

THE COMMUNICATOR AWARDS
USANA MAGAZINE
WINNER OF TWO
2011 COMMUNICATOR AWARDS

USANA Magazine Volume 4 2011 Special Edition

USANA



KIM CLIJSTERS

4-TIME GRAND SLAM CHAMPION &
WINNER OF THE 2011 AUSTRALIAN OPEN

*THE HEALTHY HOME
HITS HOLLYWOOD*

**FIND OUT WHICH PRODUCTS
YOUR FAVOURITE STARS
CAN'T LIVE WITHOUT**

**SEE WHAT'S
COOKING WITH
KATHY KAEHLER**

A PERFECT MATCH

AN INSIDE LOOK AT THE TOP WTA PLAYERS
WHO TRUST THEIR HEALTH TO USANA



top-rated athletes.
top-rated nutritionals.
a perfect match

Zheng Jie

Winner of 3 singles titles
and 14 doubles titles

USANA® Essentials™



Tested and approved by
ConsumerLab.com



The Official Multivitamin of the





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Training the best with USANA's best



On the Cover

Kim Clijsters is one of many WTA athletes who relies on USANA's products for optimal performance

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TEAM
USANA



Biathlon Canada



CANADA



CROSS COUNTRY SKI DE FONDS



USSPEEDSKATING



FREESKIING



SNOWBOARDING



Women's SKI JUMPING USA



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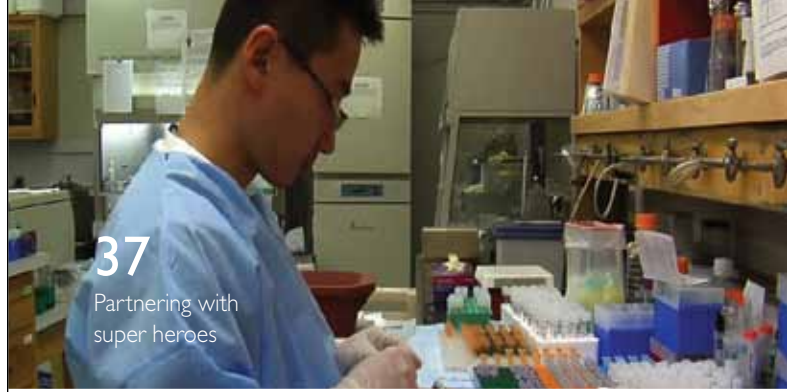
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USANA & THE WTA

Written by Patrick Kibbie

A perfect match.

With over five million fans attending live events, and tens of millions more watching the best tennis players in the world on television, it's no wonder the WTA Tour is the No. 1 name in women's sports.

And with more than 15 years of providing elite professional and Olympic athletes with the highest quality, science-based nutritional supplements in the world, it's no

wonder USANA is the only name in nutritional supplementation trusted by the WTA.

For these top players and their world-class competitors, optimal health could mean the difference between a Grand Slam Championship and a first-round exit. That's why the best women's tennis players in the world trust their health to USANA.

USANA is the Official Health Supplement Supplier of the WTA, an Official Partner of the WTA, and makes the Official Multivitamin of the WTA.

Meet the newest names on the list of world-class athletes who put their trust in USANA's world-class products. It's a match made in heaven.*

* All statistics are as of May 2011. For the most updated information about players check out www.wtatennis.com.



“Health is a big part
of my lifestyle and
with USANA I know
I’m in good hands.”

ALEKSANDRA WOZNIAK

Residence: Blainville, Québec, Canada
DOB: September 7, 1987
Birthplace: Montréal, Québec, Canada
Height: 1.75 metres
Weight: 59.87 kg.
Plays: Right-handed
(two-handed backhand)
Favourite USANA Product:
Chocolate Fusion **Nutrition Bars**

Aleksandra Wozniak turned pro in 2005, and has already recorded a singles title. She is currently the highest-ranked WTA athlete from Québec, and a member of the Canadian Tennis Federation.

USANA
HEALTH SCIENCES



KIM CLIJSTERS

Residence: Bree, Belgium
DOB: June 8, 1983
Birthplace: Bilzen, Belgium
Height: 1.74 metres
Weight: 68.04 kg
Plays: Right-handed
(two-handed backhand)
Favourite USANA Product:
USANA® Essentials™

Kim Clijsters is one of the biggest names in women's tennis today and winner of the Australian Open. She has won 41 singles and 11 doubles titles and is a two-time singles winner of the U.S. Open.

**"My mind and body
have to be in tip-top shape
for the tour, and
USANA's products help
me compete at optimal levels."**



**"There's a lot of science
and research that goes into
USANA's
products.
They make products
that work."**

ZHENG JIE

Residence: Cheng Du, China
DOB: July 5, 1983
Birthplace: Cheng Du, China
Height: 1.64 metres
Weight: 57.15 kg
Plays: Right-handed
(two-handed backhand)
Favourite USANA Product:
USANA® Essentials™

Zheng Jie has taken home three singles titles and 14 on the doubles side in her seven-year career, including an Australian Open and Wimbledon doubles title.



**“Healthy living is
important to me and I’m so grateful
to have USANA
supporting my health and
wellness—both on and
off the court.”**

Residence: Marietta, Georgia, USA
DOB: September 23, 1991
Birthplace: Marietta, Georgia, USA
Height: 1.67 metres
Weight: 58.97 kg
Plays: Right-handed
(two-handed backhand)
Favourite USANA Product:
USANA® Essentials™

Melanie Oudin has been playing on the WTA Tour since 2008, and was named Newcomer of the Year in 2009.

MELANIE OUDIN





Residence: Gold Coast, Australia
DOB: March 30, 1984
Birthplace: Brisbane, Australia
Height: 1.72 metres
Weight: 64.86 kg
Plays: Right-handed
(two-handed backhand)
Favourite USANA Product:
Procosa®

Samantha Stosur is a 12-year pro who has won two singles and 23 doubles titles, including multiple Grand Slam doubles titles. She is currently the no.1 WTA player from Australia.



SAMANTHA STOSUR

**"I train for hours
every day and the USANA
supplements I take help
replenish and nourish me.**

**I trust USANA
to maintain my health
and wellness and support my goals."**

**"USANA 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

Sony Ericsson
WTA TOUR



Residence: Houston, Texas, USA
DOB: August 21, 1976
Birthplace: Durban, South Africa
Height: 1.8 metres
Weight: 71.67 kg
Plays: Right-handed
(two-handed backhand)
Favourite USANA Product: **BiOmega™**
Liezal Huber has taken home an
astonishing 44 titles, with 17 of those
from Grand Slam events.

TEAM USANA ADDS MORE AWESOME!

Written by Suzanne Houghton

“There is no doubt that a targeted nutrition and fitness regime is not only critical for performance, but also for outstanding health.”

Troy Flanagan, Ph.D.
High Performance Director, USSA

From the ice on the speed skating track to the powder blanketing the slopes, world-class athletes strive to be the best. And, of course, why wouldn't the best use the best nutritional supplements? Whether preparing for their next event or training during the off season, these athletes stay in the best shape possible with the help of USANA.

USANA is ecstatic and honoured to announce Team USANA is growing with the addition of the U.S. Ski and Snowboard Association (USSA). These extraordinary athletes showcase their talents as members of U.S. Freeskiing, U.S. Snowboarding, and the U.S. Ski Team. Representing their country and their sports, these athletes are always training to ensure they are in the best shape as they race down the slopes and trails toward the winner's stand.

The USSA is an organization dedicated to its athletes and their well-being. For these athletes, a healthy lifestyle is more than just exercise and watching what they eat—it encompasses everything they do on and off the snow.

One of the most important ways these athletes stay healthy is by maintaining their nutrition,

and they regard that as one of the keys to their many accomplishments. “Nutrition is a big reason behind our athletic success,” USSA High Performance Director Troy Flanagan, Ph.D., says. “Good nutrition results in high energy levels, minimal fatigue, and reduced illness on the World Cup series and major events.”

Each athlete not only faces extreme physical demands, but harsh weather conditions as well. Combine that with the mental strength and stringent dietary regimens these sports require, and you have athletes who are strong, determined, and 100 per cent dedicated to being the best in the world. USANA and USSA have strong roots in health and nutrition, and together they have their eyes set on the future and, ultimately, gold. “Partners like USANA, whose products and core values link directly to team performance, are indispensable,” says Luke Bodensteiner, two-time Olympian and USSA executive vice president, athletics. “As an organization focused on athletic achievement, we count on partners who integrate with what we do and contribute to our success.” And now, they count on USANA.

USANA Nutritionals You Can Trust

TEAM USANA



Eighth Final 1 Men: Alex Deibold (USA, blue bib), Nick Baumgartner (USA, red bib), Graham Watanabe (USA, yellow bib)



U.S. SNOWBOARDING

U.S. Snowboarding is definitely making an awe-inspiring impression on winter sports, competing in incredible events such as alpine, halfpipe, slopestyle, and snowboardcross. As these elite athletes continue to catch major air, members of the U.S. Snowboarding team are also grabbing for something else—bronze, silver, and gold.



2011 U.S. Freestyle Nationals at Stratton
Photo: Carin Yates



2010-11 Womens Alpine
Photo © Jonathan Selkowitz

2010-11 Mens Alpine
Photo © Jonathan Selkowitz



U.S. FREESKIING

Revolution Tour, Hole Shot Tour, Grand Prix, X Games, Dew Tour, and the FIS Freestyle World Cup. Those are just a few of the amazing events U.S. Freeskiing team members find themselves participating in. Athletes compete in halfpipe, skicross, and slopestyle, and each one requires participants to be on top of their game.



U.S. SKI TEAM

Alpine, cross country, freestyle, nordic combined, and ski jumping—this team is full of extreme power and talent. Members of the U.S. Ski Team find themselves travelling the globe competing in a number of different events. From the Winter Games to World Cup events, these athletes prove their talent is anything but average.



Photo credited to Simon Pichette



SPEED SKATING CANADA

For a number of years, members of this team have looked to USANA to provide them with great products and support. From **Nutrition Bars** to **Nutrimeal™**, these athletes know they can always turn to USANA for quality supplementation.

Staying healthy is a priority to these competitors, and their relationship with USANA is pivotal. “Since 1999, USANA has helped our athletes achieve their goals by providing superior nutritional supplements backed up by research and development,” the team says.



Photo credited to Christian Manzoni



BIATHLON CANADA

Members of the Biathlon Canada team believe their partnership with USANA is extremely important. “It provides tools, information, and supplements to our national team athletes year round—services and products that we may not have normally had access to,” they say.

During their off season, members of the Biathlon Canada team can be found doing a variety of training, and they are always working to maintain their health. “Healthy living comes from a combination of proper levels of activity and recovery along with proper eating and nutrition, including daily supplements and vitamins,” they say.



CROSS COUNTRY CANADA

Travelling across the globe, members of the Cross Country Canada team know they have to be vigilant when it comes to their health. “**Pure Rest™** is a favourite with all the athletes on the team,” they say. “Also, for overall balance and making sure the nutritional gaps are filled, the **MyHealthPak™ SportsPak** is great!”

Between training and competing, these athletes agree that staying healthy is a top priority and their partnership with USANA is extremely important. “USANA has had a great long-standing partnership with the Canadian National Cross Country Ski Team,” they say. “We know that whenever we need products, USANA is there and the products are tested and safe.”



USA LUGE

Power and speed are essential to the USA Luge team’s success, and they train extremely hard to ensure they are always at the top of their game. “Nutrition, rest, stretching, and taking the time to warm up, cool down, and recover are all important in the quest to stay healthy,” they say.

As part of Team USANA, members of the USA Luge team look to USANA for help with maintaining their health. “Recovery, injury prevention, and nutrition are all tied together. Since our team is out on the road for months at a time and nutritional choices can be limited, USANA plays an important role for our team,” they say.



US SPEEDSKATING

Travis Jayner, 2010 Olympic bronze medalist and a proud member of the US Speedskating team, finds that in order to be the best, you have to consistently be aware of how you are taking care of yourself. “I try to eat well and push myself to my physical and mental limits,” he says.

Travis, along with the rest of the US Speedskating team, is grateful for USANA. “I am so happy to have a great partnership with USANA,” Travis says. “It is a great company, with great products and even better people. I feel lucky to be involved with such a great local and global company.”

a view from the top

Written by David Baker



Few people get to see what it's like at the top. Luckily, **Jennifer Gibson** is a hiker and a snowboarder. She's familiar with mountains, and she knows what it's like to climb up and get a view most only see in photographs.

That could describe Jennifer's career as much as her recreational endeavours. As a **full-time sports dietitian working with Olympic athletes** in Colorado Springs, Colorado, and a **nutritional service provider for the Women's Tennis Association (WTA) Tour**, she's climbed her professional mountain and is enjoying the view from the top.

When it comes to the field of sports nutrition, she is working on the summit. With the WTA, Jennifer works with the best women's tennis players in the world—all of them looking for high-quality nutritional products to push them to the top of their game on the court.

Jennifer's journey to these summits started with an interest in competitive sports like volleyball, softball, kickboxing, cross-country, and road running.

Those passions led her to graduate from Ryerson University in Toronto, Ontario, with honours and a bachelor of applied science degree in food and nutrition. Moving forward, Jennifer gathered an IOC diploma for sports nutrition, a master's degree in kinesiology, and status as a registered dietitian from the College of Dietitians of British Columbia.

In her native Canada, she has **worked with Canada Women's Soccer, Canada Snowboard, Canadian Para-Alpine Skiing, Team Kelly Scott Curling, Taekwondo Canada, Softball Canada**, and many, many more.

Sports nutrition has taken Jennifer around the world. Switzerland, for the Zurich Open Tennis Tournament. México, for the 2008 Women's Soccer Olympic Qualifying Tournament. Wimbledon and the Australian Open. Beijing, for the 2010 China Open. Although not as foreign, but definitely as impressive, the 2010 Olympic Winter Games in Vancouver.

All of this experience boils down to a passion for nutrition and an

understanding of its importance. "An athlete who neglects their diet is like a house without a foundation," Jennifer said. "Looks good on the outside, but can crumble when the weather gets bad."

It's that passion, understanding, and focus on nutrition that have helped Jennifer climb to the top of her field and claim the chance to work with the best athletes in the world. And those same qualities led Jennifer to trust USANA products.

"I feel confident recommending USANA products to the WTA athletes," Jennifer said. "USANA is one of the only companies out there offering safe and high-quality micronutrient supplements that have undergone extensive third-party testing for athlete safety."

Like Jennifer, those at the top trust the top-rated nutritional supplements in the world. They trust USANA. ■



Abby Hughes



Alissa Johnson



Lindsey Van



Sarah Hendrickson

SOARING TO NEW HEIGHTS WITH USANA

Written by David Baker



FINALLY, after years of rejection, women's ski jumping will take its rightful place in the 2014 Winter Olympics. With support from sponsors like USANA, the U.S. Women's Ski Jumping Team has the chance to compete on the world's largest stage. "Going to the Olympics is no longer just a dream—it's a reality for us," U.S. team member Alissa Johnson says.

As the U.S. women prepare for 2014, USANA will be there to provide them with the support and high-quality nutrition they need to soar to gold.

Photos by U.S. Ski Team



Avery Ardovino



Jessica Jerome



Karin Friberg

LINDSEY VAN

Lindsey is a 14-time U.S. National Champion, and she has eight Continental Cup wins. In February 2009, Lindsey became the first women's world champion. She holds the North American women's record at 171 metres.

"USANA's sponsorship is great. You get some bars and vitamins and the financial help to keep going on trips and buying equipment. Without USANA, we wouldn't be where we are today."

JESSICA JEROME

Jessica is a seven-time U.S. National Champion, including a sweep of the large and normal hill events in 2008. She's recorded 17 Continental Cup podium finishes and a sixth-place result at the first World Championships in 2009.

ALISSA JOHNSON

Alissa has been jumping since age five. At 23, she's already entering her seventh year on the Continental Cup circuit. Alissa recorded her first Continental Cup victory in 2008 in Lillehammer.

AVERY ARDOVINO

At 18, Avery already has four seasons of Continental Cup competition under her belt. In February 2009, she finished a career-best fourth place in the Continental Cup event in Zakopane, Poland. Avery finished the 2009 season ranked 14th overall.

KARIN FRIBERG

Karin has competed in the last three Junior World Championships. The Minnesota native is continuing to gain experience jumping at the Continental Cup level, and is excited about USANA because she's studying to become a registered dietician.

"I've been using the USANA MyHealthPak™. Before, I was already taking some multivitamins, so it's nice to have something more catered to what an athlete needs."

ABBY HUGHES

Abby started jumping at age seven, and by 15, she made her Continental Cup debut. She went on to finish ninth in the Continental Cup overall standings in 2006, but she notched a personal best second-place finish at home in Park City in 2005.

SARAH HENDRICKSON

Sarah is only 16, but she's already quite accomplished. She was the youngest skier ever named to the U.S. Nordic Ski Team, took bronze at the 2010 Junior World Championships, and scored a Continental Cup victory in February 2009.

NINA LUSSI

Nina competed in the 2010 Junior World Championships. She is currently attending a school in Austria that specializes in training young ski jumpers. Besides athletics, Nina also plays the trumpet, is fluent in German, and rides horses.*

NITA ENGLUND

Nita qualified for the Junior World Championships for the first time in 2009, and won the 2010 Junior Olympics in Steamboat Springs, Colorado. Her first real Continental Cup experience came this past summer in Europe.*

"The support of USANA has just been life-saving for us. To have the sponsors that we do, it's made all the difference for us, because it's enabled us to keep things going at a high level."

—Deedee Corradini,
WSJ-USA President

The pictured athletes and organizations have received compensation for their partnership and/or complimentary USANA products.

*Not pictured



Grizzlies,



Gophers,



Powderbirds,



Cherries &

From the soccer pitch to the centre ice—
athletes the world over trust USANA products.

Written by Cameron Smith



A.F.C. Bournemouth

This 111-year-old soccer club, nicknamed The Cherries, plays in England's Football League One.



"USANA has had such an impact on me and all the players since they came to the club, and has supported everyone so well. I can speak for all the lads when I say that their program of nutritional supplements has had a great effect on all of us and I have never felt fitter."

—Steve Fletcher, Assistant Manager

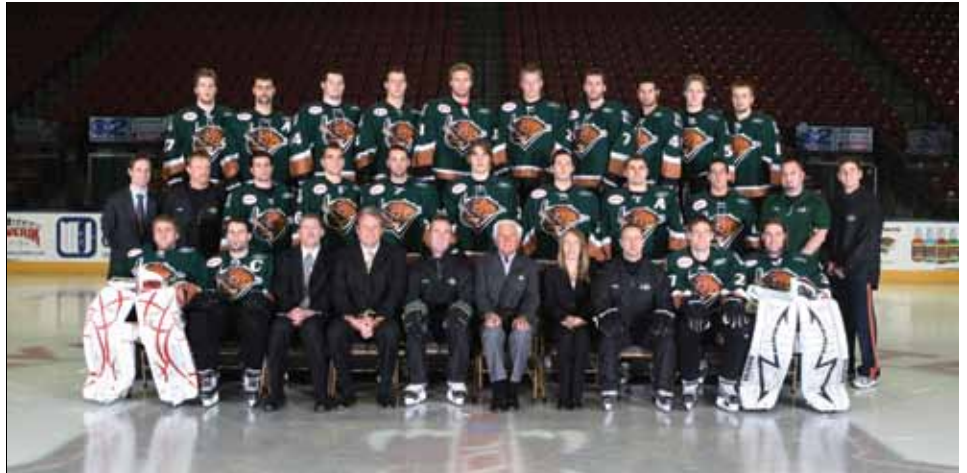
Favourite Products: USANA® Essentials™, Procosa

The pictured athletes and medical professionals are either Distributors or dedicated users who have received compensation for their partnership and/or complimentary USANA products.



Utah Grizzlies

Playing just down the road from USANA's Home Office in West Valley City, Utah, the Grizzlies are a professional ice hockey team in the ECHL.



"We take the vitamins in the morning and at night. It's great. We have a lot of stuff that we do throughout the day and **MyHealthPak™** keeps you feeling good. We take the **Nutrimeal™** shakes after we skate and we also have the **Nutrition Bars** right before the games."

—Brock Wilson,
Utah Grizzlies Defenceman

Favourite Products: MyHealthPak, Peanut Butter Nutrition Bar



POWDERBIRD™

Wasatch Powderbird Guides

This group of highly trained athletes travels around the world offering private heli-skiing adventures on the world's most spectacular mountain ranges.



Favourite Products:
Rev3 Energy™,
Nutrimeal

"We had a great ski season. Our customers enjoyed the products such as **Rev3**, the **Nutrition Bars**, and **Nutrimeal**. The guides all love the personalized **MyHealthPaks!** We are looking forward to a long relationship with USANA."

—Mike Olson, Senior Guide,
Wasatch Powderbird Guides



C.F. Pachuca

The Tuzos (or "Gophers") of the Pachuca Club de Fútbol are a wildly successful Mexican soccer team, winning five national championships and four CONCACAF Champions Cups in the past 10 years.

Favourite Products:
Proflavanol® C¹⁰⁰,
Fibergy® Plus



"The players have been taking the product for two years, and have been able to maintain their sport performance and optimal health. We definitely hang on to USANA!"

—Dr. José Antonio Torres Mendoza,
Head of Medical Services, Pachuca Club de Fútbol

FORMULA FOR SUCCESS

INTENSE TRAINING + TOP-OF-THE-LINE NUTRITION = WORLD-CLASS ATHLETES

HERE'S A LOOK AT JUST A HANDFUL OF ELITE ATHLETES WHO TRUST THEIR HEALTH TO USANA.



ANDY STUDEBAKER,
NFL PLAYER



GINA GRAIN,
CANADIAN CYCLIST



DARREN NEIDERMEYER,
USA TRACK & FIELD

"MY NUTRITIONIST WROTE OUT A MEAL PLAN FOR ME THAT I TRY TO STICK TO, AND I SUPPLEMENT IT WITH MY FAVOURITE PRODUCTS- BODY ROX™, PROCOSA® AND BIOMEGA™."

TODD SUHN,
STEER WRESTLER



"I LOVE USANA'S PEANUT BUTTER NUTRITION BARS FOR A QUICK PICK-ME-UP. AND BY TAKING HEALTHPAK™, I KNOW I'M SUPPLEMENTING MY BODY WITH THE VITAMINS AND MINERALS I'M MISSING IN MY DAILY MEALS. THE REV3 ENERGY™ DRINKS ARE ALSO A GREAT THING TO HAVE ON OUR LONG DRIVES BETWEEN RODEOS. I REALLY APPRECIATE USANA, I STAND BEHIND THEIR PRODUCTS, AND I HAVE COMPLETE CONFIDENCE IN WHAT THEY SAY THEIR PRODUCTS WILL DO."

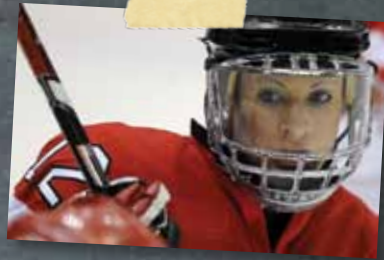


JENNIFER HEIL,
CANADIAN FREESTYLE
MOGUL SKIER

"BEING OLYMPIC CHAMPION, WORLD CHAMPION, AND FIVE-TIME WORLD CUP OVERALL WINNER IN FREESTYLE MOGUL SKIING IS NO FLUKE; IT'S THE RESULT OF YEARS OF METICULOUS TRAINING AND PREPARATION. USANA PRODUCTS ARE PART OF MY DAILY ROUTINE. THEY HELP ENSURE THAT I MAINTAIN GOOD HEALTH ALONG WITH PROPER ENERGY LEVELS TO TRAIN, TRAVEL, AND COMPETE AROUND THE WORLD."



D.J. CARRASCO
MLB PLAYER



MEAGHAN MIKKELSON
CANADIAN WOMEN'S HOCKEY PLAYER



REBECCA SORENSEN,
USA WOMEN'S SKELETON RACER

IT'S A FAMILY THING

ALTHOUGH THESE ATHLETES MAY PLAY INDIVIDUAL SPORTS, AS A FAMILY, THEY'RE AN UNBEATABLE TEAM.

RYAN DODD, CHAMPION WATER SKI JUMPER AND BREANNE WAGNER DODD WATER SKIER—A SHARED LOVE OF WATER SPORTS KEEPS THIS COUPLE AFLOAT.

KAREN



FREDDY



RYAN



BREANNE

IT'S TRUE LOVE FOR WATER SKIERS KAREN TRUELOVE AND HER HUSBAND, FREDDY KRUEGAR.

BROTHERLY LOVE (AND A LITTLE BROTHERLY COMPETITION NO DOUBT) KEEP THESE PROFESSIONAL GOLFING BROTHERS—BART AND BRAD BRYANT—AT THE TOP OF THEIR GAME.

"I AM VERY GRATEFUL FOR MY PARTNERSHIP WITH USANA. I'VE USED USANA PRODUCTS FOR MORE THAN 16 YEARS, AND HEALTHPAK IS MY FAVOURITE THEY ARE GREAT TO TRAVEL WITH—SO EASY AND CONVENIENT TO USE." —BART BRYANT

BRAD



BART



FOR MORE INFORMATION ON ATHLETES WHO USE USANA'S PRODUCTS, VISIT WWW.FACEBOOK.COM/USANAATHLETES OR USANA.COM/ATHLETE.



★ ★ ★ ★ ★

**USANA: IN THE CORNER OF
BOXING'S
BEST**

★ ★ ★ ★ ★

Written by Scott Murphy

While participating in the highest levels of one of the world's most grueling and demanding sports, it's no surprise that some of the best boxers in the world have one thing in common: **USANA® Nutritionals**.

Whether it's newly minted professional boxer Mike Lee or World Boxing Organization (WBO) champion Timothy Bradley, many boxers routinely reach for USANA products to help them get ready for their next big fight.

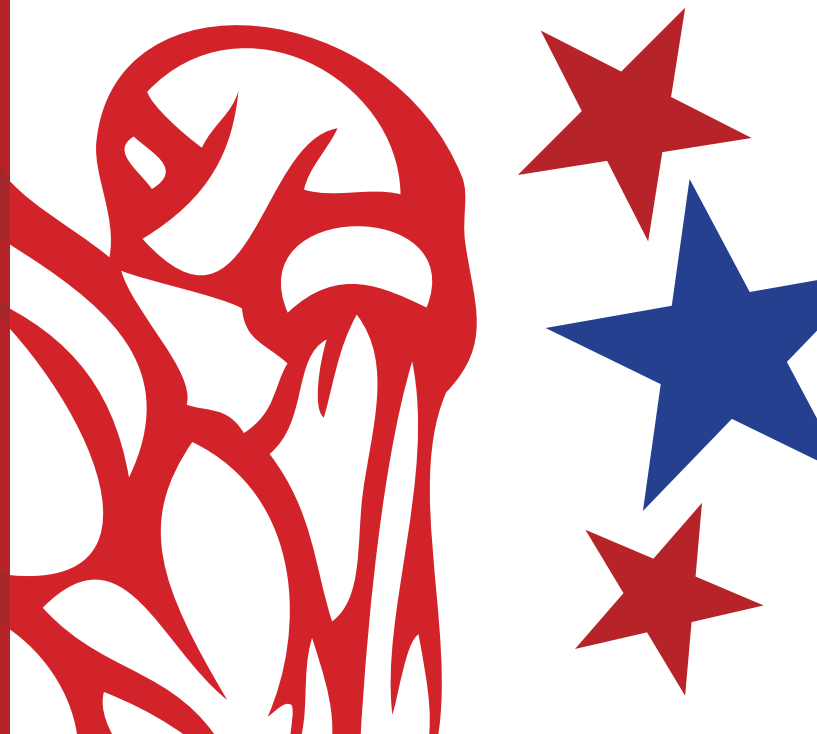


Manny Pacquiao with trainer, Alex Ariza

**"GIVEN THEIR QUALITY, SAFETY,
AND EFFECTIVENESS, I TRUST
MY HEALTH AND THE HEALTH OF
MANNY PACQUIAO
TO USANA'S VITAMIN SUPPLEMENTS."**

—Alex Ariza

Alex Ariza is the elite strength and conditioning coach for WBO welterweight world champion Manny Pacquiao and several other top-rated professional fighters, including World Boxing Council (WBC) silver middleweight champion Julio Cesar Chavez, Jr., and undefeated middleweight Vanes Martirosyan. Alex has a wide-ranging background in health, including a bachelor's degree in exercise and nutritional sciences from San Diego State University and two years medical training at the Health Science College of Medicine. With his extensive knowledge and unbeatable coaching techniques, Alex is one of the world's most sought-after boxing trainers.



MIKE LEE



A USANA Associate, a finance graduate from Notre Dame, and one of the most popular up-and-coming boxers in the world, Mike Lee is a lot of things, including a dedicated user of **RESET™** and **MyHealthPak™**. Not only has Mike been featured in *USA Today*, *The New York Times*, and *ESPN The Magazine*, but Wayne Newton also publicly declared him the “new face of boxing.” Keep your eyes on Mike—he’s on the rise.



JOSÉ ANTONIO RIVERA



José Antonio Rivera, who recently resumed his boxing career after a hiatus, has continually relied on USANA products to achieve his goals as a fighter. In addition to his appearance in the Oscar-winning 2010 film *The Fighter*, his return to the ring in May was a triumphant one, as he earned a victory over rival boxer Luis Maysonet. José would never dream of training without the use of multiple USANA products.

“I cannot and will not train without USANA products feeding my cells the highest-quality nutrients on the market,” he says. “As I put my body through the most rigorous of workouts, I utilize the **HealthPak™**, **BiOmega™**, and **Procosa®**, among other products. I also love to start my workout with a **Rev3 Energy™**.” José is also a dedicated user of the USANA shakes and bars, which he says help him lose weight and stay in fighting shape.



TIMOTHY “DESERT STORM” BRADLEY



Tim Bradley is a 27-year-old fighter from California who proudly endorses USANA products. Holder of the combined World Boxing Council (WBC) and WBO light welterweight belts, Tim owns a 27–0 professional record that includes 11 knockouts. *The Ring* magazine currently ranks Tim as its No. 6 pound-for-pound boxer in the world.



GEORGE “HIT HARD” HILLYARD



After a successful amateur career, George Hillyard turned pro in 2005, and the English fighter continues to work hard at living out his lifelong dream of being a champion boxer.

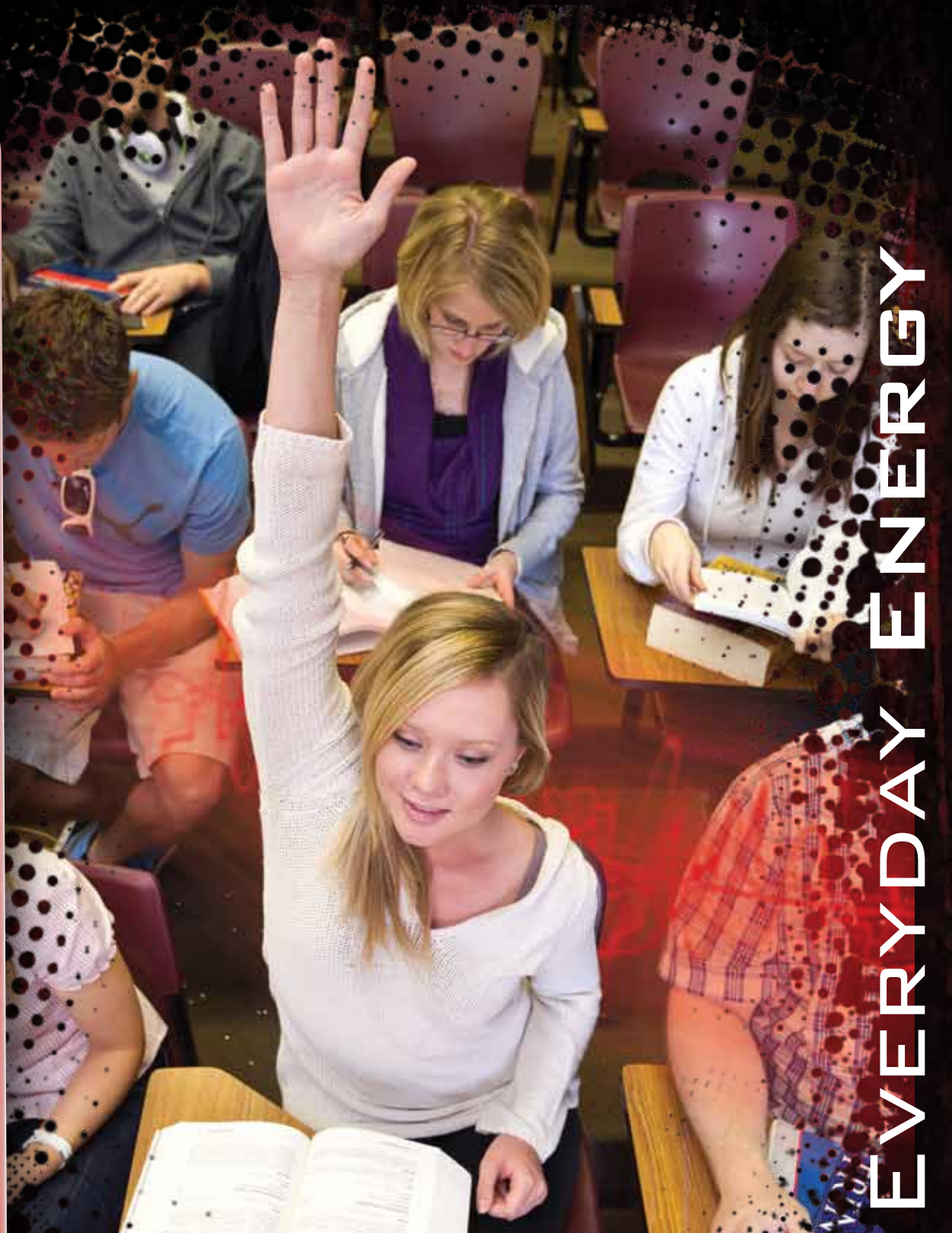
George credits USANA with his improved recovery time in the ring. “USANA makes it possible for me to regroup before the next round. I cannot stress enough how important that is. I know that at the start of each round I am ready to go again,” he says. And, by using a combination of USANA’s **RESET** products and nutritionals, George is able to cut weight before a fight without depriving his body of essential vitamins. “I’m now able to cut weight without draining my body by using USANA weight-management products. Before using these supplements I would lose half of the weight I can lose now. In fact, I’m cutting weight and feeling more energized to get the extra training in.”

EXTREME ENERGY



AT THE POOL OR AFTER SCHOOL

JOIN THE **REVOLUTION**



EVERYDAY ENERGY

- ① CONTAINS VITAMINS, MINERALS, AND ANTIOXIDANTS YOUR BODY CAN USE TO CREATE ENERGY.
- ② NATURALLY DERIVED CAFFEINE KEEPS YOUR MIND ALERT AND GIVES YOU THE STAMINA TO STAY FOCUSED.
- ③ A LOW-GLYCEMIC FORMULA KEEPS YOU ENERGIZED WITHOUT THE CRASH AND BURN.



Photograph by Cole Stipovich

GET IN THE GAME

with Jennifer Azzi

Written by Emily Alaniz

As a WNBA all-star and Olympic gold medalist, Jennifer Azzi knows how health and fitness contribute to athletic excellence.

And as a Ruby Director and spokesperson for USANA for almost 10 years, she realizes the role proper nutrition plays in overall health. So, when she became the head coach of women's basketball at the University of San Francisco, she wanted to make sure her team had every advantage.

Her team was initially skeptical about taking any nutritional supplements, which Jennifer completely understood. "They didn't trust the supplement industry, but what made them trust USANA was the science behind the products," Jennifer says. Once the team learned that the founder of the company, Dr. Myron Wentz, was from a health and science background, they gave the supplements a try and haven't looked back.

"The team is definitely seeing the benefits," Jennifer explains. Each of them is taking their **MyHealthPak™** daily, and now they are all grateful for USANA. "It's about more than just nutrition—USANA is everything with my team." Jennifer emphasizes that even though you can't control all aspects of the game, you can control the health and fitness of the team from the inside out: "That's what USANA is all about." ■



"The college experience only lasts a few years, but health is for life."



What's Cooking with Kathy Kaehler

Written by Emily Alaniz

Kathy Kaehler has a lot on her plate. Not only is she a mother, best-selling author, celebrity trainer, former fitness correspondent for the *Today* show, and a dedicated USANA spokesperson, she also goes to celebrity kitchens to showcase her healthy-eating program, Sunday Set-Up™. With so much to do, she understands how difficult it can be to make time to exercise and prepare healthy meals, but as she explains, “If I can do it, so can you.”

This can-do attitude has had a positive influence on many celebrities looking for a sensible way to stay fit. Kathy has been training the Guncles for several months and encouraging them to have **Nutrimeal™** as a healthy, low-glycemic breakfast. Her workout routines have been attracting some attention too—recently on *Oprah*, Julia Roberts named the *Kathy Kaehler Fitness System* DVD as one of her favourite things!

Even though she's all the rage in Hollywood, she still helps out regular people whenever she gets the chance. You can get exclusive workout tips, meal ideas, and health inspiration from Kathy on her Facebook page at www.facebook.com/kathykaehler.

**Kathy has been keeping busy!
Check out these sites that have
recently featured her:**

AccessHollywood.com

ScottBarnes.com

Rich588.com

EdmontonSun.com

MichaelWoodspg.blogspot.com

Self.com

WomansDay.com

Fitsugar.com

SheKnows.com

MSN's Fitbie.com

MaxSportsandFitness.com

Photo Credits: Jessica Lewis photography, Josh Beller

Sunday Set-Up

It's not easy to always serve fresh, healthy meals seven days a week, but Kathy Kaehler has created a system that works. Sunday Set-Up is an easy, efficient way to make sure the right kind of food is always at your fingertips.

It's based on buying a week's worth of fresh food on Sunday, and then washing, prepping, and storing that food so it's ready to go for the rest of the week.



Nicholas Gonzalez from *Resurrection Blvd.* and actor Jessie Steele weigh their options with Kathy Kaehler at Sunday Set-Up

Celebrities have been learning this practical meal-planning method from Kathy herself, because even big stars need to make healthy choices. "Just like everyone else, celebrities have the desire and passion to make good choices for themselves, without constant advice from nutritionists. They want to be in the kitchen and prepare healthy meals," Kathy explains.

The new Sunday Set-Up Club offers a way for anyone to learn how to take advantage of this plan-ahead solution. For a low monthly fee, you'll have access to Sunday Set-Up webisodes featuring Kathy teaching stars how to prepare healthy and delicious options for breakfast, lunch, and dinner. The club also includes weekly recipes, helpful newsletters, monthly fitness videos, and more. Kathy's down-to-earth approach makes the tips and recipes completely accessible, even to the novice chef.

USANA products are a big part of Kathy's recommended regimen. "People are so busy they sometimes skip breakfast or lunch. **Nutrimeal** fits in as an easy, energizing meal, that is filling and low glycemic. It has all the

features of the meal everyone needs in the morning. And the nutrition bars are great when you're on the go, because they're so portable. If you have one on hand, you'll never be caught without a good choice for a snack." She also recommends USANA supplements, because they offer an easy way to customize your nutrition. "I always make a point to educate people about what USANA is all about," she explains. ■

The Celebrities of Sunday Set-Up Love USANA!

"When I have the Nutrimeal shakes, I feel like I'm doing something good for myself."

**—Garcelle Beauvais,
*I Know Who Killed Me***

"Pure Rest™ is the only natural thing I've found to help with sleep...especially if you're trying to switch from day shoots to night shoots."

**—Briana Evigan,
*Step Up 2: The Streets***



Sarah Drew (*Grey's Anatomy*) and her friends can't get enough USANA!



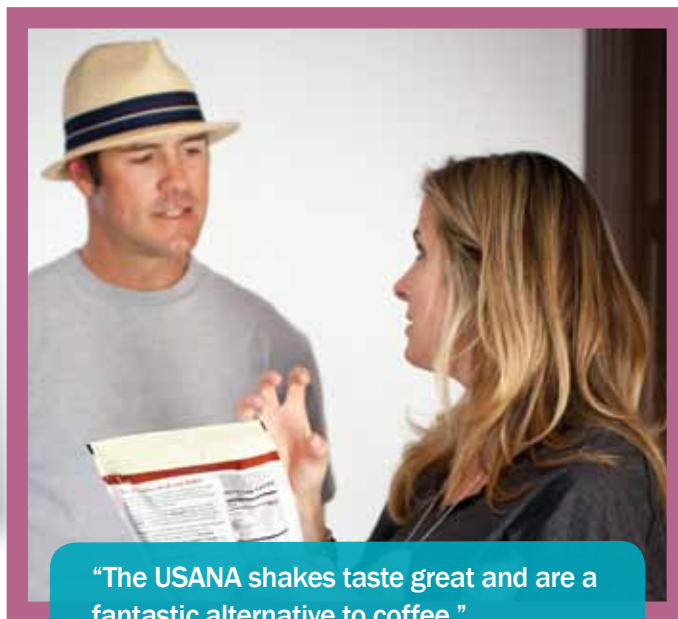
Special Deal

Sunday Set-Up Deal

For a limited time, USANA fans will be able to join Sunday Set-Up for the low price of \$5.95 US a month! Subscribe at www.kathykaehler.net/club/usana/ before September 30, 2011 to take advantage of this special offer.

"I have been Mr. Anti-Shakes and Bars until now. And actually the whole family loves them and they are so healthy for you. Thanks USANA."

—Greg Grunberg, *Heroes*



"The USANA shakes taste great and are a fantastic alternative to coffee."

—Chris Jacobs, *Angels, Baby!, The Insider*



The Healthy Home

Kathy loves introducing people to Dr. Myron Wentz and Dave Wentz' best-selling book *The Healthy Home* because it's based on the same ideas she tries to teach in Sunday Set-Up. "You can't control everything in the world, you can't fix everything that's out there. But you can control what happens between the four walls of your home and the food you choose to put into your body," she explains. "It's all about choosing to stay healthy."

www.myhealthyhome.com



Kathy with Dr. Myron Wentz and Dave Wentz on *The Healthy Home* Book Tour



Sanoviv An Oasis of Health & Healing

Imagine a place of serenity. A place where soft breaking ocean waves craft a soothing, soulful soundtrack that moves you through your day like a gentle, guiding hand. A place that transports you, both physically and mentally, far away from the demands and stressful responsibilities of the modern world...where thoughtfully fashioned activities centre around the personal care and restoration of your body, mind, and soul. A place where fresh air cleanses the lungs, and also the heart.

This place exists, and it's not just in your imagination. As a holistic, healing haven for people from all over the world, Sanoviv Medical Institute is a genuine manifestation both of Dr. Wentz' vision of true health and the principles of complete wellness he aspires to share with humanity.

Dr. Wentz spent countless hours specifying the intricate details of the building and the land surrounding Sanoviv. While these details may not be noticeable to the untrained eye, they play a major role in the success Sanoviv has had in restoring health for so many. Everything from the European-style carillons and the lack of clocks in guest suites to the constant sounds of the ocean contribute to a peaceful environment where guests' bodies can begin the healing process. ■





TAKE IT FROM THE TOP

PRODUCTS HEALTH NUTRITIONAL SCIENCE QUALIFIED MEDICAL EXPERTS RADIANT NUTRITIONAL SCIENCE PRODUCTS

Written by Aaron Adams

You know the story: Dr. Study meets the mysterious, strong-willed, and undeniably appealing Dr. HotLips. They embark on a torrid love affair, exchanging witty banter while courageously saving the lives of countless strangers. Their romance is filled with heartache, joy, and a soundtrack that stays with you long after the credits roll.

But it's always the same. You could watch this exact story on 12 different networks, any night of the week. Medical

procedurals and the pretty people who populate the halls of fictitious hospitals are a dime a dozen. Unfortunately, here in reality, finding a doctor you can trust isn't so simple. Qualified experts are few and far between.

