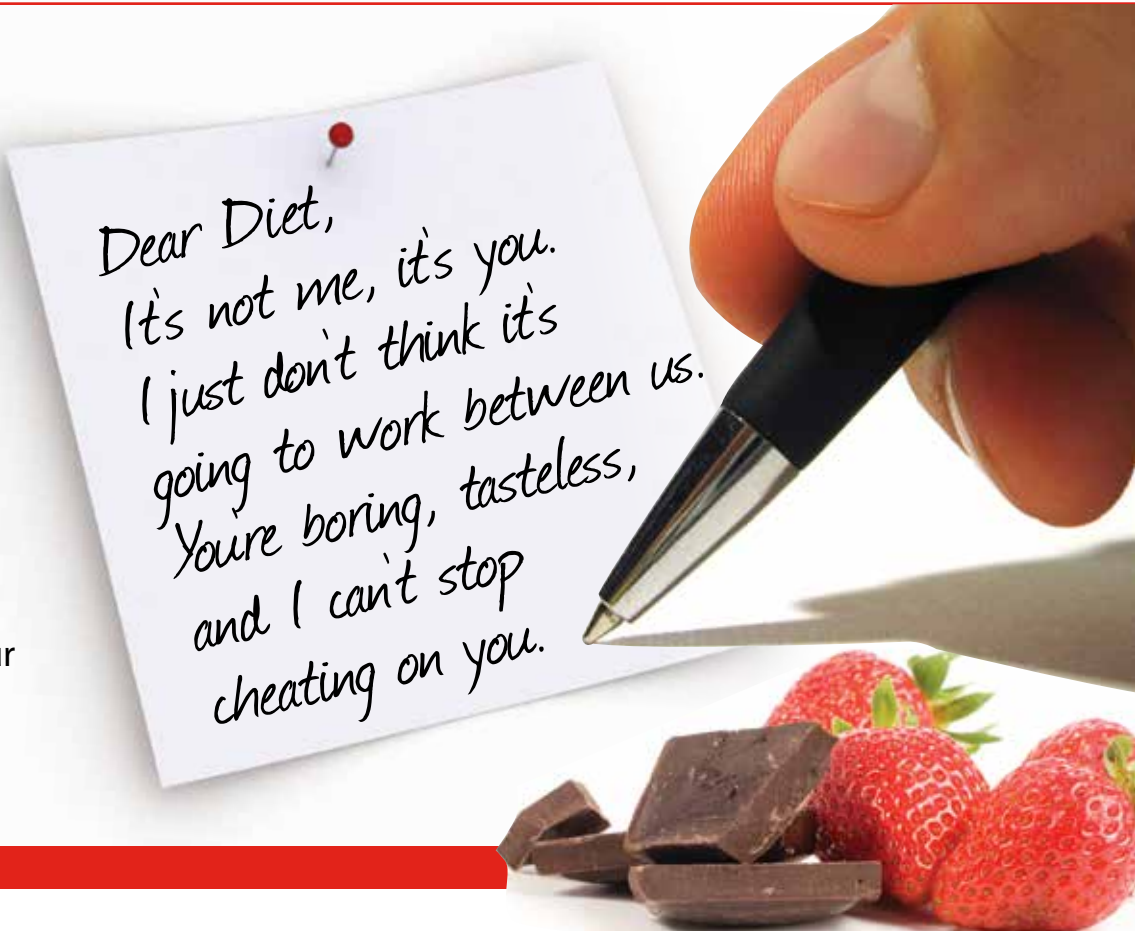




BETTER RESULTS BY RESET.

Now it is possible to reduce the endless cycle of carbohydrate cravings and begin a lifetime of healthy habits with **RESET™** from USANA. A nutritionally balanced meal-replacement program that will jump start your weight-loss efforts, RESET is the first step toward resetting your body and your life.*



“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 Trainer and USANA Spokesperson

SIMPLE & CONVENIENT

With all of the individually packaged meals and snacks you will need, RESET takes the guesswork out of eating right while on the go.

LOW-GLYCEMIC FORMULAS

Research shows that eating low-glycemic foods as part of a balanced diet is a healthy way to help control hunger and start losing weight.

QUICK RESULTS

One USANA study found that the average weight loss after completing the 5-Day RESET Kit is about five pounds.

*Individual results may vary. RESET weight-management system lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. in 5 days. It is suggested that you take these products to your physician and secure his/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. Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.

Contact your local USANA Associate for more information.



USANA
INDEPENDENT ASSOCIATE

USANA Health Sciences, 3838 West Parkway Blvd., Salt Lake City, UT 84120

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 program, complete with low-glycemic meal replacements that are designed to help you make 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.*

The first five-day phase of RESET provides you with a clean break from high-fat and high-glycemic foods. This Jumpstart phase will help kick your body into gear and help curb your cravings for carbohydrates. USANA's low-glycemic meal replacements, combined with 30 minutes of walking each day, could help you lose up to five pounds in five days.*

Keep in mind that it is important to take your **Essentials™** or **HealthPak™**. When limiting your food intake, it is especially important to take supplements and provide your body with all the nutrients it needs to stay healthy.*



Meal

Day 1

Day 2

Day 3

Day 4

Day 5

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast Shake					
HealthPak					
Snack					
Lunch Shake					
Snack					
Dinner Shake					
HealthPak					
1 Fruit Serving					
1 Vegetable Serving					

Write down your goals.

You can do this!

Halfway there!

You are strong. Keep going!

Congratulations! You've RESET your body.

Once you've completed this Jumpstart Phase, keep the momentum going with the Transform and Maintain Phases.

Transform Phase

To help you achieve your ideal weight:

- Replace two meals a day with Nutrimeal™ shakes
- Eat one low-glycemic meal per day
- Eat one USANA Protein Snack and one other low-glycemic snack per day
- Follow a moderate exercise program
- Take your USANA® Essentials™ or HealthPak™ daily

What you'll need for a 28-day supply:

- 6 bags of Nutrimeal™
- 2 boxes of our Protein Snacks
- 1 box of USANA Essentials or one HealthPak

Maintain Phase

To help you maintain your ideal weight, follow the Transform Phase directions, but replace only one meal a day with a Nutrimeal shake.

Remember, RESET is just the beginning to the new, healthier you. Find the support you need through these additional resources:

- USANA.com
- Facebook.com/RESETUSANA
- YouTube.com/USANAHealthSciences
- Twitter.com/USANAinc
- USANAtoday.com (for USANA Associates and Preferred Customers only)
- #RESETNATION

YOU GOT THIS.
 YOU'RE STRONG. YOU'RE DETERMINED.
 YOU WERE BORN TO LEAD A
HAPPY, HEALTHY LIFE.
 AND YOU'VE ALREADY TAKEN THE FIRST STEPS TO GET ON TRACK.
 WE KNOW IT'S NOT EASY, BUT YOU'VE SET YOUR GOALS, AND YOU KNOW WE'VE GOT YOUR BACK EVERY STEP OF THE WAY.
 CONGRATULATIONS ON RESTARTING YOUR LIFE AND JOINING
#RESETNATION. NOW GO GET 'EM!

VANUBIA SILLER



Results not typical. The average weight loss with RESET is 4.5 lb. in five days.

*Individual results may vary. RESET weight program lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. in 5 days. It is suggested that you take these products to your physician and secure his/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. Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.