, scan here:



FROM USANA TO YOU

The supplement industry is often given a lot of slack. The Food and Drug Administration (FDA) doesn't hold dietary supplements to the same quality standard as pharmaceuticals so many products just aren't what they say they are. The USANA Standard says that's not good enough. **NSF International has certified our good manufacturing practices, and many USANA products meet the stringent requirements of both Informed-Choice and HFL Sport Science.** Plus, we guarantee that our supplements contain exactly what's listed on the label.

But that's not all. Part of having such high standards is having a variety of government agencies periodically drop in to

inspect our manufacturing facility. **They stop by to make sure we're meeting the highest standards while we produce our products, and they require strict adherence to certain procedures and documentation.** For example, in order to offer products to our Canadian Preferred Customers and Associates, USANA adheres to standards set by Health Canada's Natural Health Products Directorate, which regulates health products for sale in Canada. They ensure the products are safe, effective, and of high quality. For the Australia market, USANA has been meeting the rigorous guidelines of the Australian Therapeutic Goods Administration for years. And USANA also already adheres to a more rigorous quality assurance program in the manufacture of its nutritional supplements by com-

plying with pharmaceutical-level Good Manufacturing Practices, or GMPs.

Did we stop there? Nope. **In 2011, USANA took everything a step further. Our manufacturing facility became a registered FDA Drug Establishment.** Because USANA has been voluntarily adhering to these FDA standards for years, no changes needed to be made to our manufacturing processes in order to comply with the scrutiny of FDA Drug Establishment Registration.

Now, this may have you wondering: what about other supplement companies? Do they meet these standards? It's hard to say. Other supplement companies are only required to follow the FDA's less stringent dietary supplement standards. And while some other companies out there can say they manufacture their

products in a registered FDA Drug Establishment, many of them outsource the responsibility of manufacturing to a third party vendor. USANA is different in that we take the responsibility of creating the highest-quality supplements upon ourselves. We manufacture the majority of our products in-house at our own state-of-the-art facility in Salt Lake City, Utah. **We want to make sure we know exactly what's going into our products so you can trust you're getting the best of the best.**

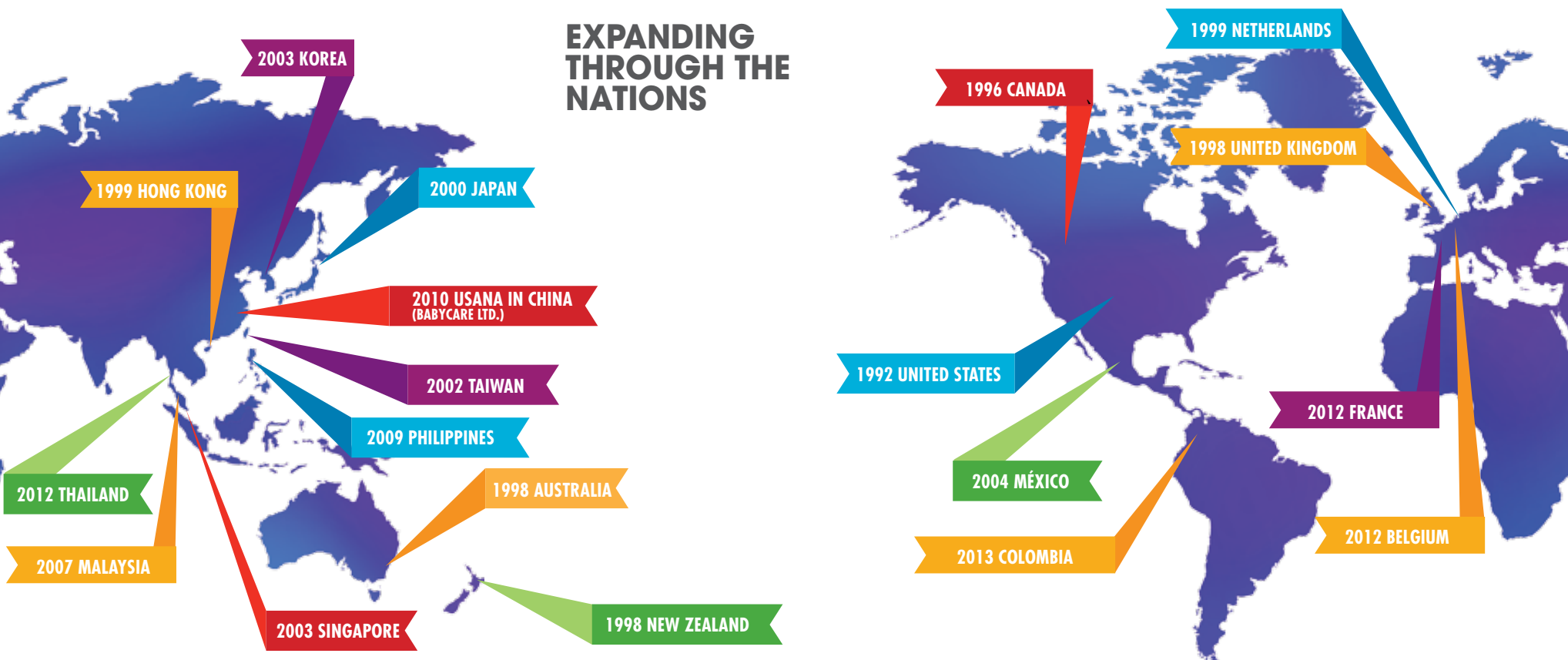
The amazing quality of our manufacturing processes is just one more way USANA shows its commitment to creating the highest quality products on the market.



"Integrity is doing it right when no one is looking," says Henry Ford. That's exactly how we feel about USANA's manufacturing practices. When it comes to recommending health products to the people you love, like your very own children, only the best will do! It's not just 'good' quality that matters, but rather the best, highest level, and strictest manufacturing that matters! We believe having vibrant health is essential to loving life and living it to the fullest. Thanks to USANA's fully bioavailable, potent, complete, and pure supplements, we know we are giving our family the best in cellular nutrition!"

Becky & Craig Lawson
London, Ontario

EXPANDING THROUGH THE NATIONS

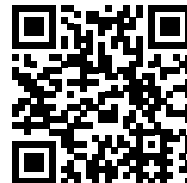


600+ ATHLETES. ONE USANA.



Whether looking to increase their energy or maintain their health, hundreds of athletes around the globe trust USANA Health Sciences for their nutritional supplement needs. The quality nutrition they get from USANA products comes with a guarantee that what's on the label is in the product—and nothing else.

For more information, scan here:



Win totals and stats current as of May 2013

USANA SPONSORED ATHLETES

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



Timothy Bradley, Jr.

- Current World Boxing Organization champion
- 30-0 with 12 knockouts in his professional career
- Former World Boxing Organization and two-time World Boxing Committee light welterweight champion



Ariane Lavigne

- Member of Canada's National Snowboard Team
- 2011 FIS Nor-Am Cup champion
- 2011 Slalom Canadian champion



Meb Keflezighi

- Four-time NCAA champion
- 2009 ING NYC Marathon champion
- 2004 Summer Games silver medalist, 2009 XC champion, and 2012 Summer Games Olympian



Meaghan Mikkelson Reid

- 2010 Winter Games gold medalist
- 2012 IIHF World Championships gold medalist
- 2001, 2008, and 2009 IIHF World Championships silver medalist



Crystal Manning, Triple Jumper

- 2011 USA Outdoor runner-up
- 2007 Big 12 champion
- Four-time NCAA All-American



Tyler McGill

- Gold medalist in 4x100 metre medley at 2012 Summer Games
- Bronze medalist in 100 metre butterfly at 2011 World Aquatics championships
- Member of two world champion relay teams for the U.S.



Gina Grain

- 2008 Summer Games Olympian
- 2006 Track Championship silver medalist
- U.S. Pro Tour Championship winner
- Seven-time Canadian National champion



Melanie McQuaid

- Three-time XTERRA world champion
- 2011 ITU Cross Triathlon world champion
- Seven-time Canadian National XTERRA Championship winner
- 2010 European XTERRA Championship winner



Antonin Decarie

- World Boxing Council International Boxing champion
- Fights in the Welterweight division
- One of Canada's top boxers
- 27-2 with 8 knockouts



Conor Dwyer, Swimmer

- 2012 Summer Games gold medalist
- 2011 World Championships gold medalist
- 2011 Pan American gold medalist and three-time silver medalist



Nikola Girke

- Three-time CYA's Female Sailor of the Year
- Formula Experience Women world champion
- Competed in 2004, 2008, and 2012 Summer Games



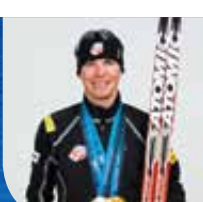
Charlie Davies

- Played on U.S. National Team
- Played for Hammarby, Sochaux, and DC United
- Has appeared on Team USA 16 times and has four international goals
- Plays striker for Danish Superliga Randers FC



Austin Trout

- WBA Light Middleweight world champion
- 26-1 with 14 knockouts
- 2004 U.S. National Amateur Welterweight champion



Billy Demong

- 2010 Winter Games gold medalist
- First American to win a gold medal in a Nordic event
- Silver medalist in the team large hill event
- Four-time Olympian



Grete Eliassen

- 2011 Female Skier of the Year
- Only woman to medal in the first X Games slopestyle and halfpipe events
- Won two gold, two silver, and two bronze medals at the X Games between 2005 and 2011
- Set woman's world jump record at 9.4 metres

USANA AND THE WTA: A PERFECT MATCH

The Official Supplement Supplier of



Zheng Jie

Zheng Jie has taken home four singles titles and 14 doubles titles—including one from the Australian Open and one from Wimbledon.

Sloane Stephens

Stephens has been labelled a "Rising Star" within the WTA and is currently ranked in the top 20 in the world in women's tennis. In 2013, she reached the semifinals of the Australian Open by defeating the number one player in the world, Serena Williams.

Liezel Huber

Huber has had a 20-year professional career and has long been one of the best doubles players in the world. She's won 53 doubles titles, including 7 Grand Slams.

Kim Clijsters

Clijsters has won more than 500 matches during her storied career. She has 41 singles titles, including four Grand Slam Titles and 11 doubles titles. She was named the 2005 and 2010 WTA Player of the Year.

Samantha Stosur

Stosur won the 2011 US Open. In addition, she has won a total of 26 titles, three singles and 23 doubles—with several wins at Grand Slam events—during her 13 years on tour.

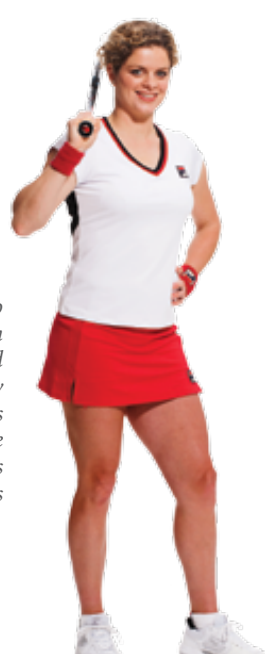
Aleksandra Wozniak

Wozniak is currently the number one ranked WTA player in Canada. She has represented Canada in the Fed Cup since 2004 and has won Tennis Canada's Best Female Athlete of the Year on multiple occasions.



"I've trusted my health to USANA for years, and I'm proud to serve as a brand ambassador for a company I believe in. Its supplements are the only ones that I use because I know that what's written on the label is what's in the pill."

Liezel Huber





DR. MEHMET OZ'S FOUNDATION, HEALTHCORPS, AND USANA CELEBRATE A YEAR OF CHARITY

What an "Ozsome" year! In 2012, HealthCorps, the organization founded by America's favourite doctor, teamed up with USANA Health Sciences Inc. to create a health and philanthropic winning combination. It wasn't just a common goal that brought together the dynamic duo of Dr. Mehmet Oz's HealthCorps and USANA, but also a dual, driving force to make the world a happier, healthier place.

USANA's mission lines up perfectly with that of HealthCorps—the charitable foundation created by world-renowned Cardiothoracic Surgeon and two-time

Emmy Award-winning Talk Show Host of the three-time Emmy Award-winning *The Dr. Oz Show*, Dr. Mehmet Oz, and his wife, producer, writer, and TV news contributor, Lisa Oz.

HealthCorps was established to fight against teenage obesity, one of the most pressing health issues in the United States. With teen mentoring, HealthCorps teaches young people how to become educated consumers and make healthy food choices.

The relationship is a natural fit, with HealthCorps and USANA having a shared interest in spreading health.

In March of 2013, Dr. Mehmet Oz came to Salt Lake City on behalf of HealthCorps to tour USANA's manufacturing facilities and personally thank USANA for its continued support of HealthCorps.

During his visit, Dr. Mehmet Oz stated, "I want to applaud you. It comes back to the reality that how you do anything is how you do everything. And every single thing that I saw today was fantastic, which is why USANA as a company is where it is. And that's why I take pride in the relationship that our team at HealthCorps has with USANA."

USANA and HealthCorps will continue to leverage resources with a goal of generating the maximum impact on the lives of teens. The objective of the relationship is to create the healthiest families on earth.

"We feel the power of this relationship," explains Dave Wentz, USANA CEO. "We can do a lot more working together than we can apart."

For more information, scan here:



USANA PARTNERS WITH LINUS PAULING INSTITUTE

USANA Health Sciences and the Linus Pauling Institute (LPI) have worked together to better determine the role that vitamins, minerals, and antioxidants play in promoting optimal health. LPI, one of the nation's first Centers of Excellence for Research on Complementary and Alternative Medicine, has been a world leader in the science of micronutrition. USANA hopes to continue to support research at LPI to leverage the true synergy between basic and applied research in human nutrition.



TEAMED WITH TOSH

The Orthopedic Specialty Hospital (TOSH), located in Murray, Utah, is one of the country's premier facilities for orthopedic surgical care, rehabilitation and physical therapy, sports performance training, and nutrition counselling.

Through TOSH's collaborative relationship with USANA, the hospital has been able to streamline a series of studies being conducted in young athletes, athletes recovering from anterior cruciate ligament (ACL) surgery, patients with knee osteoarthritis, and patients recovering from knee replacement surgery. These studies, funded in part by both USANA and the Intermountain Research and Medical Foundation, are well on their way to making real, positive differences in the lives of others.



USANA TRUE HEALTH FOUNDATION

The USANA True Health Foundation began operations in 2012. Dr. Myron Wentz, USANA's founder, and USANA CEO Dave Wentz, created the Foundation to enable the USANA family to expand their ongoing charitable efforts.

Your donation to the Foundation will go to one of three areas: Area of Greatest Need, the Sanoviv Medical Assistance Program, or Children's Hunger Fund. You are welcome to select which area you would like your donation to benefit. USANA has pledged to cover all other costs associated with the functioning of this Foundation, so every dollar you give goes directly to those who need it most.*



SANOVIV

Dr. Myron Wentz opened Sanoviv Medical Institute in 2000. Sanoviv is a cutting-edge medical facility located in Baja California, México that combines state-of-the-art technology with an integrative approach to healing.

For more information, please visit sanoviv.com.

*For more information, please visit USANAFoundation.org.

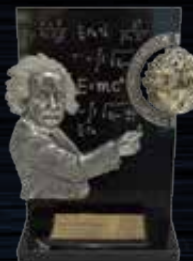
Stevie Award Winner:
SALES & CUSTOMER SERVICE
Customer Service Department of the Year
2 wins since 2012



THE HEALTHY HOME HITS #2 ON THE NEW YORK TIMES BEST SELLERS LIST
May 2011



Dr. Myron Wentz receives the **ALBERT EINSTEIN AWARD**
for Outstanding Achievement in the Life Sciences
2007



Outside Magazine:
BEST PLACES TO WORK
4 wins since 2009



Forbes.com names Dave Wentz One of America's **MOST POWERFUL CEOs 40 & Under**
2009



Since 2009
Since 2009

USANA RECEIVES A **PROGRESSIVE MANUFACTURING 100 AWARD**
IN INNOVATION MASTERY
2011

#1 FAVOURITE BRAND IN THE DIRECT SALES CHANNEL
BASED ON CUSTOMER SATISFACTION

BASED ON A SURVEY OF MORE THAN 10,000 SUPPLEMENT USERS



USANA 2013



BEST OF STATE

Dietary Supplement
10 wins since 2003
Personal Care Products/Cosmetics—Sense™
5 wins since 2007
Health/Nutrition Beverage—Rev3 Energy™
5 wins since 2009
Science/Technology—Research and Development
2012
Health/Nutrition Product
3 wins since 2009

Recognizing that the health of the environment is an important factor in human health, USANA strives to reduce its environmental impact through the USANA Green program. USANA's actions include the following:

- Publicly reporting greenhouse gas emissions as a Founding Member of The Climate Registry
- Moving to recyclable materials in product packaging
- Cutting energy use in company facilities and operations
- Recycling efforts to include sorting and recycling of USANA's solid waste
- Saving more than 9 million litres of water with xeriscaping



GREEN



Look. **We get it.** Direct sales is different. It's not the status quo. **It's not for everyone, and that's okay.** But if you're independent. If you're adventurous. If you enjoy a challenge. **If you go for what you want and don't care what other people think, because you know it doesn't matter.**

Then USANA is your company. We're your path, your gateway to a future unbounded by the rules and regulations society has created.

