



USANA.



Product Information Guide



The Healthiest Family on Earth

THE HEALTHIEST

FAMILY

ON EARTH™





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Welcome from Dr. Wentz

Dear USANA Family,

I am pleased to be able to introduce you to the company I founded in 1992, USANA Health Sciences, and also to the products that will provide a solid foundation for your health. I want to welcome you aboard and congratulate you on choosing to become part of the USANA family. I hope that our relationship will be long and rewarding. As we enter a new era in human history, the quest for health and happiness continues for each one of us. However, at the beginning of the 21st century, the most serious health threat facing mankind is not the scourge of infectious disease, but the epidemic of chronic degenerative disease—coronary heart disease, cancer, and diabetes. Both my parents died prematurely from degenerative disease. My father succumbed to heart disease when I was 17 years old, and my mother died some years later of cancer.

During my scientific career, perhaps my most important realization was that optimal nutrition is both fundamental and indispensable to our health. The first company I founded, Gull Laboratories, was successful in growing billions of cells for the purpose of diagnosing viral diseases. Our ability to grow healthy and vibrant cells in the laboratory was one of the reasons that Gull products set the “Gold Standard” in the detection of viral diseases. Our diagnostic assays, however, did little to help people prevent disease. We have known for more than a century that the cell is the basic unit of life, which is why I proposed: “Why don’t we approach nutrition at the level of the human cell?”

Turning my attention to human nutritional products was, in part, the result of a general decline and deterioration of my own health due to stress and overwork. I decided to try the leading nutritional supplement in an effort to maintain my health. Overtime, however, I saw no difference in my condition

and became more discouraged. One day I happened to look at the label of this top selling product to see what the ingredients were. Then I realized—this multivitamin didn’t work because the ingredients were inappropriate and the dosages were totally insufficient. That day, I decided to use my research experience, as well as the latest clinical research in human nutrition, to develop an advanced nutritional system to help people maintain their health and quality of life. USANA was created to produce these products and to spread the word that the nutritional requirements of the human body were not being met in today’s environment.

USANA’s Nutritionals comprises the CellSentials and Optimizers supplement products. The CellSentials—vitamin, mineral and antioxidant supplements are the foundation of USANA’s nutritional system, while the Optimizers products allow you to tailor your nutritional system to your individual needs.

USANA’s complete, high potency formulas are based not on Recommended Dietary Allowances (RDAs), but on the advanced levels shown in scientific research to promote good health over the long term. Enhanced bioavailability through testing and design ensures that USANA products deliver nutrients to your body. And all ingredients are thoroughly researched for potency and safety.

Unlike many vitamin manufacturers, USANA follows a pharmaceutical model of Good Manufacturing Practices (GMPs) as the basis of our Quality Assurance program. We guarantee the potency of our products for two full years using international stability standards set for the pharmaceutical industry. USANA means nutrition you can trust every time.

As the field of nutritional science advances, USANA is committed to continuous improvement. The formulas are

upgraded on a regular basis in response to advances in nutritional science and medicine, customer feedback, and in-house research to provide you with the highest quality, scientifically proven products for optimal health.

When my father died I remember my mother saying to me that she wished I had been born earlier, so that I might have been able to do something to help him. That was one of the reasons I chose a career in medical science, and I hope that I have made some small contribution to the campaign for health maintenance. I believe that with USANA products people can live healthier lives, and I'm excited about sharing this good news with others.

All of us are responsible for taking care of our own health. You have taken an important step in meeting that responsibility by joining USANA Health Sciences, by adopting a healthy lifestyle, and especially by providing your cells with the nutrition your body deserves. Together, we can bring optimal health to the people of the world, one person at a time. I invite you to join me in sharing this vision of true health.

Love life and live it to its fullest in happiness and health,


Myron Wentz, Ph.D.

Founder and Chairman,
USANA Health Sciences, Inc.
Recipient of the Albert Einstein Award in the
Life Sciences, 2007

“
My dream is to contribute however I can to the scientific advances that will maximize the body's potential to live a full and productive life. ”





USANA Research & Development Team

The USANA Difference

You are unique, and your health regimen should reflect that. You deserve personalized nutrition that addresses your overall macronutrient and micronutrient needs. And if you want to think, act, and perform at your best, you need the best products out there.

USANA's vision is to create the healthiest family on earth. Dr. Myron Wentz founded USANA with a commitment to precise formulations, pure ingredients, and continued research. More than 20 years later, that commitment continues to motivate our 60+ scientists around the world.

Starting with the raw materials that enter our state-of-the-art manufacturing facilities, every supplement is tested to ensure it meets FDA Good Manufacturing Practice requirements for dietary supplements and United States Pharmacopeia (USP) standards for potency, uniformity, and disintegration. Dr. Wentz puts his stamp of approval on many products with USANA's potency guarantee.*

Now, if you're questioning whether or not you should choose USANA—especially when there are plenty of cheap

supplements lining the shelves of any given discount store, ask yourself: Are you willing to invest to ensure that the nutritional products you and your family take are safe and effective?

Supporting your health is an important decision. USANA is with you every step of the way.

"USANA's potency guarantee ensures that what is on the label is what is in the bottle. Our strict manufacturing processes make certain that every USANA nutritional supplement is of the absolute highest quality and contains the proper, labeled levels of potency."

—*Dr. Myron Wentz*

How InCelligence Works

Your body's built for vibrant health. Trillions of smart cells constantly communicate with each other to keep your body running right. But modern life gets in the way, creating biochemical noise that can stifle crucial cellular communication. Think about what our bodies deal with everyday - harmful environmental pollutants, the stressful pace of modern life, and diets without enough fruits and vegetables.

USANA InCelligence Technology™, is powerful to cut through the noise and helps unlock your cells' ability to unleash a healthy, happy you.

THE POWER OF CELLULAR INTELLIGENCE

Using cutting-edge research and cellular expertise, the patent-pending InCelligence technology used to make certain USANA® products harnesses the power of cellular intelligence to help unlock vibrant health. Proprietary blends of nutrients speak your cells' language, cutting through the biochemical noise to communicate important messages that unleash the potential locked inside you.*

EMPOWER YOUR BODY

InCelligence helps unlock your body's ability to personalize vibrant health from within. How? Powerful nutrients deliver messages to your cells,

activating natural cellular protection and renewal abilities. This empowers your body to conquer the modern challenges you face and meet your unique needs—so you can live your best life.

EXPECT MORE FROM INCELLIGENCE

Instead of focusing on a single cellular process, InCelligence sends a broad range of messages to your cells. This impacts a variety of important processes, creating the most effective, holistic approach to your health.*

.....
Supporting your health is an important decision.

USANA is with you every step of the way.

—Dr. Myron Wentz

Why Nutritional Supplements?

Medical research has established an indisputable link between good nutrition and long-term health. Most people agree that a complete, well-balanced diet—comprising a wide variety of fruits, vegetables, and whole grains, and rich in vitamins, minerals, and antioxidants—is a solid foundation for good nutrition. But not everyone understands the importance of nutritional supplementation.

Reasons Why You Need Supplements

1

POOR EATING HABITS

Few of us consistently eat a healthy, well-balanced diet. We tend to stick to what we like, sacrificing variety to taste.

2

PROCESSED FOODS

For convenience, we often eat processed food instead of fresh, wholesome meals. Processing can strip natural foods of much of their nutrients. So can over-cooking.

3

UNCERTAIN NUTRIENT CONTENT

The same food, cultivated in different places or under different conditions, can end up containing very different nutritional profiles.

4

FREE-RADICAL DEFENSE

Because we are exposed to increasing amounts of environmental pollutants and toxic substances, our cells require ever-higher degrees of protection against damage.

Optimal Nutrition

Obtaining the Recommended Dietary Allowance (RDA) amounts of vitamins, minerals, and other nutrients may not be sufficient for long-term good health. From the beginning, the RDAs were guidelines to help reduce cases of severe nutritional deficiency diseases such as scurvy or rickets. They do not address the potential health benefits of advanced levels of certain nutrients.

Quality nutritional supplements provide a broad spectrum of nutrients in advanced levels, properly balanced, and in forms that our body can utilize. They help deliver the essential nutrients that are missing from many of our diets, and complement a healthy lifestyle to help us maintain a lifetime of good health.

Five Reasons *You Can* Trust USANA

1

GROUNDBREAKING NUTRITIONAL RESEARCH

USANA invests in extensive scientific operations and information systems. It forms worldwide scientific alliances, including a partnership with the prestigious Linus Pauling Institute.

2

GUARANTEED POTENCY

USANA verifies each production batch so that what you read on a product label is what you will receive in the product.

3

FIRST-CLASS INGREDIENTS

USANA's formulas are based on sound, scientifically proven, and clinically tested ingredients that are safe and in a form that your body can utilize.

4

HIGH-QUALITY MANUFACTURING

USANA's quality program for nutritional products is modeled voluntarily after the pharmaceutical industry – with standards generally higher than those required under US laws. USANA is a multiple-year winner of the Utah Best of State Award for Best Dietary Supplements.

5

TRUST OF TOP ATHLETES AND HEALTH PROFESSIONALS

World class athletes trust their health to USANA products for their purity and safety. USANA products are also listed in the Physicians' Desk Reference (PDR) in North America helping earn the trust of doctors and health professionals in many parts of the world.

Which Products Will Benefit Me?

Personalizing Your Nutritional Program

The USANA nutritional system provides a simple way for you to tailor a supplementation program to your personal dietary habits or health priorities.

This program not only takes the guesswork out of nutritional supplementation, it ensures that the combination of nutrients is complementary and safe.

1

USANA CELLSSENTIALS

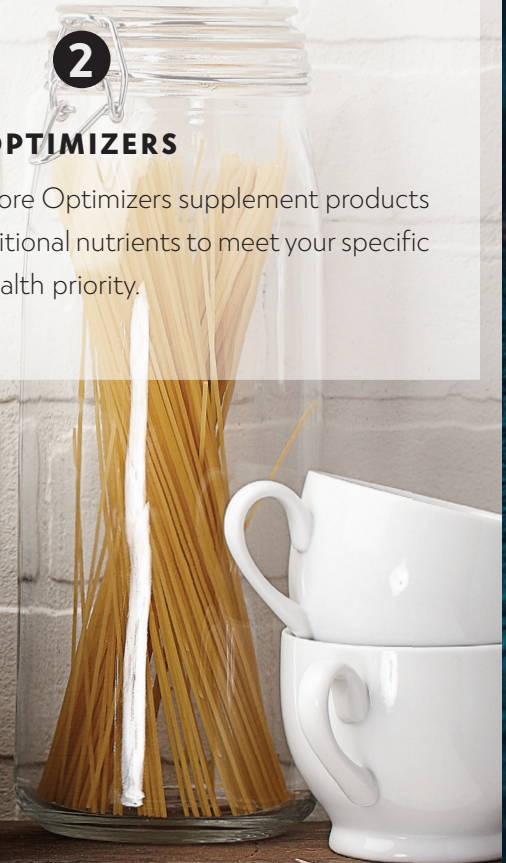
You start with the CellSentials vitamin, mineral and antioxidant supplements, which supply the foundation amounts of nutrients for your cells.



2

OPTIMIZERS

Then you add one or more Optimizers supplement products to provide you with additional nutrients to meet your specific dietary deficiency or health priority.



USANA CELLSENTIALS

Foundation to Nutritional Supplementation

On the most basic, human level, there are certain nutrients everyone needs. While there is no replacement for a healthy diet, the CellSentials™ can help ensure you get the right amounts of the right nutrients to help you feel your best every day. Together, they provide a broad spectrum of vitamins, minerals, and other plant nutrients that form the foundation of USANA's nutritional system.

- ▶ VITA ANTIOXIDANT
- ▶ USANA CORE CELLSSENTIALS
- ▶ USANIMALS

THE SCIENCE OF VITA-ANTIOXIDANT

The InCelligence Complex is a unique blend of ingredients that can broadly support the activation of a network of cell-signaling pathways to support optimal cellular resilience and longevity, which supports your body's ability to meet your individual health needs. While there are many health-optimizing pathways that the InCelligence Complex supports, there are two key processes it was designed to promote endogenous antioxidant protection; and mitochondrial renewal through mitophagy.

- Vita-Antioxidant contains high-potency vitamin A from a blend of retinyl acetate (for those who don't convert beta-carotene to vitamin A efficiently), mixed carotenoids, and beta-carotene, which converts to vitamin A in the body only as needed. Beta-carotene supports cellular integrity and is important for strong heart, immune, and lung health. Along with the additional carotenoids in the formula—natural mixed carotenoids, lutein, and zeaxanthin—beta-carotene also helps preserve skin and eye health by providing oxidative defense against damaging UV rays.*

- Vita-Antioxidant is an excellent source of vitamins B6 and B12, thiamin, riboflavin, niacin, biotin, pantothenic acid, and folate. The B vitamins, which also include inositol, are essential to many aspects of our health. Usually grouped with the B vitamins, though not technically a vitamin, choline is an essential nutrient that supports cell structure and the transmission of nerve impulses from the brain throughout the central nervous system. It supports liver function and also helps maintain healthy homocysteine levels.*

- Vita-Antioxidant is rich in vitamin C. USANA uses a unique Poly C vitamin C blend, which provides higher levels of vitamin C in plasma than ascorbic acid alone. Vitamin C is essential for synthesizing collagen, proteins that provide elasticity to our connective tissues, making it helpful in maintaining healthy veins and arteries, muscles, cartilage, tendons, bones, teeth, and skin. It also supports healthy production of immune cells.* Additional vitamin C is also found in Core CellSentials.

- Vita-Antioxidant contains high-potency vitamin D. Vitamin D supports calcium absorption, helping to support healthy bone density. It also supports healthy cell growth as well as muscle, cardiovascular, and immune function.*

- