

# BILLY DEMONG

2010 Vancouver Games gold medalist, four-time Olympian, and USANA product user

your **health.** your **life.** your **way.**<sup>™</sup>



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# AUTO ORDER

Your Health—Delivered

SAVE 10% ON ALL YOUR  
USANA® PRODUCTS.

Auto Order is an automatic shipment of products conveniently delivered to your home every four weeks. And the best part? With Auto Order, you'll never pay full price again!

⋮ [USANA.com](https://www.usana.com)

⋮ Auto Orders receive 10 per cent off the Preferred Price.

**EVERYTHING**  
WE DO HELPS YOU  
**LOVE LIFE**  
**AND LIVE IT.**™

A woman with blonde hair, wearing a teal tank top, black shorts, and black sneakers, is leaning against a large tree trunk. She is holding a clear plastic water bottle and looking upwards with a smile. The background is a sunlit outdoor setting with trees and a path.

# Simple. Easy. **UNDENIABLY UNIQUE**

You 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, and choose the products that are right for you. Because we believe everyone has the right to be an individual.**



# TWO OF A KIND FOR A ONE OF A KIND

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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!



## THE ESSENTIALS™

Item #101

When taken together, MultiMineral Plus and Mega Antioxidant are a superior foundation to support a healthy lifestyle. Order the Essentials vitamin and mineral supplements together and save more than 10 per cent!

**Preferred Price \$53.50**



## MULTIMINERAL PLUS

Item #102

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

**Preferred Price \$19.45**



## MEGA ANTIOXIDANT

Item #103

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

**Preferred Price \$41.95**

# Nutrition When & Where **YOU NEED IT**

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Your key selection of USANA® Nutritionals pre-packed in convenient AM and PM packs. It goes where you go.



## **HEALTHPAK™**

Item #100

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

**Preferred Price \$138.50**





*"USANA's HealthPak™ is not only a great way to help make sure I meet my specific nutritional needs — it's the best."*

—Billy Demong



# BILLY DEMONG

The pictured athlete is either an Associate or dedicated user who has received compensation for his/her partnership and/or complimentary USANA products.

# PERSONALIZED NUTRITION:

## Cut from the Mold of Your Lifestyle

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You are unique, and you need a personalized health regimen that works just 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 pat-

ent pending True Health Assessment is here to guide you.

This new approach to your health is fast, easy, and totally personalized! It's the ultimate guide to customizing your nutrition to your needs. It's as easy as 1-2-3!



# Assess Yourself

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1

**Step One:** Log on to [truehealthassessment.com](http://truehealthassessment.com), or download the free app to your iPad by visiting [truehealthassessment.com/ipad](http://truehealthassessment.com/ipad). You will be asked a series of health-related questions, from diet and exercise to lifestyle choices and nutrition preferences. No need to worry about wrong answers—this is all about you and what you want out of your customized health plan.

2

**Step Two:** Once you complete the assessment, you will receive a complete personalized nutrition program, a top health risk factors assessment, and a lifestyle plan. This information includes activity, diet, toxic burden, biometrics and genetics, and stress.

3

**Step Three:** 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  
 COMPANION

# THE BEST NUTRITION FOR YOUR FAMILY

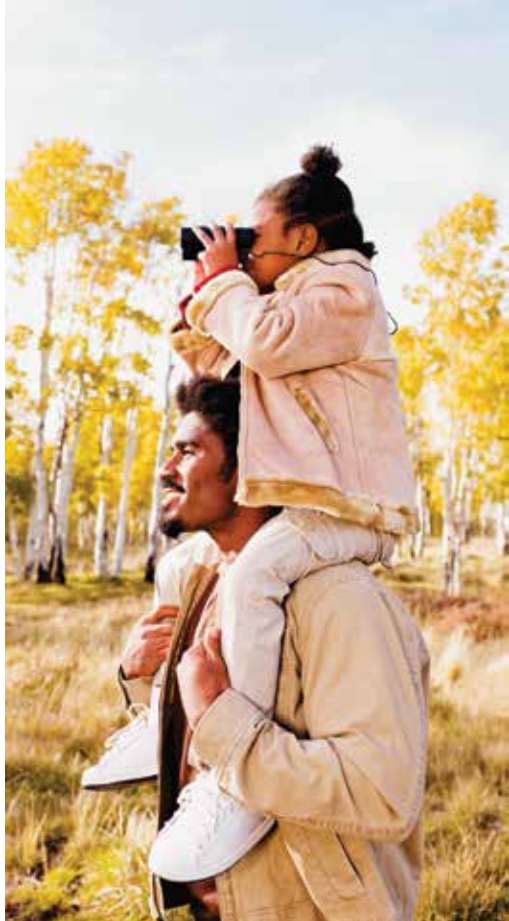
## BODY ROX™

Item #104

Between late-night cram sessions, school activities, and a hectic social life, young adults can't afford to slow down. Give them the nutrition they need to be at their best every day.

With a tasty fruit-flavoured coating!

Preferred Price \$23.95



## USANIMALS™

Item #105

Be sure your family gets the nutrients they need. USANA's fun and easy-to-eat chewables provide excellent nutritional support.

Daily vitamin supplement with a delicious wild berry flavour!

Preferred Price \$17.95

# BiOmega™ Jr.

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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.** omega-3 supplement can make it fun and easy for kids to get the DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) they need for healthy minds and bodies. And, this delicious orange-pineapple flavoured gel is fun for kids—they can eat it straight out of the package or mixed with cold, creamy foods.

**Fortified with vitamin D!**



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## BIOMEGA™ JR.

Item #144

**Preferred Price \$17.50**

For best results, store in the refrigerator and serve cold.

# SAMANTHA STOSUR

2011 US Open Grand Slam champion  
and winner of three singles titles  
and 23 doubles titles



+

*"When I'm on the road, it's not always easy to eat the right foods. **USANA Probiotic** is a simple, convenient way to make sure I always have my probiotics with me no matter where I'm playing."*

—Samantha Stosur

The pictured athlete is either an Associate or dedicated user who has received compensation for his/her partnership and/or complimentary USANA products.



# TRULY INSPIRED

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.

As a source of probiotics, **USANA Probiotic** temporarily modifies gut flora with a blend of *Bifidobacterium* BB-12® and *Lactobacillus rhamnosus* LGG®—two strands that have been clinically shown to survive the harsh acidic environment of the stomach.

Plus, **USANA Probiotic** is derived from vegetarian sources, has no sugar or milk, doesn't require refrigeration, and has an impressive shelf life of more than 18 months—all with a mild flavour you can mix with water or your favourite food or drink.



## USANA® PROBIOTIC

Item #108

Preferred Price \$30.95

BB-12® is a registered trademark of Chr. Hansen.  
LGG® is a registered trademark of Valio Ltd.

# Make Your **BODY REGULAR.**

# Make Your **BODY RIGHT.**



## FIBERGY® PLUS

Item #226

Fibergy Plus is a flavour-free fibre blend that is perfect for mixing in nearly any liquid.

Preferred Price \$26.95





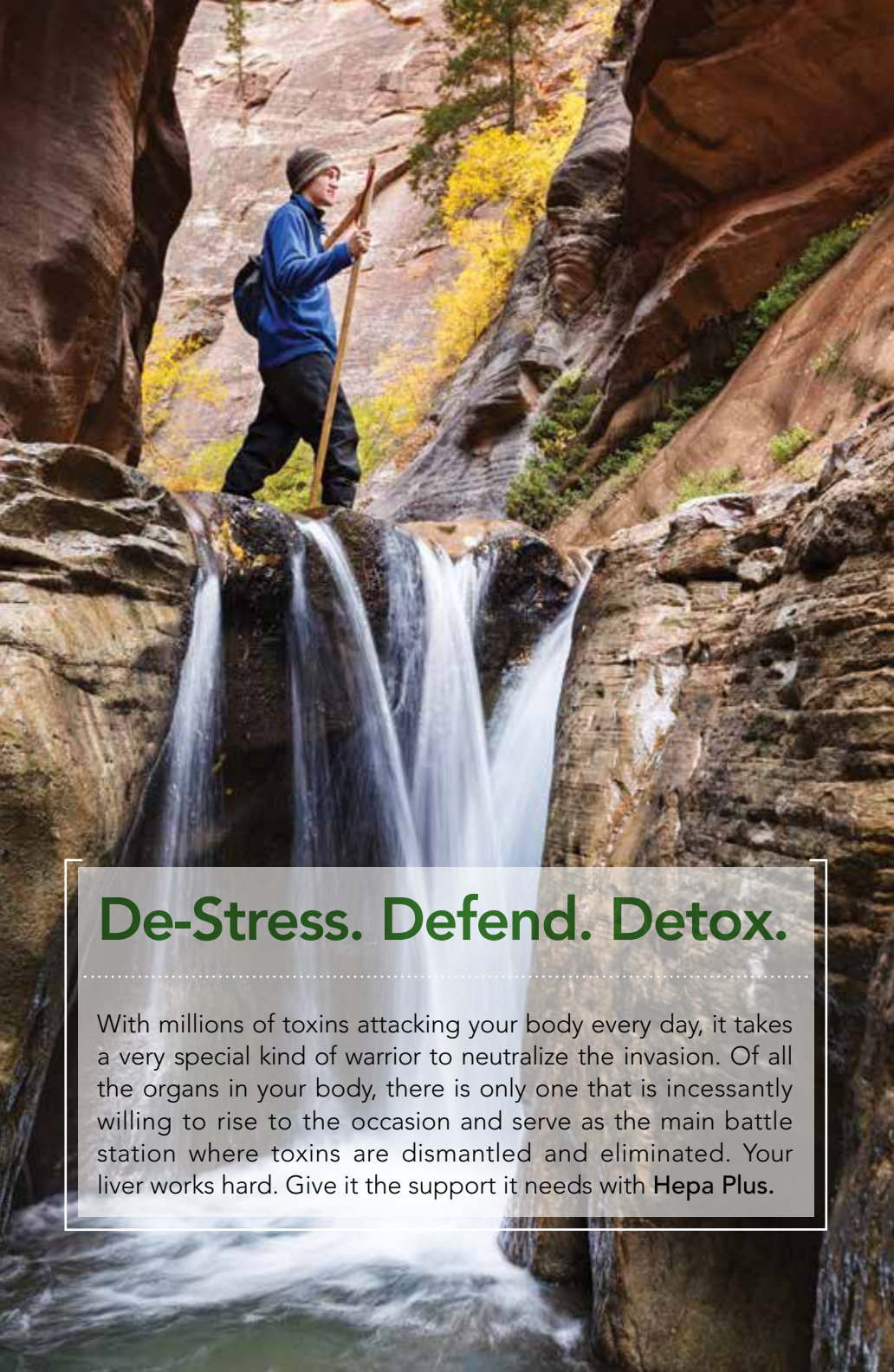


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Are you one of the few Canadians who get the recommended 21–38 grams of fibre in your daily diet? If you are, perhaps you're aware of how great it is for your digestive tract, or maybe you've found that it leaves you feeling full, making it easy to skip unhealthy snacks. If you're not, whether it's for a slimmer figure or pure digestive health, discover for yourself why fibre is fantastic.

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## De-Stress. Defend. Detox.

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With millions of toxins attacking your body every day, it takes a very special kind of warrior to neutralize the invasion. Of all the organs in your body, there is only one that is incessantly willing to rise to the occasion and serve as the main battle station where toxins are dismantled and eliminated. Your liver works hard. Give it the support it needs with Hepa Plus.



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## USANA® DIGESTIVE ENZYME

Item #111

A broad range of enzymes to support efficient digestive health, so you can make sure you're getting the most from your healthy diet. Enzyme supplements are especially important as we age and our natural enzyme production decreases.

Preferred Price \$35.95

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## HEPA PLUS®

Item #135

Powerful supplement specifically designed to support optimal liver function, which is important for our body's natural detoxification processes.

Preferred Price \$34.95

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## Keeping You Young at Heart

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At the heart of longevity lie the basics of health—diet and exercise. But when it comes to the preservation of cardiovascular health, there's nothing wrong with a little extra reinforcement.



## PROFLAVANOL® C<sup>100</sup>

Item #110

With Proflavanol C<sup>100</sup> bioflavonoid supplement, one plus one equals so much more than two. When bioflavonoids taken from grape-seed extract combine with high-potency vitamin C, you get a powerhouse supplement that helps maintain the health of your immune and cardiovascular system, as well as youthful-looking skin.

With a delicious grape-flavoured coating!

Preferred Price \$46.50

**HYBRID**  
USANA Hybrid Technology



## COQUINONE™ 30

Item #123

As we age, our bodies slow down the production of coenzyme Q10, which is critical for generating the energy needed to power our cells, especially those in the energy-hungry heart and brain. Supplementing with ample amounts of CoQ10 every day can help keep your body feeling youthful, healthy, and energized.

Preferred Price \$46.50

## COQUINONE™ 100

Item #142

A higher potency in CoQuinone 100 coenzyme Q10 and alpha-lipoic acid supplement means you only have to take one gel capsule per day.

Preferred Price \$64.95



# Remember What Matters to You

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Occasional forgetfulness can be infuriating, regardless of how minimal, and there are many factors that can affect your memory. Diet, sleeping patterns, and stress all play a part in the memory function of your brain. **Ginkgo-PS** *Ginkgo biloba* supplement was created by USANA specifically to enhance memory in adults.

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## **GINKGO-PS™**

Item #126

Designed to support acute memory function and cognition.

**Preferred Price \$39.95**





## A Good Eye for Healthy Living

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Pollution, dry air, sunlight, and other environmental factors assault the sensitive tissues of your eyes all year. Support the health of your eyes from the inside out with Visionex advanced eye-health supplement.

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### VISIONEX™

Item #134

Designed to help maintain healthy visual performance and promote healthy eyes. Reduces the risk of cataracts and age-related macular degeneration.

Preferred Price \$37.95



# KEEPING THE LIFE IN YOUR LIFESTYLE

Staying active is the key to lifelong vitality. But with all the physical activities we perform, the deterioration of joint health is a common issue among adults. Don't let joint trouble slow you down. **Procosa** is a groundbreaking supplement for joint health, designed to keep your joints moving and help you keep doing the things you love.

**Procosa** is formulated with potent Meriva™† bioavailable curcumin, which supplies a concentrated amount of this strong joint-supporting antioxidant so you can pop fewer pills.



## PROCOSA®

Item #131

Delivers vegetarian glucosamine to help maintain healthy cartilage and joints.

Preferred Price \$32.50



# You'll Feel it in **YOUR BONES**

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**B**ones are your body's primary foundation—not to be taken for granted. Support them, as they've supported you, and give your bones the nutrition they need.

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## **ACTIVE CALCIUM PLUS™**

Item #120

USANA's comprehensive bone health formula for adults.

**Preferred Price \$22.95**

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## **ACTIVE CALCIUM™ CHEWABLE**

Item #121

Your personal bone health formula in a chewable tablet for adolescents and adults. Also works great as an antacid for occasional heartburn.

**Preferred Price \$23.95**



# GROW WISER, **NOT** OLDER

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Okay, so you'll get older—there's nothing we can do about that. But if you eat right, exercise, and take supplements made to support your own personal needs, you may not feel older. These specialized nutritionals are designed for those over the age of 40.

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## **PHYTOESTRIN<sup>MC</sup>**

Article n° 129

Sautes d'humeur, bouffées de chaleur et suées nocturnes : des mots familiers qui vous rappellent sans doute que le temps est venu de prendre un supplément entièrement naturel pour faciliter la transition vers la ménopause.

Prix préférentiel 25,45 \$

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## **PALMETTO PLUS<sup>MC</sup>**

Article n° 128

Conçu pour les hommes soucieux de maintenir le bon fonctionnement de leur prostate.

Prix préférentiel 26,45 \$



# Giving You the Rest of **YOUR DREAMS**

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## **PURE REST™**

Item #141

A fast-acting, orange-flavoured melatonin supplement designed to help give you the rest you so greatly deserve and defend your body against free-radical damage.

Contains no animal ingredients.

**Preferred Price \$13.50**



# NOT JUST ANOTHER FISH IN THE SEA

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Because we take pride in separating ourselves from the rest of the pack—just like you.

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**U**SANA's **BiOmega** ultra-pure supplement stands apart because it provides optimally balanced, concentrated omega-3s and vitamin D to help ensure you get more of this important nutrient. And with added lemon flavouring, there's no fishy aftertaste.

By taking **BiOmega** as part of a balanced diet, you can be sure you are getting the right amount of pure, safe omega-3s you need every day.

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## Food for Thought

The diet and nutrition choices we make not only have an affect on the way we look and feel, but also on the way we think. 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.

### BIOMEGA™

Item #122

Produced from cold-water, deep-sea fish, and rich in omega-3 fatty acids. Provides EPA and DHA for cardiovascular and joint health support, as well as brain function and intellectual development.

**Preferred Price \$24.50**

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### OPTOMEGA®

Item #127

If meat and other animal products aren't on your menu, vegetarian **Optomega** may prove to be the supplement you need to keep your body balanced with the right amounts of essential fatty acids.

**Preferred Price \$30.50**







## The ABCs of Good Health

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### **POLY C®**

Item #130

USANA's proprietary and advanced Poly C vitamin C supplement gives you the antioxidants you need to maintain good overall health.

**Preferred Price \$17.95**





# LIKE SUNSHINE in a Bottle

Everyone loves the sun. But we don't always have time to soak up all that the sun has to offer. That's where vitamin D comes in.



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## VITAMIN D

Item #109

A safe and easy way to get 1,000 IU of maximum strength vitamin D to support optimal bone and cellular health.

Preferred Price \$20.95

# GET REVVED?

What separates Rev3 from other energy drinks?

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







# Rev3 Energy™

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This powerful energy drink packs a clean, crisp taste and is the smart source of that extra oomph you need to push through your workout...or the afternoon.

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## REV3 ENERGY™ DRINK

Item #138

(12 cans)

Preferred Price \$29.95

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## REV3 ENERGY™ SURGE PACK

Item #139

(14 stick packs with free chalk bag)

Preferred Price \$36.95

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## REV3 ENERGY™ SURGE PACK REFILL

Item #139

(28 stick packs)

Preferred Price \$59.95



# A DELICIOUS CONVENIENCE





# Little Snacks. **BIG NUTRITION.**

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.

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





## GO NUTS 'N' BERRIES™

Item #234

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 you get a taste of this salty and sweet Nutrition Bar!

Gluten free, soy free, vegan friendly.\*

**Preferred Price \$32.95**

\*For our customers sensitive to gluten: No gluten-containing ingredients are used in Go Nuts 'n' Berries. However, Go Nuts 'n' Berries is produced in a facility that manufactures other foods that do contain gluten.

# Science Meets **DELICIOUS**

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Eat healthy. It's easy! **Nutrimeal** shakes are nutritionally balanced meal replacements that provide a healthy ratio of carbs, proteins, and beneficial fats to help maintain and support health and an ideal weight. Their low-glycemic formulas are designed to deliver sustained energy and help curb cravings, all with complete non-GMO protein blends.

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## WHY 'WHEY'T?

Athletes have benefitted from the lean-muscle building property of whey protein for years, and now you can too! Whey protein is known for its ability to support muscle growth, and Chocolate Whey **Nutrimeal** contains a healthy balance of proteins, carbs, and fats.

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### CHOCOLATE WHEY NUTRIMEAL™

Item #202

Gluten free†

Preferred Price \$34.95



†For our customers sensitive to gluten: No gluten-containing ingredients are used in Chocolate Whey Nutrimeal. However, Chocolate Whey Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

# NUTRIMEAL™

Try all three flavours!

## DUTCH CHOCOLATE

Item #210

Protein blend  
Gluten free\*

Preferred Price \$28.95

## FRENCH VANILLA

Item #211

Soy blend  
Gluten free\*

Preferred Price \$28.95

## WILD STRAWBERRY

Item #212

Protein blend  
Gluten free\*

Preferred Price \$28.95



\*For our customers sensitive to gluten: No gluten-containing ingredients are used in Dutch Chocolate, Wild Strawberry, and French Vanilla Nutrimeal. However, they are produced in a facility that manufactures other foods that do contain gluten.

# NUTRIMEAL™ FREE

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**Nutrimeal Free** is plant-based and nutritious, containing 15 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.

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## NUTRIMEAL™ FREE

Item #209

Preferred Price  
**\$34.95**

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**NUTRIMEAL FREE IS**



Fructose free  
Soy free  
Dairy free  
Gluten free<sup>†</sup>  
Vegetarian Friendly

<sup>†</sup>For our customers sensitive to gluten: No gluten-containing ingredients are used in Nutrimeal Free. However, it is produced in a facility that manufactures other foods that do contain gluten.

# USANA'S DELICIOUS... **PROTEIN SNACKS!**





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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.



# Yumm!

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All three of USANA's delicious protein snacks are formulated without gluten, which makes them a good option for those who have gluten intolerances.\* 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.

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## ChocoChip™

Item #235

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This soft and chewy chocolate chip protein snack will give you the same comfort as your home-baked versions, without all the guilt.

Protein: 11 g  
Calories: 160  
Fat: 5 g

Preferred Price \$32.95

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\*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.

# Peanutty Bliss™

Item #236

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.

Protein: 11 g

Calories: 160

Fat: 6 g

Preferred Price \$32.95



# Fudge Delite™

Item #237

This luxurious, soft-baked protein snack will give you all the chocolaty taste you've been craving with rich chocolate chips baked right in.

Protein: 12 g

Calories: 180

Fat: 6 g

Preferred Price \$32.95







## Ask the Expert

“Unlike other weight-loss programs, **RESET™** actually works. With **USANA’s** scientifically developed meal plan and a moderate amount of exercise, **RESET** is a terrific way to come to a greater understanding of healthy living.”

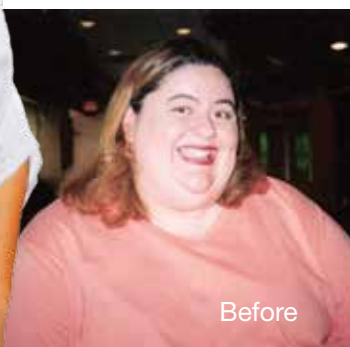
—**Kathy Kaehler**

CELEBRITY FITNESS TRAINER

The individual pictured is either a distributor of USANA products or a dedicated user who has received compensation for his/her partnership and/or complimentary USANA products.

After

# BETTER RESULTS BY RESET™.



Before

LOST MORE  
THAN  
**320**  
POUNDS

“USANA’s RESET weight-management program has changed my life. With delicious **Nutrimeal™** shakes and **Nutrition Bars™**, along with the **HealthPak™**, I’ve been able to fuel my new body right. Now, I can’t wait to see what my future holds. If I can do it, so can you. USANA can help.”

—Hattie Montgomery



It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA RESET 5-Day Kit are FOODS, not DRUGS.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight-loss results. Results will vary.

Results not typical. The average weight loss with RESET is 4.5–5 lb. 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 can often seem like an insurmountable task. With that in mind, USANA scientists developed the **RESET** weight-management system, complete with low-glycemic meal replacements that are designed to help you make a clean break from fatty, high-glycemic foods and start making better choices for your health.

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

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## THE 5-DAY RESET™ KIT

Item #251

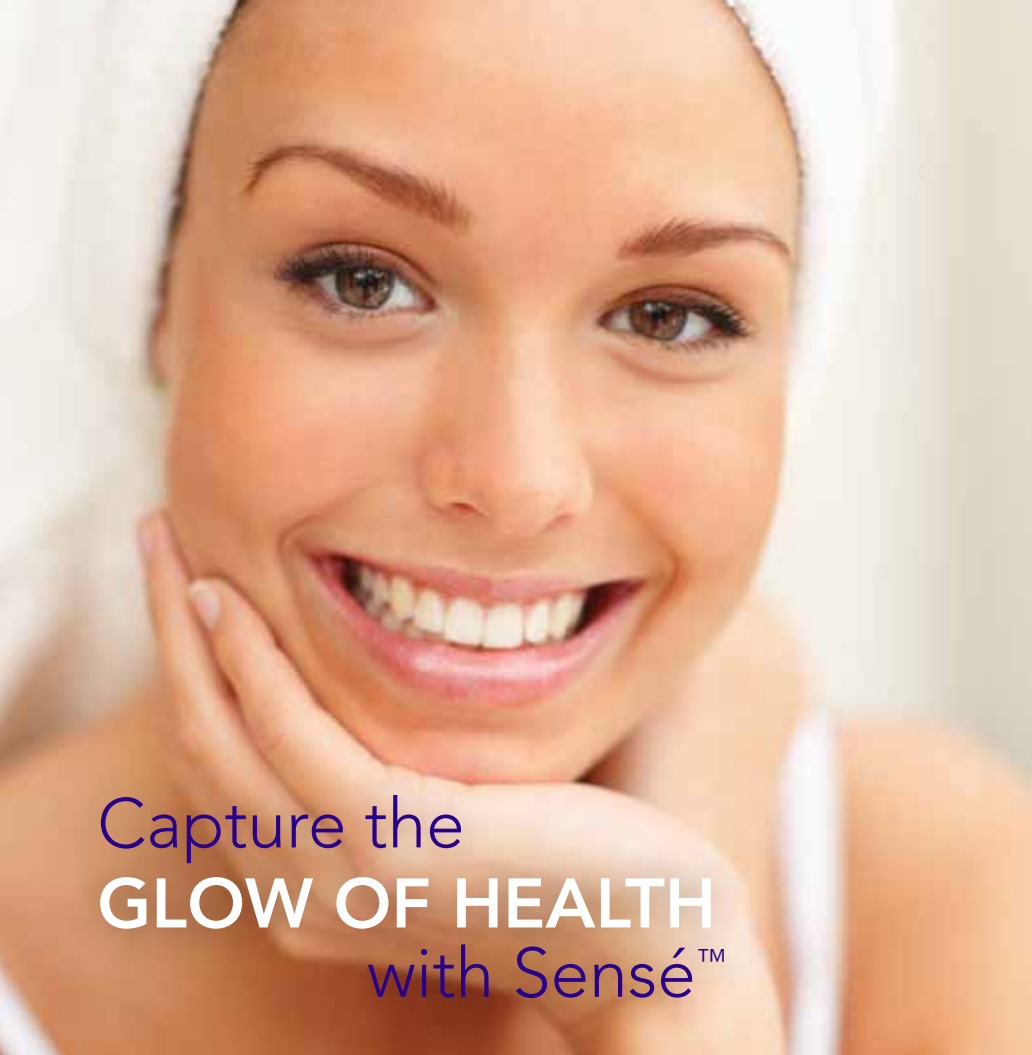
Preferred Price \$95.00

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Learn more about Hattie's amazing transformation at [bit.ly/HattieUSANA](http://bit.ly/HattieUSANA).

 @hattiemarie28





Capture the  
**GLOW OF HEALTH**  
with Sensé™

Dedicated to those searching for health *and* beauty, USANA 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 pure 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.

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## Revitalizing Technologies

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### 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 mend the look of aging
- 

## Topical Nutrition

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### PROFLAVANOL T™ ANTIOXIDANT COMPLEX

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

### PROTEO-C™ VITAMIN C COMPLEX

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



## Experience It All!

### DELUXE PACK

Item #350

The Deluxe Pack includes: Gentle Daily Cleanser, Hydrating Toner, Daytime Protective Emulsion, Night Renewal Crème, Eye Nourisher, Rice Bran Polisher, Nutritious Crème Masque, and your choice of Perfecting Essence or Serum Intensive.

Preferred Price with Perfecting Essence \$177.50

Preferred Price with Serum Intensive \$177.50



# ULTIMATE Beauty Regimen

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a.m.

Gentle Daily Cleanser  
Hydrating Toner  
Daytime Protective Emulsion  
Eye Nourisher

**Your choice of:**

- Perfecting Essence or Serum Intensive
- 

p.m.

Gentle Daily Cleanser  
Hydrating Toner  
Night Renewal Crème  
Eye Nourisher

**Your choice of:**

- Perfecting Essence or Serum Intensive
- 

**2–3 times per week**

Rice Bran Polisher  
Nutritious Crème Masque

# the **BASICS**

If you want healthy, glowing skin, start with the Sensé™ basics—a 3-step program developed by USANA scientists. Beautiful skin simply starts with the basics.

## 1 CLEANSE

### **GENTLE DAILY CLEANSER**

Item #300

This mild, soap-free formula washes away surface dirt and impurities without drying or irritating skin.

Preferred Price \$16.30

## 2 TONE

### **HYDRATING TONER**

Item #301

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

Preferred Price \$16.30





## 3 REPLENISH

### DAYTIME PROTECTIVE EMULSION

Item #302

Restore and protect skin from the abuse of the elements with this light-weight moisturizer enriched with light-activated Regenisomes™.

Preferred Price \$39.50

### NIGHT RENEWAL CRÈME

Item #303

Smooth the appearance of wrinkles and wake up to hydrated skin with this overnight treatment.

Preferred Price \$34.75

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### BASIC PACK

Item #351

Get all of the Sensé basics in one convenient pack with the Basic Pack.

Preferred Price \$88.25



# the ENHANCERS

## PERFECTING ESSENCE

Item #305

Reveal younger looking skin and reduce uneven skin tone and texture with this acid-free refining treatment.

Preferred Price \$50.95

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## SERUM INTENSIVE

Item #304

This brightening serum dramatically minimizes the appearance of fine lines and wrinkles, and helps retexturize skin's surface.

Preferred Price \$45.50





## EYE NOURISHER

Item #306

Give special care to the delicate skin around the eyes with this lightweight moisturizing complex.

Preferred Price \$27.50

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## RICE BRAN POLISHER

Item #307

Exfoliate dead skin cells and keep your complexion looking radiant with this gentle scrub.

Preferred Price \$16.30

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## NUTRITIOUS CRÈME MASQUE

Item #308

This powerful facial treatment is designed to deliver intense moisture while drawing excess oils and impurities from the skin.

Preferred Price \$20.35

# Sensé™

## BODY CARE

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### RADIATE HEALTH FROM HEAD TO TOE.

The Sensé Body Care collection is a bright, fresh-scented line free of added chemical preservatives.



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### ENERGIZING SHOWER GEL

Item #311

Revitalize skin with this soap-free cleansing gel enhanced with an invigorating tangerine fragrance.

Preferred Price \$17.30

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### REVITALIZING SHAMPOO

Item #312

Awaken your senses with this gentle shampoo that delivers vital nutrients to help restore hair's natural softness, body, and shine.

Preferred Price \$17.30

### NOURISHING CONDITIONER

Item #313

Moisturize and strengthen hair with a conditioner enriched with vitamins C and E for manageability and shine.

Preferred Price \$18.35



## FIRMING BODY NOURISHER

Item #314

Moisturize and tone skin with the exclusive hydroxy complex in this firming body lotion.

Preferred Price \$22.95

## HAIR & BODY PACK

Item #354

All your necessary body care in one pack, so you always look radiant from head to toe.

Preferred Price \$83.60

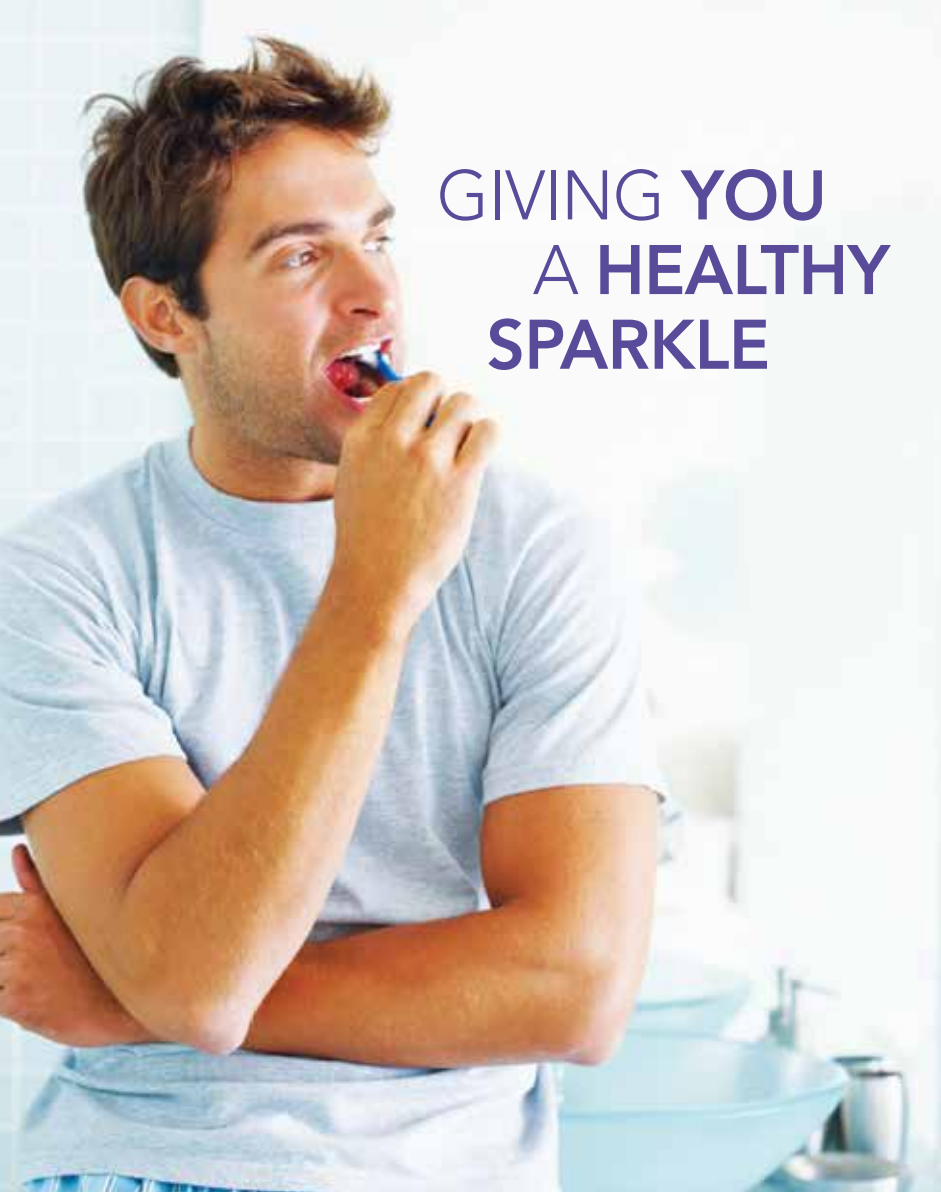


## INTENSIVE HAND THERAPY

Item #315

Moisturize dry skin and the damaging effects of the environment with this concentrated hand cream. Smooth rough skin and keep cuticles soft for happy, healthy hands.

Preferred Price \$15.25



## GIVING YOU A HEALTHY SPARKLE

Having a healthy, beautiful smile is about more than just brushing twice a day. Supplement your smile with **Active Calcium Plus™** or **Active Calcium™ Chewable**, then brush those pearly whites with USANA's fluoride-free **Natural Whitening Toothpaste** for strong, healthy teeth and gums.



# Fresh. Bright. Natural.

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You deserve a healthier choice. That's why USANA's Natural Whitening Toothpaste is unique for what it doesn't have:

- NO artificial colours
- NO artificial flavours
- NO artificial sweeteners
- NO fluoride



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## NATURAL WHITENING TOOTHPASTE

Item #399

USANA's Natural Whitening Toothpaste is naturally formulated to protect your beautiful smile all year round by removing plaque, cleaning teeth, and fighting the bacteria that causes bad breath.

Preferred Price \$9.15

# 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).



JENNA TEMPLETON,  
USANA R&D lab associate



# Testing with a Scientific Team

More than 60 USANA scientists, chemists, and microbiologists around the world are tasked with the rigorous job of testing products ingredients—starting with the raw materials when they enter the in-house manufacturing facilities. Paperwork is checked, a visual inspection is performed, and a representative material sample is collected and sent to the lab.

Every sample goes through microbiological, contamination, potency, and physical testing. Most ingredients also go through specific testing to ensure they meet United States Pharmacopeia (USP) standards for things like purity, solubility, and density to make sure what's on the label is in the product—and nothing else.

## Exceeding the Standard

USANA complies with the highest standards of the nutritional supplement industry, and its Salt Lake City facility is also a U.S. Food and Drug Administration (FDA) registered facility. Although FDA guidelines for nutritional supplements don't force manufacturers to test every ingredient in every lot, USANA does. This ensures that when you receive your USANA products, you're receiving the very best supplements possible.

**It isn't the industry standard. It's the USANA standard.**

"This is our house. This is our business. And nobody is going to take care of it if we don't."

**—DR. JOHN CUOMO**

USANA executive director of global research and development

# Assess Yourself

## TrueHealth ASSESSMENT

[truehealthassessment.com](http://truehealthassessment.com)

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Rev. 01/14