It's simple, really. We offer an escape. With USANA, there are no time cards or office birthday parties or dress codes or cubicles or awkward elevator chitchat about the weather. There's no morning commute and no evening rush hour. **There's only freedom to do what you want, when you want.**

BECAUSE EVERYTHING WE DO HELPS YOU LOVE LIFE AND LIVE IT. YOUR WAY.



YOUR HEALTH

TAKE CHARGE

Countless studies have shown that the key to a longer health span lies in choosing a lifestyle that supports optimal health. And luckily, you're in control. **Youthful vitality, no matter your age, comes as a result of the positive choices you make daily to protect your body's cells.** Things like diet, quality supplementation, exercise, proper hydration, and skin care all impact our ability to live life to its full potential.

These positive health choices take on more importance when we're confronted with the realities of the world around us.

Public health scientists have found new evidence of the threats to our cellular health posed by our toxic environment. The air we breathe, water we drink, and foods we eat contain substances that may be damaging to our cells. Any tissue that is exposed to the environment, including the skin and the linings of the respiratory and gastrointestinal passages, may be especially vulnerable.

"The human body is made of cells, and those cells work together to sustain your life," USANA founder and chairman Dr. Myron Wentz says.

Other medical professionals concur on the importance of supplementation. Many researchers believe supplementary antioxidants are necessary for aiding the body's normal defence systems in combating free radicals.

"My father started USANA Health Sciences with a focused vision of freeing the world from pain and suffering," USANA CEO Dave Wentz says. "He envisioned a world where people experienced physical health, emotional well-being, and financial stability. He wanted to give his family and families of

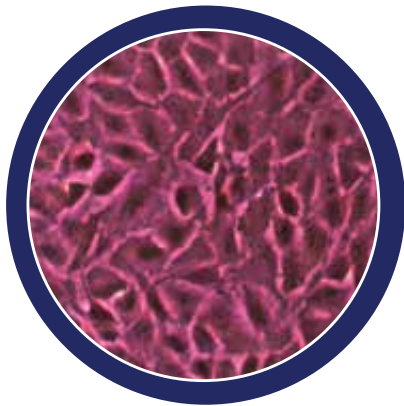
thousands of others the means to enjoy life to its fullest in happiness and health."

You are in charge of your happiness and health. It starts with the healthy choices you make. Currently, hundreds of thousands of families around the world are supplementing their diets with USANA products, and making the positive choice to pursue a healthier tomorrow.

For more information, scan here:

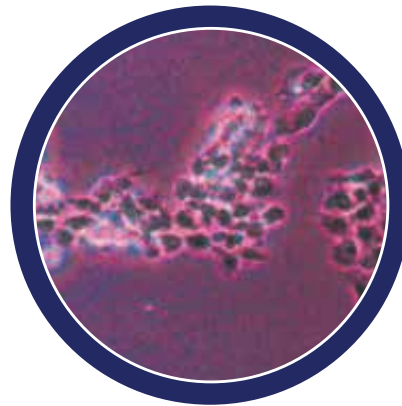


UNDER THE MICROSCOPE



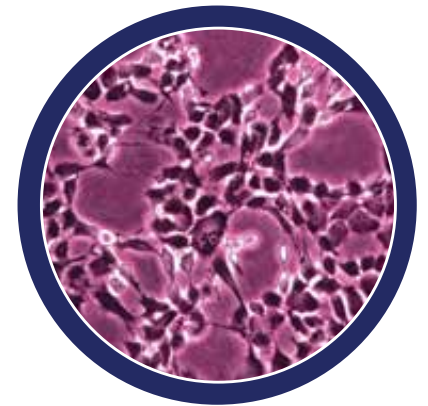
Healthy human cells in culture

Laboratory experience and analysis indicate that certain types of healthy cells in culture may survive indefinitely when "nutriented" properly and protected from harmful toxins.



Cells after adding digested products from a fatty meal

Cellular damage is caused by oxidized lipids from fatty food. Consider that such damage could occur throughout the body.



Similar cells when antioxidants are introduced

Antioxidants provide a marked improvement in inhibiting cellular damage from oxidizable foods. Healthier eating habits and proper nutrition are your first line of defence.

TODAY'S HEALTH REALITY

Living a life you love begins with great health. But today's unfortunate reality is that many people's lives are plagued by the leading causes of premature death.

The majority of these degenerative diseases are caused by poor lifestyle choices. But it's never too late to make a change for the better.

DIABETES IS ONE OF THE FASTEST growing diseases with more than 60,000 new cases diagnosed each year.¹

CARDIOVASCULAR DISEASE
(17.3 MILLION*)



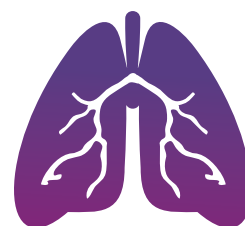
CANCER
(7.5 MILLION*)



STROKE
(6.1 MILLION*)



RESPIRATORY DISEASE
(4.2 MILLION*)



DIABETES
(1.2 MILLION*)



*Annual worldwide figures; World Health Organization, Global Health Observatory Data Repository. Retrieved May 2012 from <http://apps.who.int/ghodata/?vid=10012>

1. <http://www.hc-sc.gc.ca/hl-vs/iyh-vs/diseases-maladies/diabete-eng.php>

ESSENTIAL HEALTH

TRUE HEALTH—IT'S ESSENTIAL

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. Potency guaranteed!



HealthPak™

Provides a full daily dose of the USANA® Essentials (Mega Antioxidant and MultiMineral Plus), as well as Active Calcium Plus™ bone health formula and USANA's unique AO Booster™ antioxidant supplement for added antioxidant protection.

MultiMineral Plus

Supplies essential minerals that play many important roles in the body.

Mega Antioxidant

Provides essential vitamins that support virtually every body system and supplies a wide range of antioxidants to fight cell-damaging oxidative stress.

Essentials™

Mega Antioxidant and MultiMineral Plus comprise the USANA Essentials for adults. This duo delivers a broad range of vitamins, minerals, and antioxidants to support the health of your entire body from the cell up.



"After learning about the importance of cellular nutrition and its role in keeping us healthy, it's clear there is nothing that encompasses all of our needs quite like the USANA Essentials vitamin and mineral supplement. And taking the HealthPak™ daily supplement pack is like having the Cadillac or Porsche of nutritional supplements. My research led me to the conclusion that their formulations are the most complete in the market. The bioavailability and high-level absorption of the products guarantee greater absorption and benefits that I have seen day after day in my new clients. As a pharmacist, I trust the Essentials and believe they are a necessity for our everyday performance."

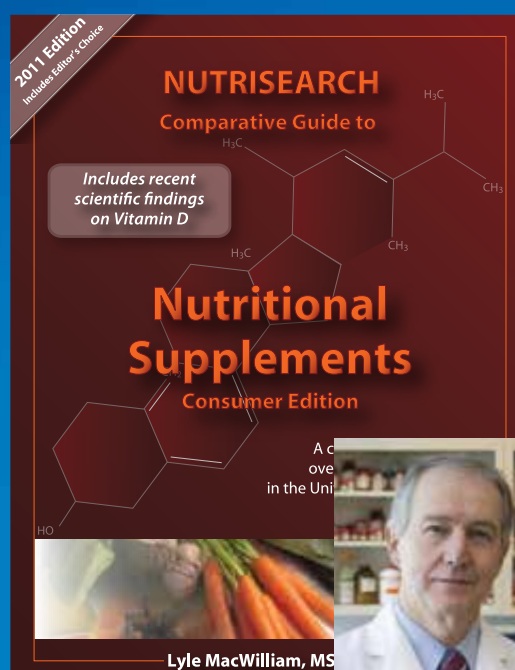
Imma Afi Souka-Adenka
Beloil, Québec

BEST OF THE BEST

"Now in its 5th edition, the *NutriSearch Comparative Guide to Nutritional Supplements* compares more than 1,600 nutritional products in North America to an independent nutritional benchmark developed from the individual recommendations of 12 recognized nutritional authorities.

"The guide recently awarded USANA its highest distinction possible—the NutriSearch Gold Medal of Achievement™—and selected USANA as its Editor's Choice for the second time."

—Lyle MacWilliam, BSc, MSc, FP, former Canadian Member of Parliament, and Member of the Legislative Assembly for British Columbia



Lyle MacWilliam, MSc



Powerful polyphenolic antioxidants found in olives are not available from other dietary sources. USANA's patented Olivol—Olive Fruit Extract contains a high concentration of these unique antioxidants, delivering many of the health benefits associated with olive fruit and olive oil consumption.

FOR EVERYONE

CREATING A FOUNDATION

By Christine Wood, M.D., USANA Scientific Advisory Council, practicing pediatrician, author of *How to Get Kids to Eat Great and Love It!* and kidseatgreat.com

Every day in my office, I see busy working moms bringing their family members in for appointments, and they want them to get

better fast. Many times, there is frustration because their family is sick so often, and this has families questioning themselves and me: "What else can I do?"

There are some easy steps you can take. Hand washing, reducing exposure to other sick people, good sleep habits, and eating a balanced diet are all important in keeping families healthy. Proper nutrition in the developmental years is also es-

sential for creating a foundation of good health throughout life. However, most families do not get the right amounts of many essential nutrients, and almost a quarter of the vegetables consumed are in the form of fries! High-quality nutritional supplementation for families can help ensure that growing bodies get the nutrition they need.



USANA FOR ALL GENERATIONS

Many young adults do not get the nutrition they need, and their poor nutrition can lead to health problems later in life. Poor nutrition during the developmental years can slow growth or delay sexual maturation, while proper nutrition helps to give young adults the foundation for good health for the rest of their lives. 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.



BodyRox™

A comprehensive range of vitamins, minerals, and antioxidants to help you stay healthy and energized.



Usanimals™

A tasty wild-berry chewable that provides balanced nutritional support for the whole family.



BiOmega™ Jr.

A delicious burst of omega-3 fatty acids and vitamin D for healthy minds and bodies.










"The health of our loved ones is truly a precious gift. Instilling and promoting healthy lifestyle habits in our home has become effortless and very enjoyable with our USANA health regimes. My family has never been healthier, and more importantly, we have stepped into a proactive mindset for our well-being. Living in our fast-paced society, I feel very blessed to start every day with wellness at the forefront of our day. Incorporating our high-quality nutritional supplements in conjunction with our healthy diets has really allowed all of us to fill any nutritional gaps and reach new heights of what optimal cellular nutrition and health is all about! As a mother, sister, aunt, wife, friend, and wellness coach, sharing the USANA vision has not only been an honour, it has been an extremely rewarding and delightful experience!"





Elisa Graci
Woodbridge, Ontario

Source: Office of Dietary Supplements, National Institutes of Health, 2012. <http://ods.od.nih.gov/>

YOU'D HAVE TO EAT APPROXIMATELY 22,000 CALORIES AND SPEND MORE THAN \$33 A DAY TO GET THE SAME AMOUNT OF NUTRIENTS FOUND IN A DAILY DOSE OF THE ESSENTIALS.

-  **18.5** medium oranges
Vitamin C (1300 mg)
-  **80** medium bananas
B6 (32 mg)
-  **20** large eggs
Vitamin D (800 IU)
-  **1,017** mL cooked spinach
Folate (1000 mcg)
-  **202** g cooked clams
B12 (200 mcg)
-  **1,040** g bag sunflower seeds and
1 L corn oil
Vitamin E (400 IU)
-  **88** mL olive oil
Olivol™ (30 mg)



-  **5** chicken breasts
Zinc (20 mg)
-  **1** serving of yogurt
Calcium (270 mg)
-  **591** mL black beans
Magnesium (300 mg)
-  **255** g of baked cod
Iodine (300 mcg)

The information provided herein is intended for educational and personal use only. Information on nutrients was assembled using the best available information, but should not be considered universally applicable as nutritional content of food can vary by manufacturer, region, brand, lot, and preparation method.

YOUR HEALTH.

CARDIOVASCULAR SYSTEM

The cardiovascular system includes the heart and blood vessels. It is responsible for circulating blood, which carries nutrients, oxygen, and blood cells throughout the body.



Proflavanol® C100

Supports circulation, immune function, and skin health.



HYBRID



CoQuinone™ 30 CoQuinone™ 100

Supports cellular energy production for a healthy heart.



NERVOUS SYSTEM

Consisting of the brain, spinal cord, and nerves, the nervous system collects and processes information from inside and outside the body and sends relevant commands to the muscles and glands throughout the body.



Ginkgo-PS™

Supports acute memory and cognition and circulation.



Visionex™

Supports long-term eye health and visual performance. Reduces risks of cataracts and age-related macular degeneration.



CELLULAR FUNCTION

The fundamental molecules of life, cells have unique functions in every part of the body. Our health depends on repairing and regenerating cells to keep them functioning properly.



Optomega®

Provides essential fatty acids to maintain good health.



Poly C®

Provides antioxidants to maintain overall health.



Vitamin D

Supports bones, teeth, heart, and immune function.



BiOmega™

Supports heart, brain, skin, eye, and joint health.

HYBRID

Products that use Hybrid Technology



Products that offer antioxidant activity

AN INNOVATIVE APPROACH TO PERSONALIZED NUTRITION



TrueHealth™
ASSESSMENT

Understanding your health is the key to maintaining your health. The USANA True Health Assessment helps you do just that. In less than 15 minutes, this innovative tool will provide you with detailed, easy-to-read health reports that will help you get the most out of your nutritional regimen.

For more information, scan here:



YOUR WAY.

SKELETAL SYSTEM

Bones, cartilage, and connective tissues make up the skeletal system. This important framework of the body provides us with support, allows for a wide range of movement, and protects internal organs.



Active Calcium™ Chewable

Promotes strong bones and teeth. Can also be used as an antacid.



Active Calcium Plus™

Promotes strong bones and helps to prevent osteoporosis.



Procosa®

Supports joints, connective tissues, and skin health.

ENDOCRINE SYSTEM

The endocrine system is a group of glands that regulates body processes by producing hormones, the chemical messengers in the body. These hormones affect various glands in the body.



Palmetto Plus™

Designed for men to help the urological symptoms associated with mild to benign prostate hyperplasia.



Pure Rest™

Supports restful sleep.



PhytoEstrin™

Designed for women to help support temporary relief from perimenopausal symptoms. Formulated to help support bone and heart health.

DIGESTIVE SYSTEM

From the mouth to the colon, the digestive system includes all the organs involved in breaking food down into forms that are useable by the body and removing waste and toxins.



USANA® Probiotic

Supports healthy digestion, regularity, and immune function.



Fibergy® Plus

Supports digestion, promotes regularity, and keeps you feeling fuller longer after meals. Supports cardiovascular health.



Digestive Enzyme

Supports digestion and relief from gas and bloating. Assists with nutrient absorption and supports the elimination of toxins from the GI tract.



Hepa Plus®

Supports healthy liver function.



"I am always so excited and so thrilled with USANA's new product developments. They just keep getting better and better! Having taken the products for a few years, it has never been more convenient and more catered to me. I love being able to customize the nutritionals I take on a daily basis, based on my own needs. I love the True Health Assessment™. It has made it that much easier to personalize and understand my own nutritional needs as well as others' needs. USANA's wide array of high-quality Optimizers really has me covered."



Chrystal Ho,
Vancouver, British Columbia

"The USANA True Health Assessment health and lifestyle assessment tool has made my USANA business even easier and more efficient. Coming from a web design background, it took me some time to learn about nutrition before I could share the products with others. Now I can simply let my customers take the assessment on my iPad and they will get a list of top risk areas, a healthy lifestyle plan, and customized product recommendations based on their lifestyle, activities, eating habits, and health concerns. This is definitely a game changer for USANA, because with the USANA True Health Assessment, anyone can easily share USANA's highest rated nutritional supplements with their families and friends. And this is one of the reasons I love this company, everything they do helps us love life and live it. If you haven't experienced the USANA True Health Assessment, trust me, get on it now!"



Kevin Hsu,
Richmond, British Columbia

SCIENCE MEETS DELICIOUS



KATHY KAEHLER

Celebrity trainer, creator of Sunday Set-up™, and USANA spokesperson

“Healthy living starts with good choices, from what we put in our bodies to how we move them. That’s why I rely on USANA® Foods, from RESET™ to Nutrimeal. I get the balanced energy that I need, and I know they’re scientifically developed with superior nutrition so you can live healthier.”



Chocolate Whey

French Vanilla

Dutch Chocolate

Nutrimeal™ Free

Wild Strawberry

Nutrimeal™

Nutrimeal shakes are gluten-free[†] nutritionally balanced meal replacements that provide a healthy ratio of carbs, proteins, and beneficial fats to help support optimal health and an ideal weight. Their low-glycemic formulas are designed to deliver sustained energy and control hunger.

Chocolate Whey Nutrimeal™

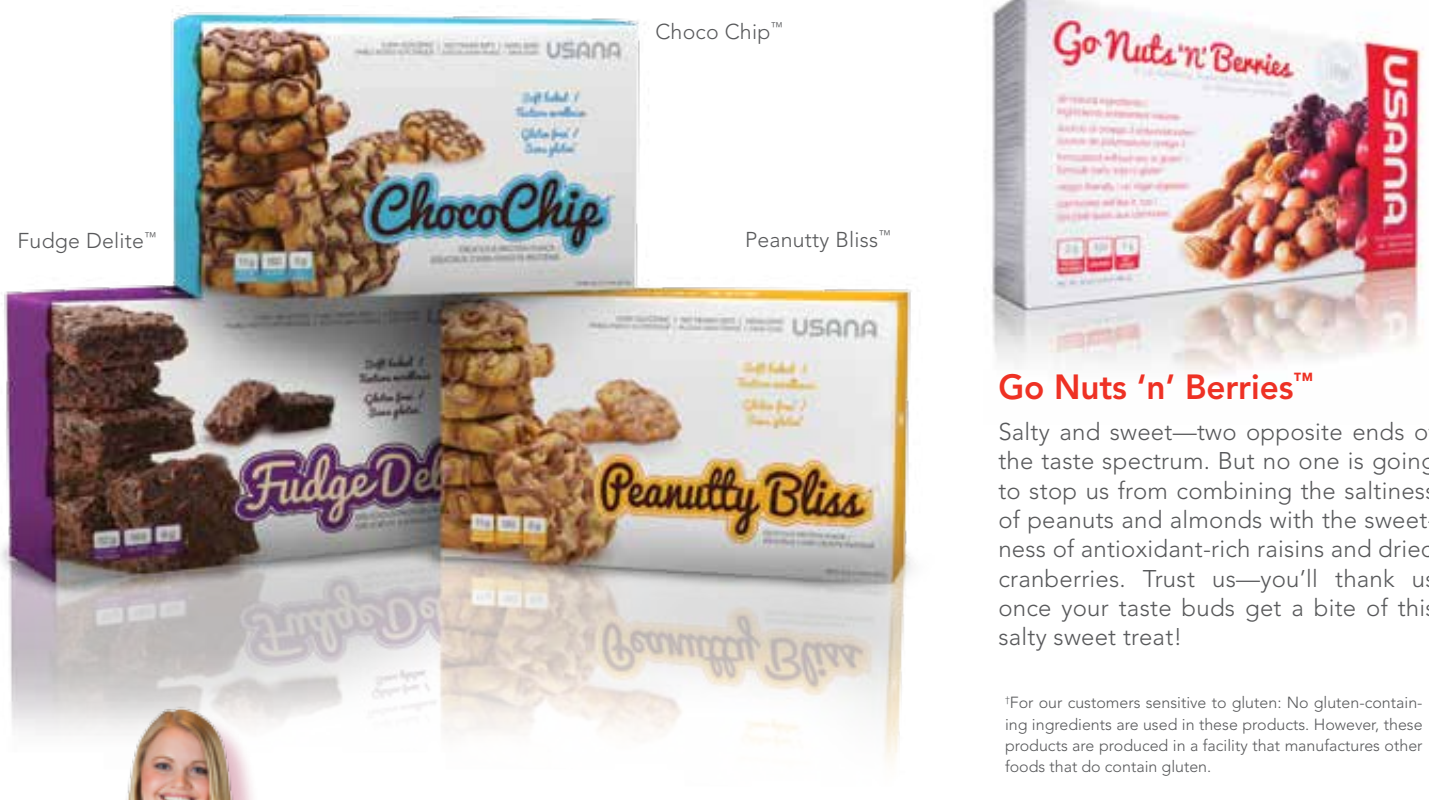
Rich in potassium and developed for those sensitive to wheat, soy, or gluten, Chocolate Whey Nutrimeal is a delicious, convenient “whey” to get the protein you need to build a healthy body.

Nutrimeal™ Free

Nutrimeal Free is plant-based and nutritious, containing 16 grams of protein that is pleasantly delicious and far from overbearing. If you’re in the mood to blend it with a handful of your favourite fruits or vegetables, go right ahead! Mix it your way. The mild, agreeable flavour complements just about anything you can think up.

USANA's Delicious Protein Snacks

Have you ever been tempted to reach for a not-so-healthy snack, only to hesitate when you thought of your waistline? Achieving an ideal weight doesn't mean you have to deprive yourself. These delectable snacks will give you all the indulgence you crave 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.



Fudge Delite™

Choco Chip™

Peanutty Bliss™

Go Nuts 'n' Berries™

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

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

CAROLINE BERGERON LOST 34 POUNDS

“I learned a lot during the USANA RESET Challenge: Destination Transformation. At the beginning of the challenge, it was mentally very difficult, but I'm very happy to have accomplished my goal and to have surmounted the temptations without letting my guard down. The result is not just a physical one, but a huge psychological change. I've come out of this experience having grown and having learned how to take care of my health and love myself the way I am.”

Caroline Bergeron
Rosemère, Québec



BETTER RESULTS BY RESET™

Developed by USANA scientists, RESET is a nutritionally balanced program to help you maintain good health and an ideal weight. The RESET program is simple—it combines the benefits of a low-glycemic diet, complete nutrition, and an active lifestyle in three easy-to-follow phases: the 5-day Jumpstart, Transform, and Maintain.

The benefits of RESET go beyond weight loss. This program will not only help you shed pounds, but it will assist you in making positive changes to your overall lifestyle.[†] **Start your transformation today.**



For more information, scan here:

[†] 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.

BE BEAUTIFUL

sen sé

beautiful science®

Sensé beautiful science® is a complete face and body care collection without added chemical preservatives. Its patented Self-Preserving Technology combines purifying botanicals in protective liquid crystals, so each product stays fresh naturally. Skin looks younger and healthier.

ASHLAN GORSE

E! Entertainment News correspondent

"I love Sensé. The entire line is amazing. The Eye Nourisher is a dream and has saved me on many morning shoots!"



A long-time fan of Sensé products, Ashlan Gorse has been compensated for use of her name and likeness in marketing materials.

No Added Chemical Preservatives



THE FOUNDATION OF BEAUTY IS THE HEALTH OF YOUR CELLS

Developed by USANA Health Sciences, Sensé products are formulated to properly nourish and hydrate your skin's cells, for younger looking, healthy skin. The Sensé beauty regimen is designed to be a comprehensive approach to skin and hair care, incorporating the latest developments in Topical Nutrition and Revitalizing Technology.

BODY CARE FOR THE ENTIRE FAMILY

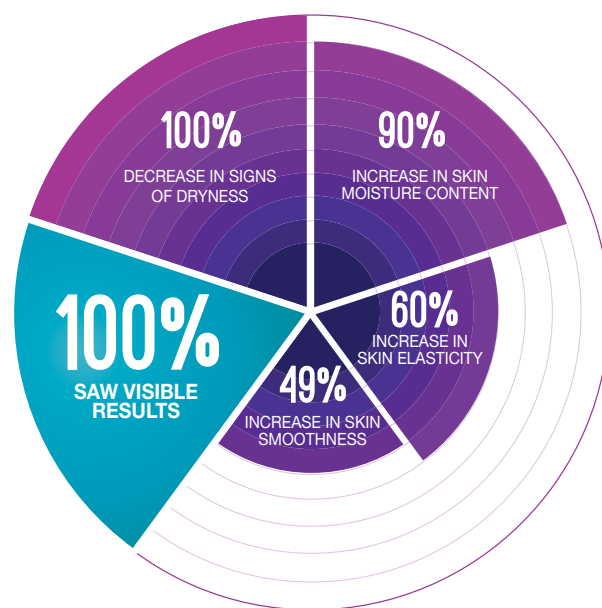
Radiate health from head to toe with the Sensé body care collection.



SENSÉ. SCIENCE-BASED. RESULTS-FOCUSED.

The Deluxe Pack features the full range of facial products. In an eight-week clinical study, Deluxe Pack users experienced a decrease in the appearance of fine lines, wrinkles, and dryness, and increased smoothness, elasticity, and moisture. All that in just eight weeks, with visible results in as few as two.

8-WEEK CLINICAL TEST RESULTS



For more information, scan here:



Topical nutrition

Proflavanol-T™ Antioxidant Complex

- whole-grape and green tea extracts combat free radicals
- vitamin E soothes and maintains skin's moisture

Proteo-C™ Vitamin C Complex

- vitamin C brightens and provides oxidative defence
- proline and glycine draw in moisture



Revitalizing Technologies

DSR™ (Dermal Surface Renewal) Technology

- marine-source ingredients reduce the appearance of fine lines and wrinkles and energize the skin
- skin brighteners counteract uneven skin tone
- MMP inhibitors help maintain skin's youthful, smooth appearance now and in the future

Regenisomes™

- oceanic enzymes help boost skin's response to environmental damage to help prevent the look of aging



"USANA supplements ensure you're giving your body the proper internal nutrients it needs for healthy, glowing skin. Sensé further enhances that effect through exclusive topical nutrition complexes such as Proteo-C."

Amy Chalmers is an internationally qualified dermal therapist, product formulator, researcher, and USANA consultant. She embraces cutting-edge natural alternatives for restoring beautiful skin and is gaining recognition as the founder of Natural Skin Solutions in Vancouver, British Columbia, Canada.



GREAT FOR MEN, TOO!

"Men traditionally spend less time caring for their skin than women do. They can spend more time damaging their skin through outdoor activities and hazardous work conditions. Some even think skin care products are only for women. Our skin is the largest organ in the body and it often reveals a great deal about our general health and diet. I personally love using the Sensé skin care line every day especially before and after shaving with Gently Daily Cleanser and Daytime Protective Emulsion. It can be refreshing to start off a new day with the best and safest skin care."

Andrew Chen,
Toronto, Ontario

ASSOCIATE WITH SMART

Everyone wants to be smart. And sure, everyone is smart in their own way. But science smarts? That takes a special breed of people—people who are curious about the world and who want to make it better through scientific discovery.

USANA scientists are certainly special, and they're supremely smart. Our research and development team is made up of talented chemists, molecular and cellular biologists, nutritional biochemists, pharmacists, and sports science experts. Working together in our very own high-tech laboratories, they meticulously test, study, and research our products and develop new ones based on the latest in nutritional scientific discoveries.

USANA believes in the benefits of science, and it demonstrates this belief through major investments in studies, equipment, and, of course, the manpower it takes to keep our company on the forefront of nutritional science.

At USANA, lab coats aren't a fashion statement—they're a necessity. And that's smart.



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

USANA SCIENTIFIC ADVISORY COUNCIL

The Scientific Advisory Council members were selected for their exceptional expertise in nutritional medicine and preventive nutrition. Representing Associates who are physicians and healthcare professionals throughout the world who recommend USANA to their patients, they also provide USANA with valuable insights into product applications and efficacy. USANA works with the Scientific Advisory Council on a regular basis to review formulas and get suggestions for how our customers can best incorporate our products into comprehensive lifestyle programs promoting health and wellness.



Dr. Balz Frei

Director and endowed chair at the Linus Pauling Institute, Dr. Frei is also a distinguished professor in the department of biochemistry and biophysics at Oregon State University. He received a Ph.D. in biochemistry from Swiss Federal Institute of Technology in Zürich, Switzerland.

Dr. Monica Lewis

Speaker and co-author of a number of books, Dr. Lewis, along with her husband, cardiologist Dr. Gerald Lewis, wrote *Dietary Supplements, Cancer and Heart Disease* and practices holistic medicine.

Dr. Bart Moore

Board certified in family medicine and as a physician nutrition specialist, Dr. Moore is a Diplomate of the American Board of Anti-Aging Medicine, with a private practice emphasizing nutrition and prevention.

Dr. Tim Wood

Former executive vice president of research and development at USANA, Dr. Wood received a Ph.D. from Yale University and has spent more than 25 years managing research and development programs.

Dr. Peter W. Rugg (Chair)

Diplomate, American Board of Internal Medicine; and Fellow, American College of Emergency Physicians.

Dr. Christine Wood

Practicing pediatrician with expertise in nutritional medicine for children, Dr. Wood is the author of *How to Get Kids to Eat Great and Love It*.



Dr. Heather Tick

Leading physician, speaker, and researcher specializing in holistic approaches to treating chronic pain and promoting healthy aging, Dr. Tick is the author of *Life Beyond the Carpal Tunnel*.

JOIN THE REVOLUTION

REV IT UP!

Rev3 Energy™ Drink

Cleaner. Smarter. Stronger. Rev3 Energy is all the power of an energy drink—refined. With an advanced formula of antioxidants and caffeine derived from green tea, Rev3 Energy is a superior alternative to the sugary, high-calorie, crash-and-burn energy drinks currently on the market.



For more information, scan here:



Rev3 Energy Surge™ Pack

Rev3 Energy Surge Pack is a refreshing lemon-tea flavoured powder that comes in a small, portable packet. Just grab your water bottle, add the powder to your water, and shake for a fast pick-me-up.

WHAT SEPARATES REV3 FROM OTHER ENERGY DRINKS?

- Complete and proprietary Energy Complex with tea, ginseng, rhodiola, cacao, and coenzyme Q10
- Uses low-glycemic sugars for sustained energy
- Contains no artificial flavours, artificial sweeteners, artificial preservatives, or artificial colours
- Contains natural caffeine from a blend of teas
- Provides vitamins and antioxidants



YOUR WEALTH

THE FUTURE OF BUSINESS IS HERE

Actually, it's been here for a while. Maybe you didn't notice it because of the lack of flash—no shining corporate monoliths shooting higher into the sky or golden parachutes floating safely to the ground. You might have been searching for another big, bold ad or a hot stock symbol. That's OK. But when you're looking for the future of business—and the present, really—you have to train your eyes away from the billboards and the TV. You won't find it there.

Try looking closely at your neighbours, friends, and family. There, in the relationships you build with people, you'll find the present and future of business, and lasting hope for the entrepreneurial spirit. The future of business isn't in a cubicle on a non-descript floor of a non-descript office building. It's in your living room, in the strength of people's convictions, and in

the vision of those looking to make a positive change.

Direct selling is the present and the future of business.

And there has never been a better time to start. The direct selling industry has been growing steadily, and there is still plenty of room for motivated individuals to experience a life of financial and time freedom. The World Federation of Direct Selling Associations (WFDSA) estimates worldwide retail sales for 2012 at \$166.8 billion US, and puts the number of people participating in direct selling at 89.6 million. In North America alone, the WFDSA places sales figures at \$41 billion US.

Those are staggering numbers. But the benefits the 89.6 million people are experiencing around the world are even more impressive.

Consider that with direct selling, you have:

- **Big opportunities for growth and profit with little start-up cost and virtually no overhead.**
- **No restrictions on education, experience, age, background, or financial status. The only restriction in direct selling is the amount of effort a given person is willing to put in.**
- **Leveraged income, and the chance to earn money while helping others succeed—instead of earning it because others fail.**
- **The ability to set your own schedule, and the flexibility and freedom to enjoy life.**
- **A chance to grow as a person by overcoming challenges, achieving goals, and getting out of your comfort zone.**

While the unparalleled opportunity for growth and the extra benefits make direct selling the avenue for entrepreneurship now and in the future, it's the industry's unique ability to affect positive change that sets it apart.

That's why you'll find the future of business in the faces of people struggling to make ends meet. Single mothers and fathers looking to support their children. Couples burdened with debt. Recent college graduates wading into uncertain economic waters. Retirees looking for a financial security blanket. Direct selling gives **you** the opportunity to make money and change **your** life. But, unlike other opportunities, direct selling also allows **you** to help make positive changes in the lives of others as well.

And that's why, even without the flash, the present and future of direct selling—and the future of business in general—looks so bright.

SIX WAYS TO EARN INCOME WITH USANA



RETAIL SALES
Earn profits on the difference between Preferred Price and retail price.



WEEKLY COMMISSIONS
Earn a starting commission of up to 20% from your customers and sales volume of your team.



LIFETIME MATCHING BONUS
Sponsor new Premier Platinum PaceSetters and receive up to a 15% match of their commission volume for the life of their USANA businesses.*



INCENTIVES
Be rewarded with luxury travel, prizes, and even extra cash through USANA's generous incentive programs.



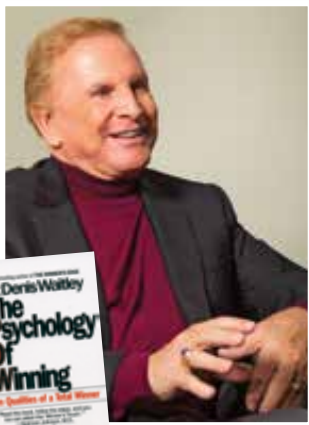
LEADERSHIP BONUS
Participate in USANA's 3% worldwide weekly bonus pool.



ELITE BONUS
Be one of USANA's top income earners and receive a portion of a quarterly \$1,000,000 bonus.†

*As long as you are commission qualified and in compliance with your Associate agreement.

†Current payout is approximately \$1,000,000 per quarter. Payout amounts vary each quarter.



DENIS WAITLEY

Waitley is an internationally renowned author, keynote speaker, consultant, and former chairman of psychology on the U.S. Olympic Committee's Sports Medicine Council

"I have devoted my career to counselling peak performers, from Super Bowl and Olympic champions to Fortune 500 corporations such as Microsoft, IBM, AT&T, and Mercedes-Benz. For many years I have focused on USANA Health Sciences, Inc., because I believe it is the very best in its industry, with enormous upside potential to enhance human wellness worldwide.

"USANA leads the competition in what it takes to get on top and stay there. First, science-based, high-quality product makes USANA the brand of choice. Equally important is USANA's dominance in the personalization of its products to meet individual needs. USANA

management has capitalized on the greatest trends in global marketing: health and wellness, individual customization, direct to customer sales, and a business model offering outstanding financial incentives to its Associates."



PAUL ZANE PILZER

Pilzer is an economist, social entrepreneur, professor, public servant, and author of nine best-selling books and dozens of scholarly publications.

"With direct selling, the headaches of traditional business ownership are virtually eliminated. This business offers low startup costs, has no employees or insurance expenses, and the overhead is practically nonexistent. The direct selling business model also utilizes new technologies...which help make it easier than ever to own a business."

USANA VOTED "#1 Distributor's Choice"
For Best Network Marketing Company by *MLM Insider* for 16 consecutive years

BEST

Nutritional Company
in Network Marketing

Weight Loss Company
in Network Marketing

Compensation Plan
in Network Marketing—Binary
2012



OPEN FOR BUSINESS UNDERSTANDING YOUR USANA BUSINESS

The USANA opportunity operates under a simple premise: when you successfully share USANA's products and the USANA business with others, you get paid for your efforts.

HOW IT WORKS

STEP 1: OPEN YOUR BUSINESS CENTRE(S)

When you join USANA, you'll open one **Business Centre** or three Business Centres, based on whether you'd like to start a small business or a large business. You'll earn commissions on your product sales through your Business Centre(s).

STEP 2: SHARE USANA

Your USANA business is based on a binary compensation plan, which means you'll begin building your business with a left and a right side. You'll earn weekly commissions based on the total number of **points** you and your team collect on each side of your business—this is called **Group Sales Volume**, and it includes sales from both Associates and **Preferred Customers** on your team.

The amount you earn from your USANA business will be in direct proportion to your ability to share USANA's wellness products with other like-minded people, as well as your ability to build a team of Associates who, like you, share USANA's products with others and build strong teams of their own.

STEP 3: MAKE THE MOST OF IT

Leverage the income you make through your USANA business in a number of ways.

DOUBLE YOUR COMMISSIONS BY OPENING THREE BUSINESS CENTRES



As you build Business Centres two and three, you are simultaneously building Business Centre one without additional effort because the Group Sales Volume in your second and third Business Centres rolls up to your first Business Centre.

ROLLOVER



You are paid out each week on the Group Sales Volume that is the same, or matched, on both your left and right sides. But what about the rest? It becomes rollover for your next cheque (up to 5,000). Continue to build both sides of your business evenly to take full advantage of the work of you and your team members.

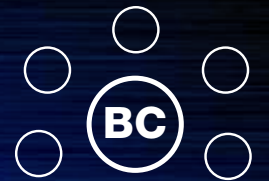
ADDITIONAL BUSINESS CENTRES (FIGURE A)



As you continue to grow your USANA business, you can qualify for Additional Business Centres, which allow you to increase your income potential. Whenever you **maximize a Business Centre**, you earn an Additional Business Centre. There are no limits to the number of Additional Business Centres you can earn, which means there are no limits to how big your business can grow.

BUSINESS CENTRE:

Your storefront. Think of opening a Business Centre like opening a physical location for your business. The more Business Centres you have, the more money you can potentially make.



POINTS:

Each USANA product has a point value. This is different from the dollar amount. Points contribute to your overall volume, which determines your commission.



=POINTS

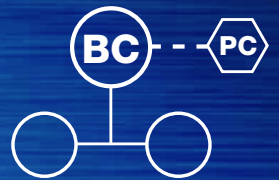
GROUP SALES VOLUME:

The cumulative volume of sales (in points) you and your team earn. This is tallied every week, and there is no limit to the number of people in your organization from whom you can earn Group Sales Volume. There are also no monthly Group Sales Volume requirements.



PREFERRED CUSTOMER (PC):

A USANA customer who receives **Preferred Pricing** on USANA's products, but is not eligible to receive commissions when they share USANA with others. Orders by Preferred Customers in your team add to your total Group Volume each week.



HOW DO I GET PAID?



You will earn commissions based on where the Group Sales Volume on the left and right sides of your Business Centre match. Find where the Group Sales Volume on your left side matches the Group Sales Volume on your right side, and multiply it by 20 per cent (or .2). This total equals your Commission Points for the week. Points are converted into your country's currency.



MAXIMIZE A BUSINESS CENTRE:

Accumulate 5,000 points in Group Sales Volume, current and rollover, in both of your Business Centre's sides in a single week.



Annette & Victor Que
Richmond, British Columbia

When Annette and Victor Que made the decision to join USANA 12 years ago, it wasn't made lightly. With their educated backgrounds and vast experience in a number of different ventures, they were successful in their own individual fields. Victor owned an audio and video electronics store, a karaoke business, and a successful recording studio while also investing in real estate and the stock market. Meanwhile, Annette earned three bachelor's degrees and had been involved in the financial field for more than three decades.

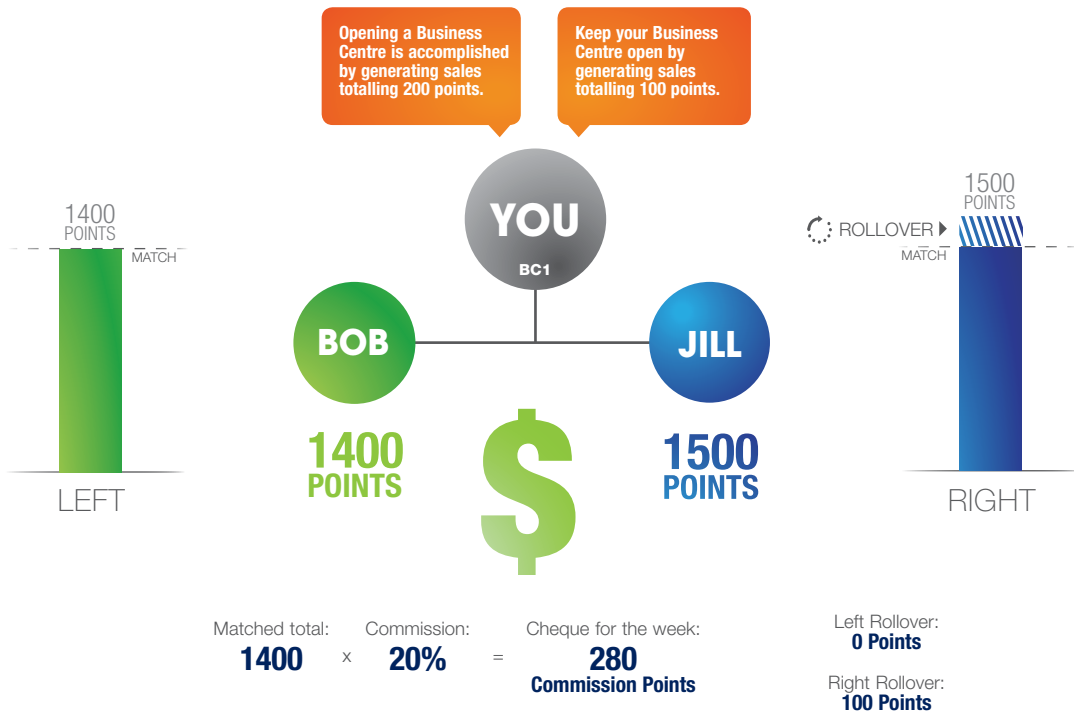
So when the USANA opportunity was introduced to them, the Ques could



have easily turned it down, but instead, they found something worth investing their time and effort in. Being their first experience in direct selling, the Ques have treated USANA not as a hobby but as a business.

The beginning was difficult with both juggling full-time jobs and USANA. It took a lot of sacrifice, but they became Gold Directors after 10 months working part time. Then Annette was finally able to fire her boss. "It took me more than a year to let some businesses go," Victor states. "But it was the right thing to do. I was working about 100 hours a week. I figured it was time for us to work smart, not hard."

1 BUSINESS CENTRE



POTENTIAL WEEKLY INCOME BASED ON YOUR EFFORTS

With USANA, you're paid on any matched Group Sales Volume (starting at 125 points) from your left and right sides. This chart shows a few examples to help you visualize the potential growth of your USANA business.

Remember, take any matched Group Sales Volume from your left and right sides, multiply it by .2 (or 20 per cent) and you'll see the Commission Points you'll earn for that week!

Left Group Sales Volume	Right Group Sales Volume	Matched Volume	Commission Points
125	150	125	25
350	425	350	70
675	547	547	110
1,000	1,500	1,000	200
2,500	2,750	2,500	500
4,457	4,780	4,457	892
5,000	5,400	5,000	1,000

You've maxed your Business Centre!

Remember, any points that remain unmatched (up to 5,000) will roll over to next week! In this example, 323 points will roll over and count toward your next cheque.

Because USANA is a global company, we use Commission Points instead of dollars to calculate your commission. Your Commission Points are converted into your country's currency.

3 BUSINESS CENTRES



Figure A

Matched total:

BC1	1400				
	+				
BC2	700	=	2850	x	
	+				
BC3	750				

Commission: **20%** = Cheque for the week: **570 Commission Points**

BC1
Left Rollover: **0 Points**
Right Rollover: **100 Points**

(continued from Que story)

Now, the Ques have the time to travel, shop, be active in their community, promote beauty pageants, do feeding programs for less fortunate kids, and participate in philanthropic missions—all because of the USANA business opportunity.

Continuous training and developing leaders without stopping are the Ques' secret ingredients. "Think positively and stay focused," they say. "Every moment is an opportunity; every prospect, a possibility."



"USANA's binary compensation plan has allowed our family to reach our goals and set new ones that were higher than we could have ever imagined. We love that it allows us to help others on our team do the exact same. It gives us the chance to give back, coaching our team and duplicating success. We are so grateful for the residual income it has allowed us to build so we could enjoy the arrival of our new baby, and the fact that we are building a legacy for our little one, that's just an incredible bonus!"

Shelly Boudah
Toronto, Ontario

\$108,000 is the average yearly income for an established, full-time USANA Associate. \$35,000 is the annual average of those who earned as little as one commission cheque each month. Total earnings include commissions, Leadership Bonus, Matching Bonus, contests, and incentive compensation. The number of full-time Associates who have maxed at least 1 Business Centre during the year equals less than 1% of all Associates. Those Associates earning as little as one cheque a month and associated with USANA for more than six months equals 3% of all ordering Associates. If you include all 135,590 ordering Associates, which includes: Associates not actively building a business (acting as wholesale buyers), Associates who just joined (as little as one day), and those who are just beginning to build their customer base, the average yearly income is still \$873.25 with nearly one in three earning a cheque. To date, USANA has had more than 200 global Associates become Lifetime Million Dollar Club members.



Photo features 2012 members of the Million Dollar Club

THE MILLION DOLLAR CLUB IS AN ELITE GROUP OF OVER 200 ASSOCIATES WHO HAVE, THROUGHOUT THE COURSE OF THEIR USANA CAREERS, EARNED AT LEAST \$1 MILLION IN COMMISSIONS.

Collette Larsen & Zachary Ross
 Bud & Bunny Barth
 April London
 Susan Waitley
 Lyndon Redman & Marie-France Morin
 Jeremy Stansfield
 Sterling & Mary Ottesen
 Peter & Dora Zdanis
 David & Falia Ledoux
 Dan & Nanc Christy
 Tren & Brandie Grant

John Kinnear
 Brian & Jennifer Douglas
 Deanna & David Waters
 Sophia Marcoux & Jacques Fiset
 Kevin Goodwin
 Jean & Peter Cheung
 Paul & Leslee Maki
 Bryan & Monica Penrod
 Rita Hui
 Dean & Sherri Chionis & Matt Chionis
 Dan & Rebecca Brink

Frank Feng & Bin Yang
 Matt & Shanna Ryan
 Nathalie Deslauriers & Jean-Simon Marcoux
 Rory Jones
 Bob, Mary, Amy & Xian Lin
 Terry & Terri Wright
 Arnie & Linda Knight
 Steven Chen & Zhi Xian Jin
 Bryan Morris
 Mario & Kveta Martucci
 Annette & Victor Que
 Queen & Alan To
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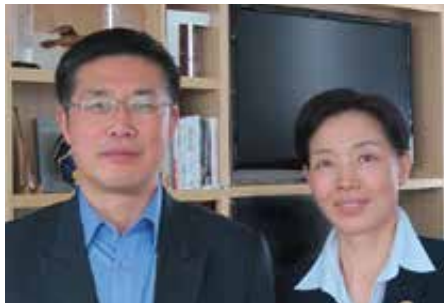
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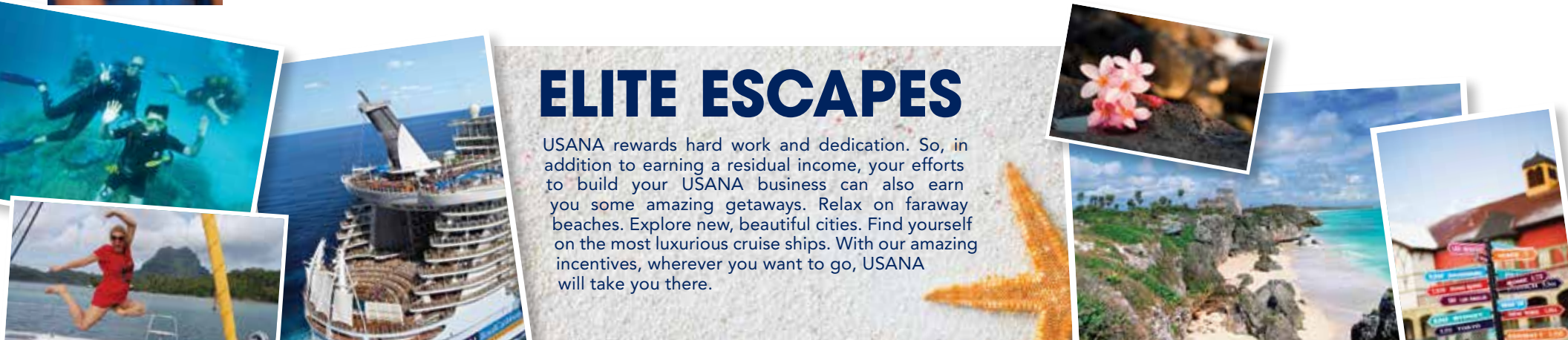
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