Luckily, USANA's cellular and science-focused approach to nutrition attracts the best doctors in the world. USANA products are recommended by a myriad of physicians and health-care professionals, and these professionals

not only endorse the products—they also provide USANA with valuable insights into product applications and efficacy.

These USANA-touting specialists are at the top of a short list of medical experts you can rely on.

DR. CHRISTINE WOOD

DR. CHRISTINE WOOD ON NUTRITION FOR THE YOUNG

Practicing pediatrician, lecturer, and author of *How to Get Kids to Eat Great and Love It!* and www.kidseatgreat.com, Dr. Christine Wood focuses on healthy nutrition for children and the nutritional impact diet has on health and disease. Dr. Wood recommends USANA because she believes the manufacturing quality of USANA's **Usanimals™** and **Body Rox™** is unsurpassed in the industry. She's often been seen recommending USANA products on television. "My trust in these products has been built on solid science," she says. "That gives me the confidence to recommend these products to my patients."



DR. REGINA HAMLIN

DR. REGINA HAMLIN ON SENSÉ

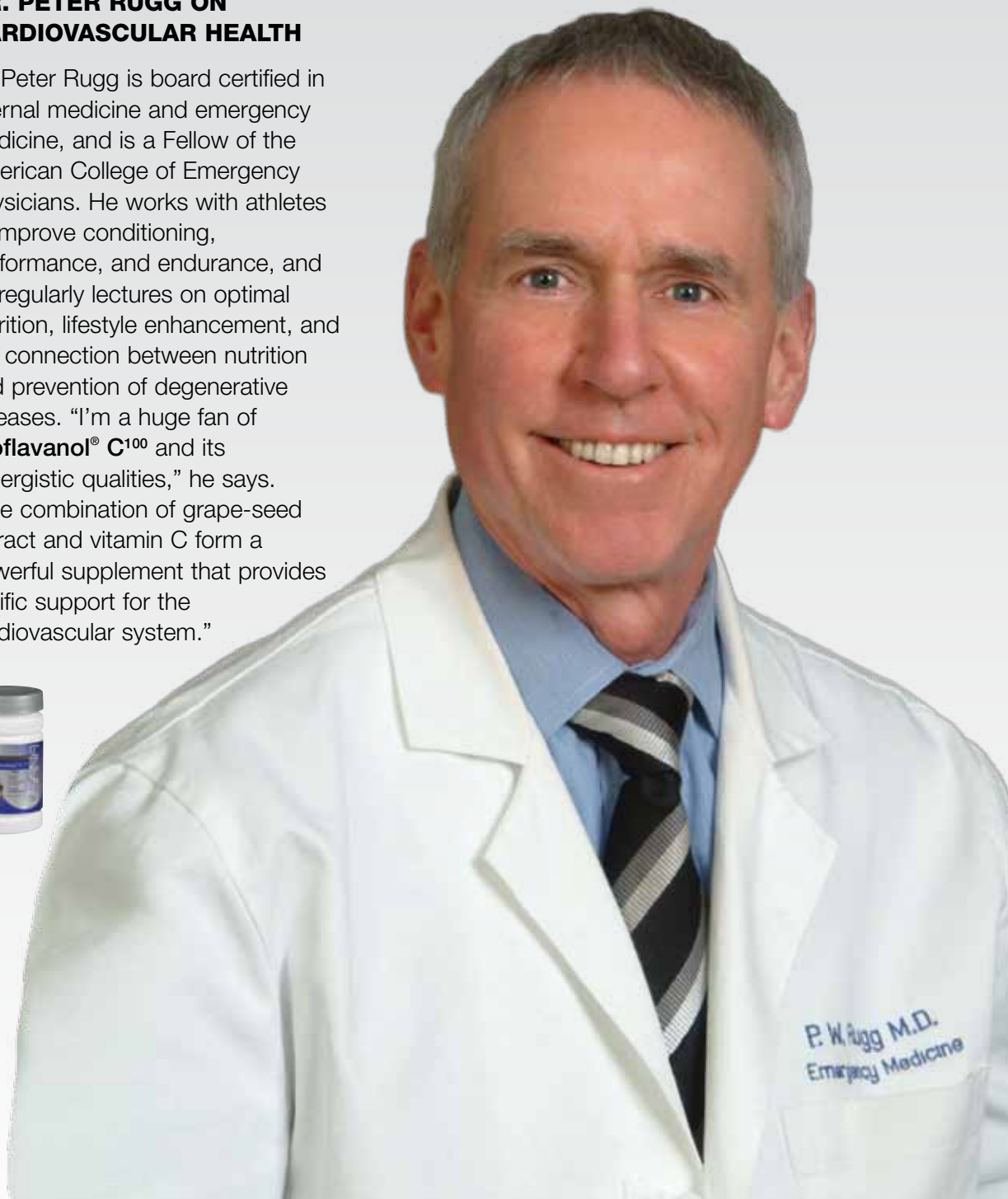
Dr. Regina Hamlin has been a dermatologist for more than 30 years. She is chief of dermatology at four major hospitals in California and a clinical professor of medicine at UCSF Fresno. "I recommend **Sensé™** to my patients because it's free of added chemical preservatives and doesn't irritate the skin," she says. "Sensé products not only offer amazing results; they are gentler on your skin, leaving it calm, healthy, and radiant."



DR. PETER RUGG

DR. PETER RUGG ON CARDIOVASCULAR HEALTH

Dr. Peter Rugg is board certified in internal medicine and emergency medicine, and is a Fellow of the American College of Emergency Physicians. He works with athletes to improve conditioning, performance, and endurance, and he regularly lectures on optimal nutrition, lifestyle enhancement, and the connection between nutrition and prevention of degenerative diseases. "I'm a huge fan of **Proflavanol® C¹⁰⁰** and its synergistic qualities," he says. "The combination of grape-seed extract and vitamin C form a powerful supplement that provides terrific support for the cardiovascular system."



Who ever said
ONE
 is the
 loneliest
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 ... Sport Science • Consumer Lab Awards (2011) #1 Overall Merchant for Customer Ser



One Company.

One Vision.

One Family.

THE VOICE OF MOTIVATION

Written by Suzanne Houghton

He is a widely known and sought-after speaker, life coach, and consultant. USANA Associates know and adore him. His words of encouragement are found in numerous best-selling books. Dr. Denis Waitley has found great success in his life, but just what does he find inspiring? What experiences have changed his life and why is motivation so important to him?

WHO DO YOU FIND INSPIRING?

There are many individuals who have inspired me for years. First, Mabel Ostrander, who is my maternal grandmother. As a widow living alone for 40 years, facing many tragedies, she never complained. She was my primary role model and still is. I am also inspired by Reverend Billy Graham, who has been a friend and mentor for 30 years. He has always “walked his talk.” I’m also very fond of former U.S. President Ronald Reagan, for whom I was a local campaign spokesperson. He earned the respect and admiration of Mikhail Gorbachev, former leader of the Soviet Union, and ended the Cold War by “speaking softly and carrying a big stick.” His optimism and humour continue to inspire me.

Finally, as many of you already know, I am deeply inspired by Dr. Myron Wentz. In spite of great professional and financial achievements, he is humbly planting shade trees for future generations, under which he himself will never sit. He is living his legacy, not merely leaving a legacy.

WHY IS IT SO IMPORTANT FOR PEOPLE TO STAY MOTIVATED IN WHATEVER THEY ARE DOING IN LIFE?

By definition, “motivation” is “motive in action.” Motivation is an inner force that compels behaviour. In the pursuit of happiness, “pursuit” is the key. My former neighbour and friend, Ray Kroc, who founded McDonald’s in his fifties, said it

best: “As long as you’re green, you’re growing. When you get ripe, you start to rot!” Passion is the engine that powers a stronger heartbeat.

WHAT DO YOU DO TO STAY MOTIVATED?

I read and watch biographies of individuals who have overcome enormous obstacles to make the world better. I spend most of my time with kids and people younger than myself. By devoting my focus to helping others, I have virtually no time to fret and worry.

OF ALL THE BOOKS YOU HAVE WRITTEN, DO YOU HAVE A PARTICULAR FAVOURITE? IS THERE ONE THAT HAS CHANGED YOUR THINKING ON LIFE?

Although I’m best known for the audio version of *The Psychology of Winning*, my two favourites are *Seeds of Greatness* and *Being the Best* because they had the greatest impact on others. However, *Safari to the Soul*, an autobiography about my pilgrimages to Africa, has the most meaning for me and my family.

WHAT HAS BEEN ONE OF THE GREATEST LESSONS YOU HAVE LEARNED ABOUT YOURSELF?

I am not the centre of the universe. I feel I am as good as the best, but no better than the rest, and am content to play my life



song for a gallery of two: my Creator and my own self-respect. Better to be a model for my grandchildren than an idol to the masses.

WHAT IS ONE THING YOU HOPE OTHERS CAN REMEMBER WHEN THEY ARE DISCOURAGED?

Problems are normal, like seasons and cycles. They precede change, and, like seasons and cycles, spring inevitably follows winter. Focus on the flowers, not the weeds.

WHEN IT COMES TO BUSINESS, HOW DO YOU ENCOURAGE OTHERS TO TUNE OUT THE NEGATIVITY OF THE MODERN WORLD AND STAY PRODUCTIVE?

I remind them that “Bad news sells.” So many seek security and entitlement to avoid risk at all costs. I tell them that every invention and innovation produced by human ingenuity came out of a problem that needed to be solved or a crisis that had to be faced. Our finest moments come when our dreams have deadlines caused by change. ■

RESETTM IS READY WHEN YOU ARE



THE RESET WEIGHT-MANAGEMENT PROGRAM CONSISTS OF THREE PHASES TO HELP YOU CHANGE YOUR LIFE:

- 1** **5-Day RESETTM Kit:** Helps you kick carbohydrate cravings and lose up to five pounds in five days[†]
- 2** **Transform Phase:** Designed for continued weight loss
- 3** **Maintain Phase:** Designed to help you keep the weight off to help maintain long-term health

Ann Wolter, Director, Colorado, USA

"The RESET program will always be a part of my life. I love it because it's simple, delicious, and it works."

www.USANA.com/RESET



[†]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 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.

Was that a bear?

Did I pay the phone bill?

It would suck to sprain my ankle.

Are there snakes around here?

75 metres

125 metres

185 metres

375 metres



You Have Enough Worries
Your joint health doesn't need to be one of them.

Trust your joint health to the same supplement used by world-class athletes, like members of the US and Canadian Olympic Speed Skating teams, Biathlon Canada, and Cross Country Canada.

Stay worry free with Procosa®.



Super Scientists Super Heroes

written by Teresa Elias



For some unknown reason, Hollywood blockbuster movies would have you believe that all superheroes are big, brawny, and handsome. They almost always seem to have a secret hideout, not to mention amazing super strength or the ability to fly. Sometimes they even have a multitude of gadgets at their disposal, which they use with abandon to fight the forces of evil. And, it seems more often than not, these heroes end up fighting against brilliant villains with lab coats and laboratories, cooking up ways to rule the world.

Why are the genius scientists always bad?

In reality, this scenario couldn't be further from the truth. Superheroes do exist...but they come in the form of super scientists trying to find ways to keep people healthier, longer. And as luck would have it, USANA knows these super scientists—our real-life super heroes—personally.

It's well known that USANA Health Sciences was built first and foremost on solid nutritional research based on the early work of a super scientist himself, Dr. Myron Wentz. And that research, along with the continued work of USANA's very own research and development department (R&D for short), has helped create the all-encompassing product line we have today. But new discoveries in the fields of nutrition and science are being made every day, and scientists all over the world are continually learning more about what our bodies need to stay healthy.

Because USANA has always realized the importance of collaborating with others to optimize our nutritionals—after all, two brains are better than one, especially if they're the brains of super-smart scientists—USANA partners with many leading universities and institutions as they search for ways to keep people healthy, and to keep USANA Health Sciences on the cutting edge of nutritional research.



TOSH first opened its doors in 1991 as a small, stand-alone facility. Today, this state-of-the-art 100,000 square-foot facility has more than 400 employees and is recognized as a leader in orthopedic care.



The Orthopedic Specialty Hospital

One leading scientific research institution is close to USANA in more ways than one. The Orthopedic Specialty Hospital (TOSH), conveniently located near Salt Lake City in Murray, Utah, is home to doctors and researchers who specialize in a multitude of sports-based scientific research and care. “TOSH is internationally recognized for being a premier facility and leader in orthopedics, sports medicine, and science,” says Tyler Barker, Ph.D., a clinical researcher at the hospital. “TOSH is also one of only a few facilities worldwide that provide surgical, physical rehabilitation and medicine, and sports and nutritional science under one roof.”

Because of their many services, Dr. Barker says they see all types of patients. “Both young, non-injured and injured athletes visit TOSH every day. We also see elderly patients with a variety of orthopedic conditions on a daily basis. Most importantly, we see all types of people, between young athletes and elderly patients, requiring knee replacements.” With such a unique group of individuals coming through their doors every day, TOSH has inadvertently given themselves a unique subject pool for their research purposes. And that makes TOSH an excellent partner for USANA.

Through TOSH's collaborative relationship with USANA, Dr. Barker says their team has streamlined a series of studies being conducted in young athletes, athletes recovering from anterior cruciate ligament surgery, patients with knee osteoarthritis, and patients recovering from knee replacement surgery. “We are very excited about our upcoming study results because we believe they will identify the importance of various vitamins and micronutrients on the recovery from diverse conditions in diverse populations,” he says. These studies, funded in part by both USANA and The Deseret Foundation with Intermountain Healthcare, are well on their way to making real, positive differences in the lives of others.

What's more heroic than that?





TOSH provides a multitude of services, including sports-related research, performance enhancement, surgery, and rehabilitation services. TOSH researchers are part of a team of specialized doctors, nurses, therapists, and trainers who deliver exceptional orthopedic and sports medicine medical services.



Q&A with Tyler Barker

Tyler Barker, Ph.D., is a clinical researcher at TOSH in Murray, Utah, and is entering his seventh year at the hospital.

Q. What upcoming TOSH studies are you most excited about?

A. I am very excited about the vitamin D and osteoarthritis study that will be starting in the next couple of months. The specific aim of this study is to identify the influence of vitamin D supplementation with and without **Procosa**® and **BiOmega**™ on muscular-based outcomes in patients with osteoarthritis symptoms.

More than 10 million Americans suffer from knee osteoarthritis or osteoarthritis symptoms. Muscular (i.e., quadriceps) weakness is a predominant risk factor for predisposing the knee to osteoarthritis, impairing physical function, and increasing patient-reported pain. Ameliorating muscular weakness has been found to improve activities of daily living in patients with osteoarthritis symptoms. Thus, developing complementary therapeutic approaches that abrogate muscular weakness could have a substantial impact on the health and daily activities of patients with osteoarthritis symptoms. This study could do that.

Q. How does USANA help TOSH with its research?

A. USANA serves a collaborative role, providing top-of-the-line products with quality assurance and a certificate of analysis on all research products. They also provide intellectual contributions to study design, analyses, writing, and presentation.

Q. What do you like best about USANA's products?

A. The purity, potency, bioavailability, rationale for individual ingredient selection and matching to other ingredients, and doses. I know that what I am giving patients who are subjects in research studies are of the highest of quality. This is extremely important from patient care and research standpoints.

In addition to products, I truly enjoy and appreciate working with the R&D department at USANA. In my opinion, and from personal experience, I feel extremely fortunate to be working with such a reputable company and the R&D department therein.

Q. Do you use any of USANA's products?

A. I currently take **Vitamin D**, **Mega Antioxidant**, and **Chelated Mineral** supplements [the U.S. version of the **USANA® Essentials™**] daily. I use them because they meet my personal and preferred doses regarding a variety of the ingredients, credible potency and bioavailability, completeness, and strong scientific and medical reputation.



Linus Pauling Institute



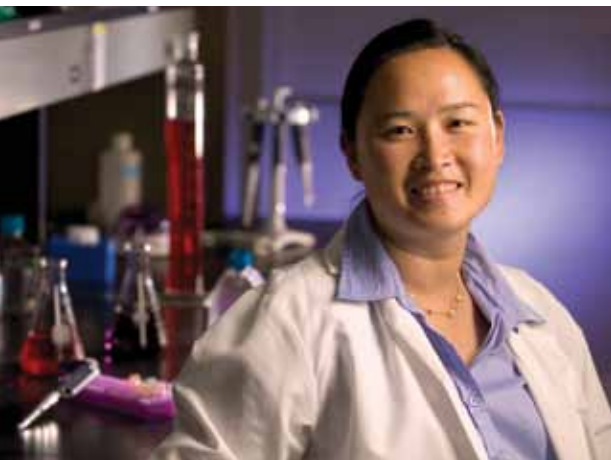
Another important partnership USANA has cultivated over the years is with the Linus Pauling Institute (LPI), located in Corvallis, Oregon on the campus of Oregon State University. While LPI is not close to USANA's Home Office in terms of distance—1021.72 kilometres away, if you're counting—the research institution is close to USANA in another way; USANA R&D Senior Scientist Brian Dixon, Ph.D., worked at LPI before coming to share his expertise with USANA.

LPI's official mission statement specifies that all of their research into vitamins, essential minerals, phytochemicals, oxidative stress, and more is done with the explicit purpose of helping people everywhere achieve a healthy and productive life, free of cancer and other debilitating diseases. It may now be clear why Dr. Wentz himself aligned USANA with LPI; LPI's mission to scientifically find ways to help people live healthier, longer lives is complementary to Dr. Wentz' dream of a world free of disease and suffering. With goals that have the human population's best interests at heart, USANA and LPI have shared a working relationship for years.

Balz Frei, Ph.D., director of LPI since 1997, is enthusiastic when he talks about the Institute's partnership with USANA. "What excites me about our work is the potential to have a large impact on people's lives by helping them improve their health and stay active and free of daily living deficits up to an old age—a focus on health span, not just life span," he says.

That statement sounds a lot like something else Dr. Wentz says: "People are living too short and dying too long."

But LPI isn't all lab work and science. Because they apply their science to the human condition, they create knowledge that people can use and apply to their daily lives. Dr. Frei says that one of the most important resources LPI provides to the public is their online Micronutrient Information Center. "It provides accurate, science-based, up-to-date information on vitamins, essential minerals, phytochemicals, and other dietary factors," he says. And with more than two million hits every month, it's becoming one of the most trusted sources for diet and dietary supplement advice. (Editor's note: please visit <http://lpi.oregon-state.edu/infocenter/>.)



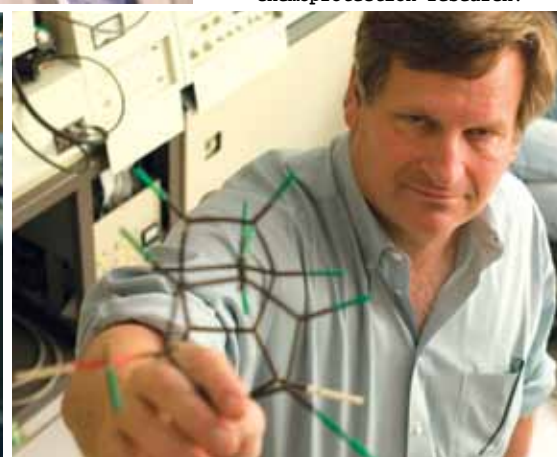
Photos starting top left to right: Dr. Linus Pauling received the Nobel Prize in chemistry in 1954, and the Nobel Peace Prize in 1963. Dr. Pauling died in 1994.

Emily Ho is LPI's principal investigator working on zinc and antioxidants.

Maret Traber is LPI's principal investigator on vitamin E in human health.

Joseph Beckman is LPI's principal investigator working on Lou Gehrig's Disease (ALS) and is part of the Healthy Aging Program.

Rod Dashwood is LPI's principal investigator in cancer chemoprotection research.





Q&A with Balz Frei, Ph.D.

Dr. Balz Frei is a distinguished professor of biochemistry and biophysics, and director and endowed chair of the Linus Pauling Institute at Oregon State University.

Q. Why do you feel the work at LPI is important?

A. There is enormous potential to improve individual and public health, reduce suffering, and get our spiraling health care costs under control through a healthy lifestyle—foremost through a healthful diet, physical exercise, abstinence from tobacco use, and the right dietary supplements. Estimates are that more than 90 per cent of lung cancer and about half of colon cancer deaths are preventable by diet and lifestyle. This also goes for about 70–80 per cent of stroke and heart disease deaths, and 90 per cent of type II diabetes cases, which is almost exclusively a diet and lifestyle disease.

Q. What upcoming LPI studies are you most excited about?

A. Principal Investigator Joe Beckman, Ph.D., is getting ever closer to understanding Lou Gehrig's disease, which would then allow him to specifically target certain mechanisms to help prevent or treat this dreadful disease. Additionally, my lab is running two clinical trials at Oregon Health & Science University (OHSU) to explore the effects of lipoic acid supplementation on weight loss,

lipid metabolism, oxidative stress, and inflammation in human subjects who are overweight or obese, as well as in heart disease patients. The best way to learn more about the work of all our talented scientists and students is to study our website, <http://lpi.oregonstate.edu/>.

Q. How does USANA help LPI with its research?

A. USANA is currently supporting a number of projects in the Institute. In one, we are looking at the interaction between vitamin C and lipoic acid to increase body vitamin C status and reduce oxidative stress and inflammation. USANA is also currently supporting a project on the role of bioflavonoids such as grape-seed extract or green-tea extract and certain “catechins” in inhibiting digestive enzymes, which are required for absorption of carbohydrates and fats in the intestinal tract. We are seeing some promising effects that might prove helpful in combating metabolic syndrome and type II diabetes.

USANA also is supporting a study in school children to assess their micronutrient status. So far, we have observed some worrisome deficiencies in numerous vitamins and minerals, including vitamins A and E, calcium, magnesium, and iron.

Q. What do you like best about USANA's products?

A. They are of high quality and purity, and can be individualized to personal needs. Dietary needs vary widely among different age groups and depend on your diet, genes, and lifestyle. Also, I am very pleased that USANA is conducting and supporting research to better understand the health benefits of their products, so that they are based on scientific evidence.

It's hard to imagine having to save the world on your own. Perhaps that's why superheroes in the movies, often depicted with few friends who know their true identities, just don't exist in real life. Because in real life, collaboration, knowledge, and a true, unwavering mission to help others are what is truly needed to make a positive difference in the world. And that's what transforms these super scientists into the real super heroes.

USANA:



MAKING NE

USANA's name crops up almost everywhere you look. Whether in print, on TV, or online, positive discussions about USANA and its products are always taking place.

RIGHT R

Written by Scott Murphy



PRINT

DR. David Geier advised readers, in an article for the *Post and Courier* newspaper, to only use supplements that have been properly vetted. The doctor recommended USANA, saying professional athletes, such as WTA players, “take supplements from USANA and no other company”—a great endorsement of the quality of USANA’s products.



Dr. David Geier



USANA’s Nutritional Hybrid Technology was featured in *NYSE Magazine*. The article praised USANA for utilizing a process “previously reserved for the pharmaceutical industry” to manufacture world-class nutritional supplements.

Two Pills in One

Company: USANA Health Sciences, a Salt Lake City-based manufacturer of diet, energy, weight-management and personal-care supplements
Market Cap: \$648.7 million

A manufacturing method new to the vitamin supplements industry could trim consumers’ daily pile of pills. **USANA HEALTH SCIENCES INC.** (USNA) is reducing the load by applying its Nutritional Hybrid Technology, a process previously reserved for the pharmaceutical industry. Using a European-designed press, it combines two supplements into a single pill. Now that’s much easier to swallow. — *Adam Ritten*



abc

NEWS

OK!
MAGAZINE

NEWS FOR THE REASONS

IN TOUCH WEEKLY

SHAPE

examner.com

T.V.

ON KSL-TV, a Salt Lake City NBC affiliate, Dr. Brian Dixon discussed common nutrient deficiencies and called supplements a great “insurance policy” for your health.



Dr. Christine Wood was seen on the CW in San Diego recommending USANA® Probiotic and on NBC San Diego talking about the importance of giving children a daily multivitamin, such as Usanimals™, to help keep them healthy.



Dr. Christine Wood

WebMD®

ONLINE

USANA spokesperson and celebrity trainer Kathy Kaehler filmed an online video segment with Good Morning America Health where she shared her recipe for baking with Nutrimeal™. The video was also featured on Yahoo! News, Hulu.com and TVGuide.com.



Stylecaster.com, a prominent fashion and lifestyle website, is a big fan of Rev3 Energy™, calling it “a great alternative to drinks like Red Bull and Rockstar.”

StyleCaster



FF

USANA'S GOT TALENT

There's a long history of talented families.

The Partridges. The Osmonds. The Brady Bunch. The Jacksons. So much talent, ability, hair product, and bell bottoms packed into single family units.

But there's one family that tops them all for talent and taste in pants—the USANA Family. There's no denying that USANA's Associates never cease to amaze. Whether it's spreading the message of health around the world, busting a move, or going for the gold, USANA's got talent.

Now let's meet some of the shining stars of the USANA family.

CIRQUE DU SO AWESOME

In English, Cirque du Soleil means “Circus of the Sun.” But in any language, it roughly translates into circus, art, fun, and amazing feats of physical fitness.

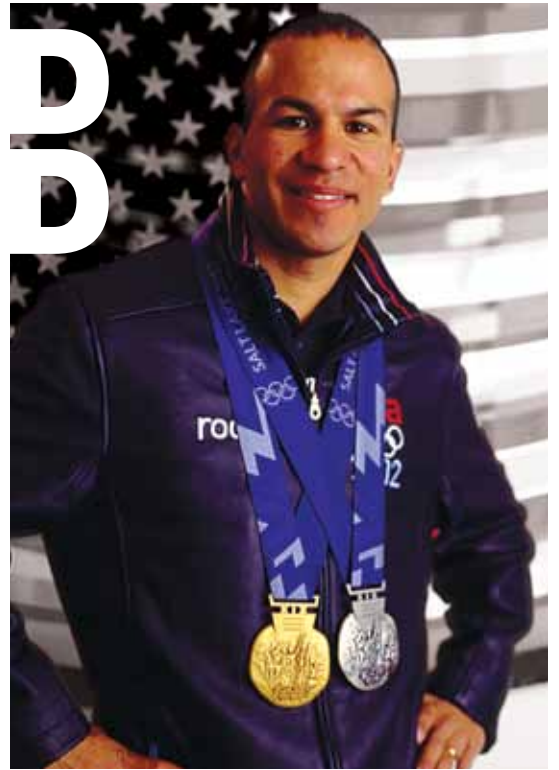
Since 2001, **Kristy Lee Wilson**

has been wowing audiences as a Cirque du Soleil performer in the Orlando-based production of *La Nouba*. But Kristy's fascination with fitness started much earlier. At eight, she became the youngest athlete offered a scholarship to her native Australia's Institute of Sport. Kristy later became a member of the Australian Gymnastics Team, a coach, and a fitness model. Throughout her career, nutrition and wellness have always been central. That's where USANA came in. “As a former elite gymnast and Cirque du Soleil performer, I know from first-hand experience just how important top-quality nutrition is to performing at our best—whether in sport or in life,” Kristy says. “As a fitness professional, I have been searching for years for nutritional products I would feel comfortable, and confident, recommending to my clients and athletes. Thankfully for me, I was introduced to USANA.”



THE GOLD STANDARD

Derek Parra is no stranger to success. Big hopes followed the classy speed skater to the 2002 Winter Olympics in Salt Lake City, and he didn't disappoint. After winning a silver medal in the 5000-metre event, he went on to stun the world in a record-setting performance in the 1500-metre race that won him the gold and a top spot on the podium. "USANA was a key difference in my winning the gold and setting the world record at the 2002 Winter Games," Derek says of his favourite nutritional supplements. Since then, the USANA Associate has gone on to inspire others as a motivational speaker, and returned to the rink to coach US Speedskating at the 2010 Winter Olympics in Vancouver.



ONE ANIMATED COUPLE



Before establishing their own studio, **Bunny Barth** was a professional dancer and her husband, **Bud**, was the voice of Fred Flintstone, Chester Cheetah, and other cartoon characters. Now they spend their time together training other actors!

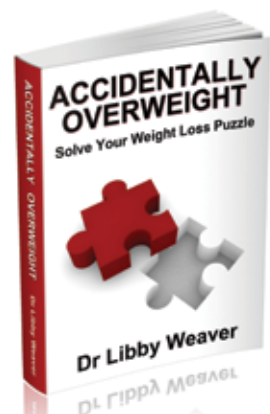
CHANGING THE WORLD

ONE SENTENCE AT A TIME

The act of writing might not be the most visually exciting thing. Fingers flying over keys doesn't compare to Olympic competition or an energetic dance performance. But very few things excite, inspire, energize, and propel change like the written word, and **Dr. Libby Weaver** and **Stacia Kelly** are using their knowledge and writing skills to affect positive change.

Dr. Weaver is a leading nutrition specialist and weight-loss expert based in Auckland, New Zealand. Her new book, *Accidentally Overweight: Solve Your Weight Loss Puzzle*, is giving people around the world the tools and knowledge they need to burn body fat and achieve the health they've always dreamed of.

With *Nine Months In Nine Months Out*, Stacia Kelly and her co-writers have created a reference guide "for mothers by mothers." Since the deluge of information for new mothers can be overwhelming, this book focuses on providing accessible, easy-to-apply answers and useful information that leads mothers from the start of a pregnancy through nine months after the birth.



UP SHAPE

Pam "The Blam" Moore

is recognized throughout the world for her efforts to help people get into the best shape of their lives. When it comes to nutrition, this fitness expert (featured in the hit home fitness program P90X) only trusts her health to USANA.

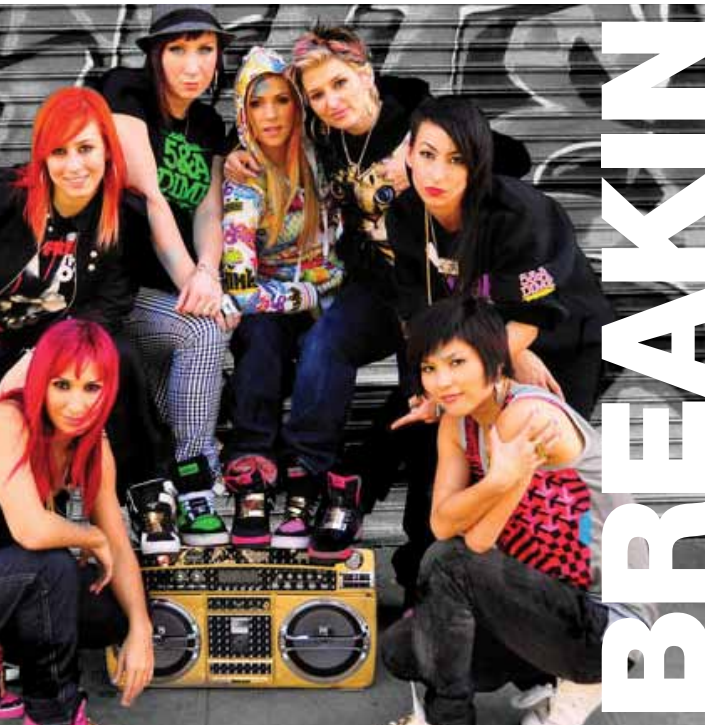


Alexander “The Denkster” Denk’s

resume is a manifesto on the modern ‘Jack of all trades.’ He speaks three languages, lists 24 different skills he’s either excellent or proficient at—the list varies from nunchucks and fencing to trampoline and ice skating—and that barely scratches the surface. Alexander is an award-winning chef and celebrity fitness trainer. As a body builder he’s won Mr. Natural Universe twice, Mr. Natural Olympia in 1999, and five other world and regional competitions. His physique and hard work helped him achieve his dream of meeting his boyhood hero, Arnold Schwarzenegger—eventually working as The Big Guy’s body

double in several movies, including *Eraser* and *Batman and Robin*. The Denkster’s TV credits include a starring role on an MTV series and appearing on *The Anna Nicole Smith Show* as her personal chef. That’s pretty good for a skinny Austrian boy who came to America with \$300 in his pocket. Recently, Alexander was featured in an issue of *Men’s Fitness*. When asked what else he’s been up to, The Denkster joked, “Lately, I’ve been playing a lot of ping pong and basket weaving, that’s how I keep my arms big.”

RENAISSANCE MUSCLE MAN



BREAKIN IT DOWN

USANA Associate **Rino Razalan**

and the high-energy dance crew **Beat Freaks** took the world by storm with their mind-blowing dance moves on season three of MTV’s *America’s Best Dance Crew*. They raved about USANA’s products during the strenuous competition, and even performed at USANA’s 2009 International Convention. Since then the Beat Freaks have been busy—they performed at halftime for the L.A. Lakers during game seven of the 2010 NBA Finals, and were featured in Justin Bieber’s hit music video “Somebody to Love.” They were also recently featured in the dance film *Go for It!*



Written by Scott Murphy

From the Kodak Theatre in Los Angeles to the snow-capped mountains in Park City, USANA shines with Hollywood's brightest stars.

The stars flooded the downtown streets of Park City, Utah during the 31st annual Sundance Film Festival, and USANA was right there with them. 2011 marked the second year in which USANA has participated in the festival, and celebrities from all over the world flaunted the benefits of USANA products. Numerous celebrities put in appearances at the Kari Feinstein Style Lounge (*presented by* USANA), which was a popular spot during the week-long event, and USANA treated these TV and movie actors and actresses to a complimentary immunity pack, filled with many of USANA's most popular products: **Pure Rest™, Vitamin D, USANA® Probiotic, and Proflavanol® C100.**

But nothing compared to the beauty and charm of when USANA hit the glamour capitol of the world, and where red carpet lined the streets of Hollywood. The finest gowns, the ritziest parties, and the best nutritional supplements on the market were the talk of the town during Hollywood's event of the year—the Oscars.

USANA was once again on the tip of everyone's tongue. Stars from all corners of the biz flocked to the Kari Feinstein Academy Awards Style Lounge to learn what USANA's top-rated nutritional supplements can do for them. Needless to say, USANA received glowing reviews.

Featured products at the Oscars and Sundance Film Festival



In 2010, USANA also sponsored The Creative Coalition, a premier nonprofit, nonpartisan social and political advocacy organization of the entertainment industry. Prominent members have included Susan Sarandon, Christopher Reeve, Alec Baldwin, and many more.

Photo Credits: Vivien Killilea

Vitamin D



Vitamin D supports optimal bone mineralization and cellular health.

Pure Rest



Pure Rest is a safe and effective melatonin supplement that supports the body's natural sleep and wake cycles.

USANA Probiotic



USANA® Probiotic aids in maintaining a balanced digestive system.

Proflavonol C¹⁰⁰



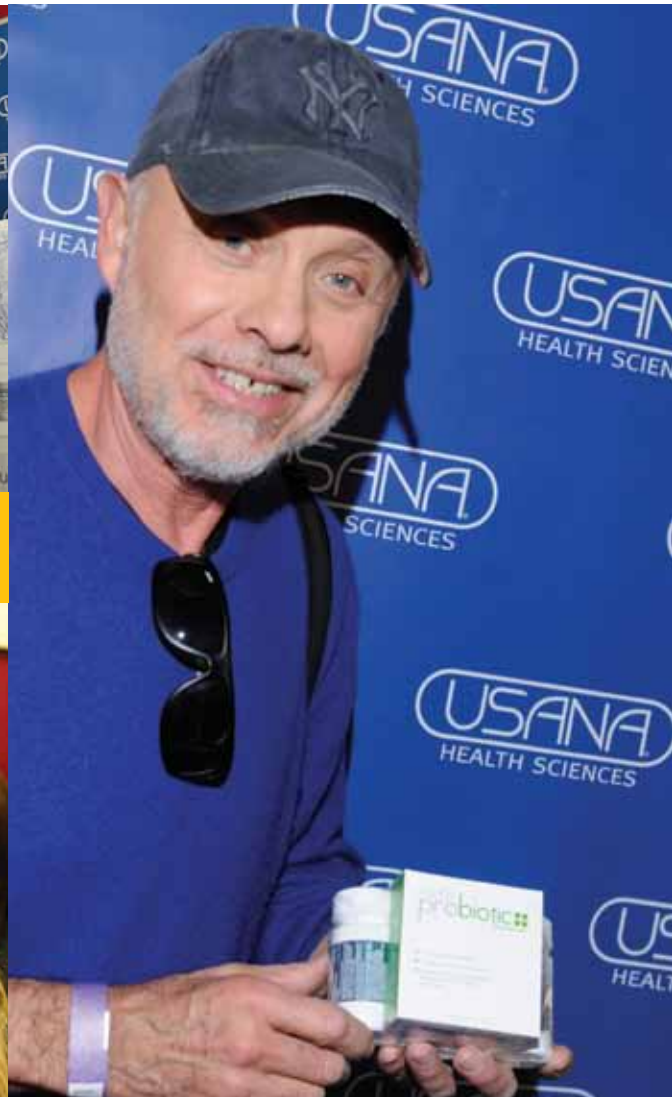
Proflavonol C¹⁰⁰ promotes cardiovascular health and supports the immune system.



"This is a delicious drink."
—**Tim Daly**, actor, *Private Practice*, *Wings*



"My doctor has me on a USANA health program."
—**Cassie Scerbo**, actress, *Make It or Break It*



"This is the stuff I use. Probiotics are great!"
—**Hector Elizondo**, actor, *Pretty Woman*, *The Princess Diaries*, *Chicago Hope*



"I love probiotics!"
—**Rachael Harris**, actress, *Gates of Eden*, *The Hangover*



"I really love your products."
—**Joe Reegan**, actor, *The Cruzies*, *I Melt with You*



Meet the Gluncles

Written by Aaron Adams





Photos by Jessica Lewis Photography



Millions of people

have shared in the Guncles' (Scout Masterson and Bill Horn) journey toward parenthood. But another storyline on the hit reality show, *Tori & Dean: Home Sweet Hollywood*, focuses on their pursuit of a healthier lifestyle. That's why the Guncles turned to USANA; now, with the addition of their daughter, Simone Lynn Masterson-Horn, health is an even bigger issue for these proud new parents. But with USANA in their lives—and Simone Lynn's, as well—they're on the right track. Since they started taking the products, the Guncles can't stop talking about them.

"We have completely changed our eating lifestyle as well," they say. "We start each day with a **Nutrimeal™** shake and then eat healthy the rest of the day. Our friend and fitness expert Kathy Kaehler has been coming over to our house every week to cook with us. She's an amazing chef and teaches us how simple it is to eat healthy."

"We have completely changed our eating lifestyle as well...We start each day with a Nutrimeal"

"One of our downfalls in taking vitamin supplements over the years has been not being able to remember which vitamins we already took that day and which ones we forgot...quite frankly, which ones we should be taking. With USANA's **MyHealthPak™**, they are already all divided out into conveniently packaged AM and PM doses formulated specifically for our personal needs. We just tear off our paks for the day and slip them into our pocket. That way, no matter where we find ourselves that day, we've got our vitamins covered."

But quality supplementation isn't all they've done for themselves. They've taken all the necessary steps to turn their hectic lifestyle into one of health and happiness.

Exercise is important, too. Scout and Bill hit the treadmill each morning, then go on afternoon walks with Simone, who happens to be their driving motivation and primary reason for making all these changes. Bill and Scout want to set an example for her; they want her to grow up understanding that eating healthy and exercising are important.

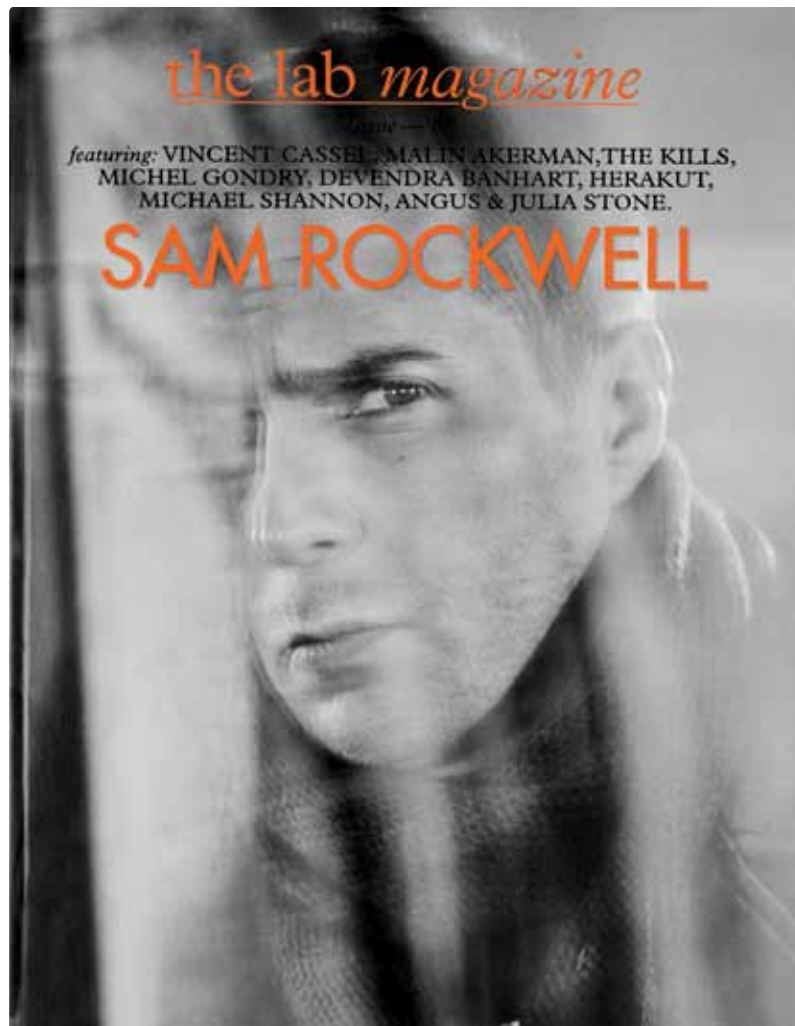
When asked if they had any advice for those who are struggling to find a healthy regime and make positive lifestyle changes, Scout and Bill were both insistent that anyone can find success. "We'd say to those people who think they can't break the habit...A few months ago, we were you! We didn't think we could do it either, and now look at us. Bill is already down 21 pounds and Scout has lost 30 pounds...and counting."



HEALTHY LIVING FOR THE ARTISTICALLY INCLINED

From cover to cover, this isn't your typical magazine.

Written by Aaron Adams



Created with artistic integrity lacking in the usual run-of-the-mill publications these days, *The Lab Magazine* is undeniably unique in that it serves as a platform for filmmakers, musicians, and painters to showcase their talents on a personal level. Forget about the gossip, the trends, and who was “spotted” where and with whom. When it comes to getting inside the mind of today’s most influential and creative artists, the men behind *The Lab Magazine*, Jeremy Power Regimbal and Justin Tyler Close, are in a league all their own.

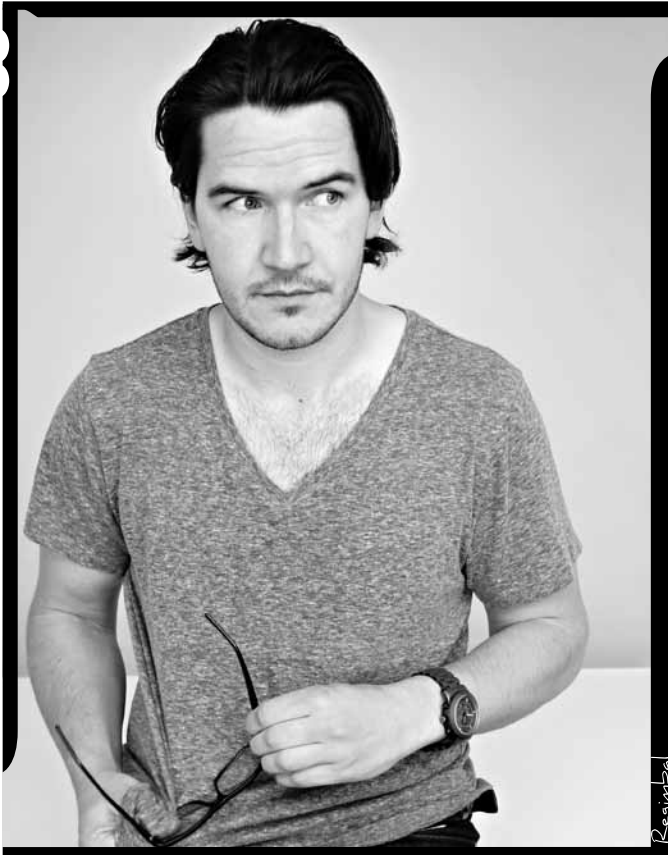
The visceral power of visual communication—and its capacity to touch the world in a way that transcends language and colour barriers—permeates each and every page of this one-of-a-kind collectible. But it’s the passion and respect for the

medium that truly differentiates *The Lab* from other publications.

Creating a product of this calibre and overseeing its development from the ground up can be exhausting. Which is why Jeremy and Justin are happy to have found USANA. Between the development of their fourth issue and the

creation of their online project, LAB.TV, their days can be long and arduous. The natural energy USANA’s products provide is the fuel that keeps this creative team producing exceptional work.

In the future, Jeremy and Justin are hoping to expand their online presence and publish *The Lab* quarterly as they continue to produce fresh and exciting material—and USANA will be right there with them, every step of the way.



PHOTOGRAPHY BY BRENDAN MEADOWS

“ I am very confident in the whole USANA team. Taking the supplements, I feel much more balance. ”

Since stealing a handful of USANA nutritionals from his brother, Justin Tyler Close (below right) can't get enough. His business partner, Jeremy Power Regimbal (above) has also started taking the products.

“ I find that USANA nutritionals give me a lot more energy throughout the day. For someone like myself, who runs two companies, and juggles a lot of different projects at the same time, I need this natural energy. ”



PHOTOGRAPHY BY BRENDAN MEADOWS

Sensé:

It looks good on you.

Sensé™ products are like the little black dress—
for your skin. With patented Self-Preserving
Technology and exclusive Topical Nutrition
blends, Sensé helps you look your best with
stunning simplicity.

So go ahead. *Try it on.*



sensé
beautiful science®

Starstruck

with USANA

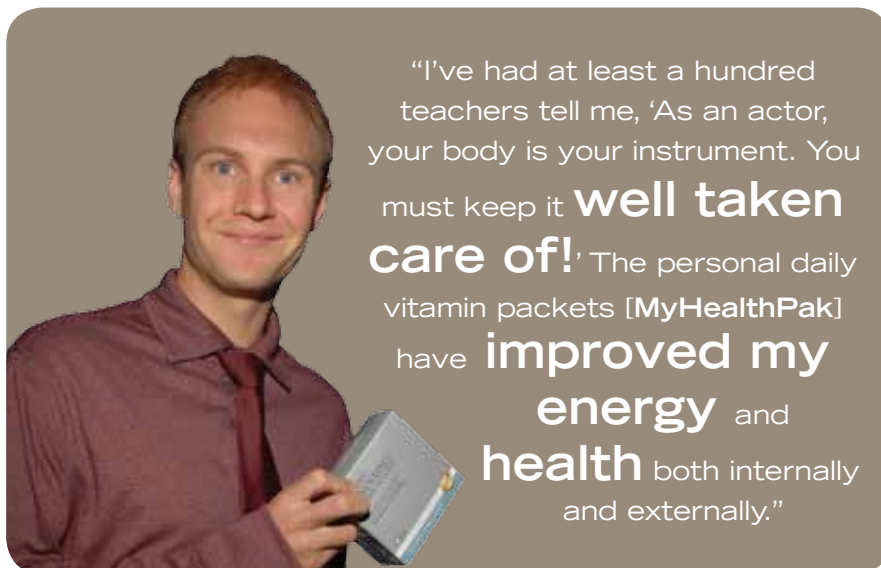
Written by Laura Lewis

We each have our favourite TV shows, movies, actresses, and actors. But who knew that some of those very same favourite stars would be so starstruck about USANA's products? From Cake Boy Pâtissier Eric Lanlard to *Iron Man's* Shaun Toub, look who is loving USANA.

ASHLAN GORSE

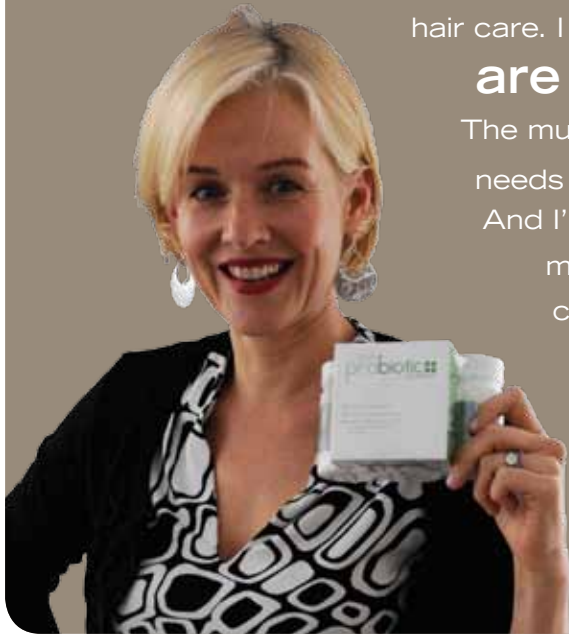
Correspondent, *E! News*
Favourite Product: Sensé™
Rice Bran Polisher

"I love my Sensé Gentle Daily Cleanser! It takes all my TV make-up off in one wash. And the Rice Bran Polisher smooths out my imperfections. Rice Bran Polisher is hands down my favourite product! This little product does wonders. A little goes a long way, and it's gentle enough to use several times a week!"



"I've had at least a hundred teachers tell me, 'As an actor, your body is your instrument. You must keep it well taken care of!' The personal daily vitamin packets [MyHealthPak] have improved my energy and health both internally and externally."

JAMES FRANCIS GINTY
Actor, *Surrogates*, *K-19*:
The Widowmaker
Favourite Product:
MyHealthPak™



“I truly love USANA products, from the vitamins to the body and hair care. I can trust that I’m using **products that are healthy** and clean, with no artificial fillers. The multivitamins are personally tailored to your specific needs and age. I have so much **more energy**. And I’m in love with **Firming Body Nourisher**—it makes my skin so soft and smooth. The shampoo and conditioner are also amazing! I even use it on my kids. Our hair looks and feels great. When I’m traveling or working crazy hours, **Pure Rest** really helps me relax and fall asleep much easier. In a nut shell, **I love it all!**”

PENELOPE ANN MILLER

Actress, *Men of a Certain Age*, *Carlito's Way*

Favourite Product: Too many to mention

“These products have kept us incredibly healthy for the past six years.

We love USANA!”



NAOMI & JASON PRIESTLEY

Make-up artist;
Actor, director, and producer
Favourite Product:
Nutrimeal™ and **Pure Rest™**

“I love the **HealthPak**, as it is easy to use and packed with **high-quality supplements**.

I also like to take **Hepasil DTX™** [the U.S. version of **Hepa Plus®**], as I understand how important it is to keep your liver healthy. I have recently added **Vitamin D** and **USANA Probiotic** to my regimen as well!”



ERIC LANLARD

Award-winning Master Pâtissier, host of *Baking Mad*

Favourite Product: **HealthPak™**

"I'm a huge fan of USANA!
I love Probiotic, I love the
shakes, and I love the
vitamins. They **make**
me feel really,
really great."

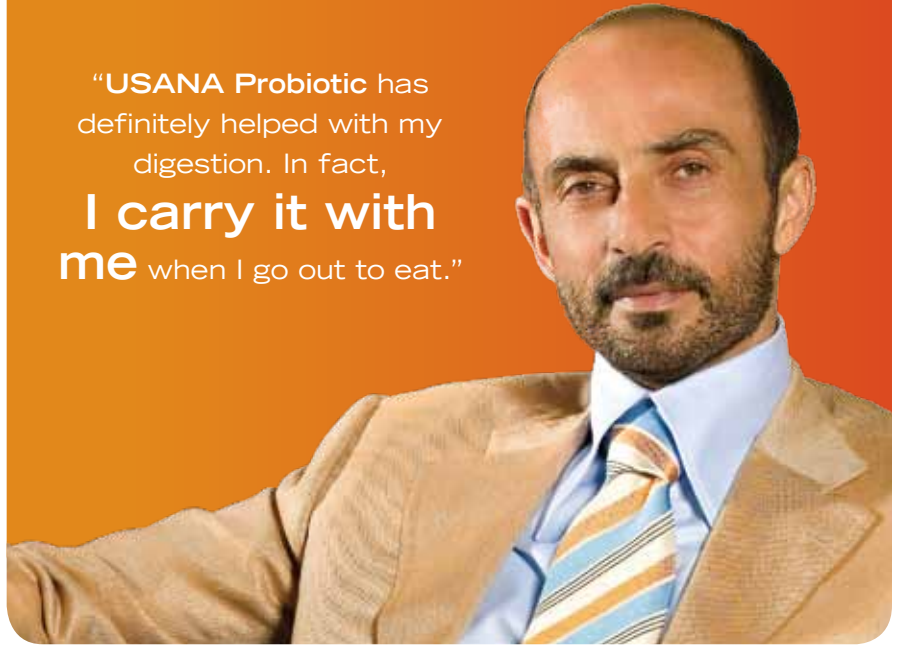


ALI LANDRY

Model and actress

Favourite Product: **USANA® Probiotic**

"USANA Probiotic has
definitely helped with my
digestion. In fact,
I carry it with
me when I go out to eat."

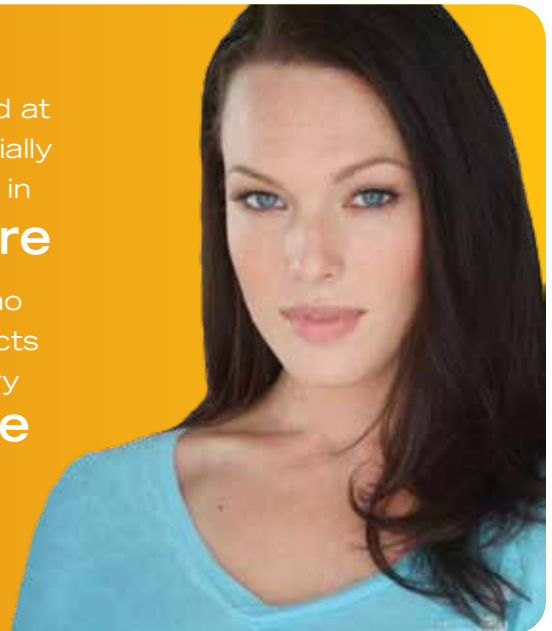


SHAUN TOUB

Actor, *Iron Man*, *Crash*, *Schindler's List*

Favourite Product: **USANA Probiotic**

"Being a working actor means never going to bed at
the same time while working on a project—especially
when doing night shoots. I always take comfort in
knowing that **Pure Rest will ensure**
a full eight hours of deep sleep, no
matter what time I take it, without the side effects
of medication or a groggy feeling. I take it every
night, and it's become part of **my routine**
of healthy living."



ERIN CUMMINGS

Actress, *Spartacus*, *Detroit 1-8-7*

Favourite Product: **Pure Rest™**

Spicing it up with Mel B



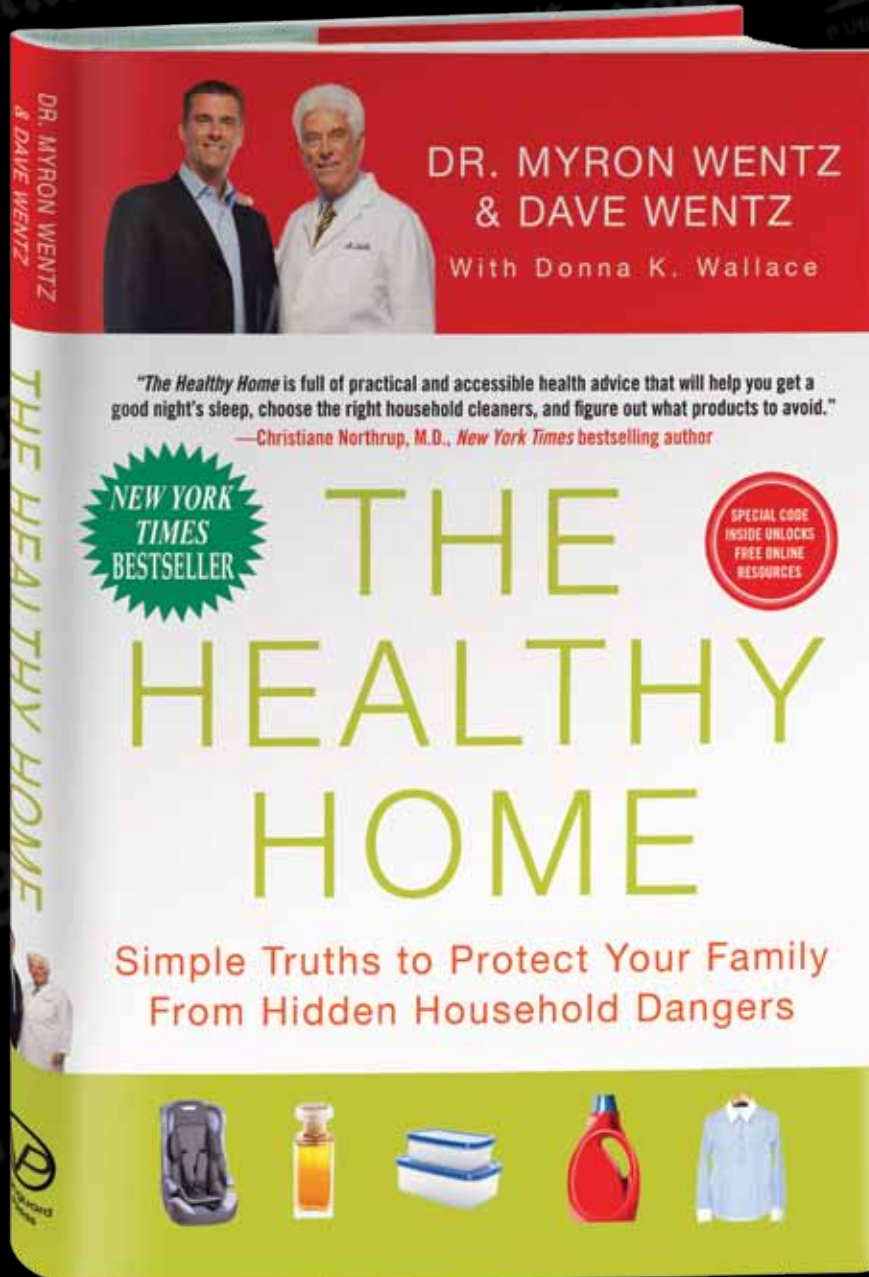
She was part of the '90s global phenomenon known as the Spice Girls. She was one of the queens of the teen pop era. She and her musical cohorts were the epitome of girl power. She was Scary. And now, she's a fan of USANA.

Better known today as Mel B, she is continuously adding spice to her life between her adoring husband and beautiful children, TV shows and reunion concerts, and one of her latest ventures—Get Fit with Mel B, a personalized fitness game available on PS3 that includes cardio, yoga, and dance routines.

“Working out is an important part of my lifestyle,” says the proud mother who recently gave birth to her third child. “And for me, it is important to share this with my fans. Get Fit works and has been really successful for me, and I look forward to losing my baby weight to the same workout.”

Mel's husband, Stephen, does his part to keep their family healthy as well. “I do all of the cooking,” he says. (For all you women who just swooned when you read “husband” and “cooking,” get yourselves together and read on.) “It's important to eat healthy and eat frequently to keep up your energy and not let your blood sugar level go low,” Mel adds. “Family sit-down dinners are very important to us.” And the entire family gets involved during meal prep time. “All the kids help prepare the food and help cook as much as possible so that they understand what is good food, bad food, and healthy food.”

With their busy schedules, nutrition is a major part of this couple's lifestyle. So it stands to reason that when Mel was introduced to USANA's products by a friend—a professional athlete no less—she was intrigued. And for the past several months both Mel and Stephen have fallen in love with **Nutrimeal™**—Chocolate **Nutrimeal** with a little **Fibergy® Plus** thrown in for Stephen, and Strawberry **Nutrimeal** for Mel—no extra “spice” needed.



A Celebrity All Its Own

Written by Cameron Smith

With thousands of people talking about it with their friends, guest spots on the coolest talk shows and most reputable news outlets, and appearances at the Sundance Film Festival and the Oscars, it's clear that the hottest new celebrity around can also be found on your bookshelf.

It's a *New York Times* best seller. It's been in the hands of doctors, TV show hosts, and Hollywood stars alike. If you don't already have your copy of Dave and Dr. Wentz' book *The Healthy Home*, you're really missing out. If you do, pick it up and read it (or read it again) and find out for yourself what makes this book the talk of the town.

THE HEALTHY HOME

Jan. 27-31

Debuts at the Sundance Film Festival in Park City, Utah

Feb. 17

Featured on About.com, a site that receives more than 9 million views a month, giving quick tips for a healthy home

Feb. 24-25

Mingles with the stars at the Kari Feinstein Oscar Style Lounge in Los Angeles, California

March 11

Appears on an iVillage.com slideshow titled, "12 Tips to a Healthier Home"

March 14

People.com features Dr. Myron Wentz and Dave Wentz in an article entitled, "*The Healthy Home: A Guide to Cleaning Up Your Act.*"

March 24

Shown on banners at the Reuter's building in Times Square in New York, New York, and at the Fashion Show Mall in Las Vegas, Nevada

March 25

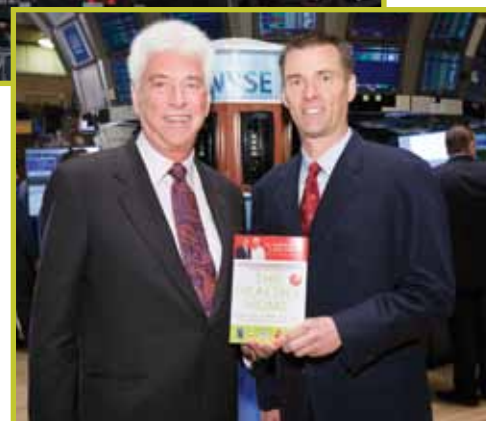
Book tour kicks off in Vancouver, British Columbia

March 29

Appears on CNN's iReport

April 3

Everyday Health gets advice from Dave and Dr. Myron Wentz on ways to make the home a healthier living place





April 10

Hits the Amazon.com Top 100

April 15

FoxNews.com interviews Dave Wentz to discuss hidden hazards in the home and good germs

April 16

Dave Wentz makes a donation to Dave Phillips of the Children's Hunger Fund in the amount of \$126,000 from *The Healthy Home* book sales

April 17

New York Times best-seller list—No. 7
LA Times best-seller list—No. 9

April 24

New York Times best-seller list—No. 3
LA Times best-seller list—No. 13
Publisher's Weekly best-seller list—No. 17
USA Today best-seller list—No. 39

May 6

New York Times best-seller list—No. 2
USA Today best-seller list—No. 15

May 13

Dave Wentz helps explain the importance of maintaining a clean home on *The Nate Berkus Show*

"I have met few individuals more generous, more approachable, and more caring than Dr. Wentz. He believes in true health and is seeking to discover its secrets with a passion that is as spiritual as it is scientific. In this brilliant collaboration with his son, Dave, we are able to witness the passage and expansion of simple truths from generation to generation."

—Denis Waitley, Ph.D.,
bestselling author of *The Psychology of Winning*

The New York Times #2

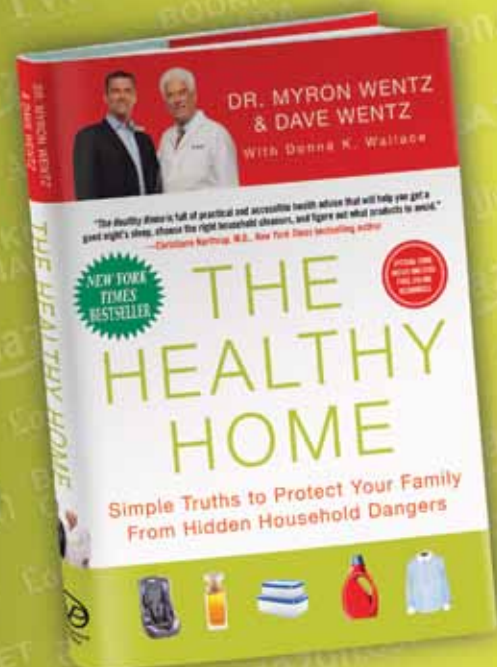
USA TODAY #15

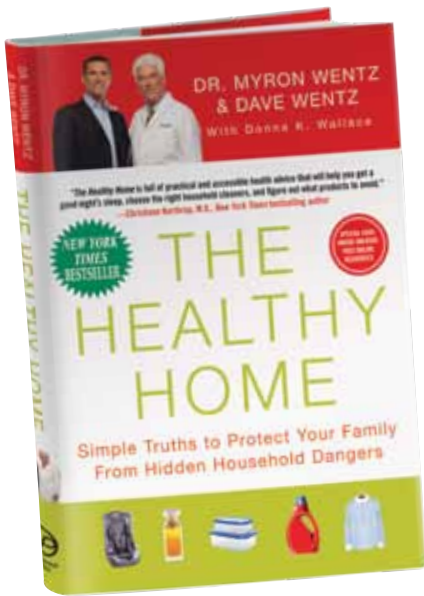
Los Angeles Times #9

PW #17
PUBLISHERS WEEKLY

amazon.com #20

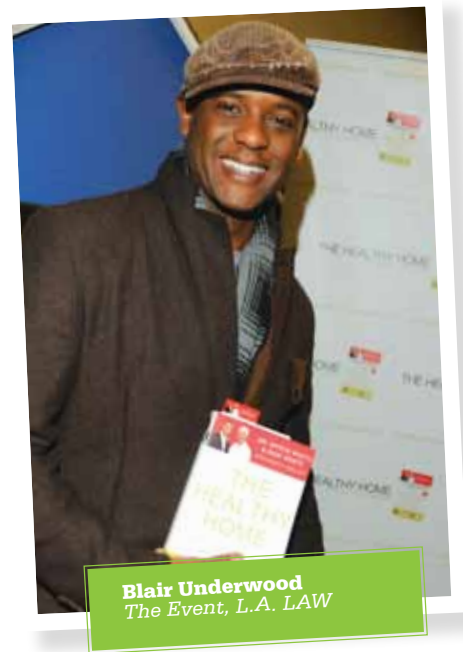
BOOKNET CANADA #4





Look Who's Reading

THE HEALTHY HOME



Blair Underwood
The Event, L.A. LAW



Anne Heche
Six Days Seven Nights,
Cedar Rapids

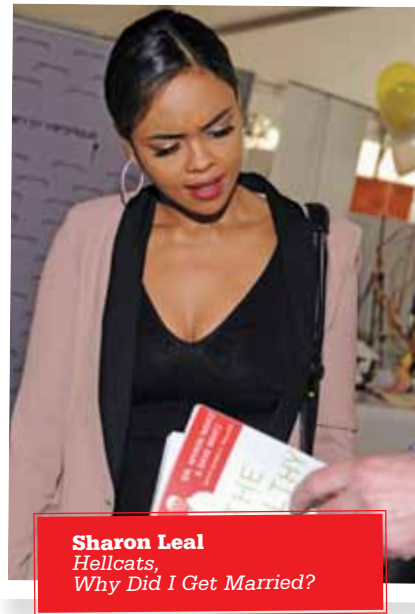
Everyone knows that the best celebrity spotting happens at Oscar parties in Hollywood and the Sundance Film Festival in Park City. But these hotspots aren't only about celebs taking the newest fashion trends from vendors. This year, they were also about letting stars snag some useful and interesting tips about keeping their homes and families healthy. USANA was on-hand to share what has become a *New York Times* best-selling book with stars of the big screen and famous faces from your favourite tv shows.



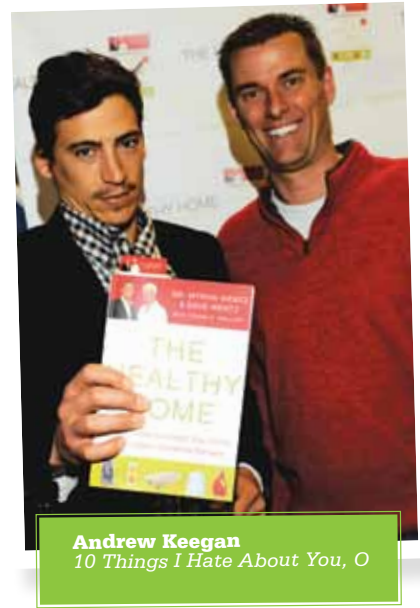
Melissa Rivers
The Bold and the Beautiful,
The Celebrity Apprentice



Aaron Stanton
Mad Men, August Rush



Sharon Leal
Hellcats,
Why Did I Get Married?



Andrew Keegan
10 Things I Hate About You, O

Partners for Positive Change

USANA is finding different ways to help Children's Hunger Fund (CHF) feed hungry children around the world. On top of the products and financial support the company and its Associates already provide, USANA is enlisting two of its most exciting new projects to boost its support for CHF to a whole new level.

Healthier Home, Healthier World



The story of how Dave Wentz and Dr. Myron Wentz, authors of *The New York Times* bestseller *The Healthy Home*, are donating all the money they would have made from the book directly to CHF is certainly a compelling narrative.

"It is no small thing to donate all the proceeds of a best-selling book to charity," says Dave Phillips, president of CHF. "Dave and Dr. Wentz have shown incredible generosity, which is going to have an impact all over the world."

On April 16, Dave and Dr. Wentz presented Phillips with a \$126,000 cheque. "In the 11 years that I have known both Dave and Dr. Wentz, I have been constantly amazed at the level of their generosity," Phillips says. "With the recent donation, my amazement has reached an all-new level."

Dave and Dr. Wentz are no strangers to CHF. Since the start of their partnership in 2001, USANA and its Associates have provided more than \$11 million in product and financial support to help CHF provide food to children in need all around the world.

"The book's purpose is to help people around the world live healthier lives," Dave says. "That's why we chose to donate all the book's proceeds to Children's Hunger Fund—because we share the same dream: to make the world a healthier and safer place to live."



Hitting an Ace for CHF



USANA's extended partnership with the Women's Tennis Association (WTA) reaches beyond the court, beyond the living room of a prospect, and into the corners of the world where children are battling the effects of hunger.

Part of the new partnership with the WTA includes a hand in helping USANA support CHF. USANA Brand Ambassadors like Liezel Huber have taken up CHF's cause. Liezel, one of the best doubles tennis players on Tour and a long-time fan of USANA, has given multiple shout-outs to CHF in the past year, and says she's proud of USANA's involvement with the charity.

During this spring's BNP Paribas Open in Indian Wells, California, USANA spearheaded the #Help4Kids Twitter campaign. A 30-second segment was broadcast at the tournament urging people to tweet the hashtag. USANA donated \$1 for every tweet that included #Help4Kids—up to a \$5,000 limit. That limit was reached, and—with the help of the WTA, fans, and Associates—USANA was able to donate another \$5,000 to help CHF in their mission to make sure no kids have to go hungry.

USANA will also be launching a program that is sure to be a winner for CHF. Starting with Wimbledon and running through the end of the season, for every ace scored at a WTA tournament, USANA will donate \$10 to CHF. So while the players are scoring on the court, they'll also be helping children around the world score a much-needed meal.



CHILDREN'S HUNGER FUND



5-Star Award

Dr. Myron Wentz

Multi-Level Marketing
International Association, 2011

Dr. Myron Wentz receives the

ALBERT EINSTEIN AWARD

for Outstanding Achievement
in the Life Sciences, 2007



THE NEW STANDARD

USANA: Excellence Without Limits

And the list goes on...

MLM INSIDER NAMES USANA

BEST

Nutritional Company

in Network Marketing &

Weight Loss Company

in Network Marketing 2010

Forbes.com names Dave Wentz

(2009) *One of America's*

Most Powerful

CEOs 40 & Under



BEST OF STATE

Dietary Supplements

7th win since 2003

Personal Care Products/Cosmetics—Sense™

4th win since 2007

Health/Nutrition Beverage—Rev3 Energy™

3rd win since 2007



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Hey, you're a snowboarder, right? I just read on my company's blog that we're sponsoring the USSA Snowboarding Team.

Wow, that's great. I'd love to read more about that. Can you send me the link?



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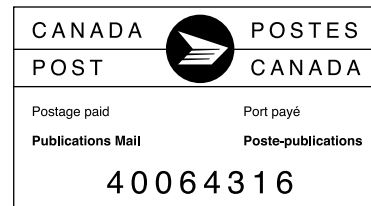
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FOR THEIR CHILDREN.

This book will
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MEASURES TO PROTECT THEIR
CHILDREN FROM TOXINS
that may threaten the health of our
future generations.”

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How to Get Kids to Eat Great and Love It

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—Dr. Maryann Rosenthal, clinical director
at Casa Palmera Care Center and author of
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**scientific research to
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—Lyle MacWilliam, M.Sc., F.P.,
president of NutriSearch Corporation
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to Nutritional Supplements*

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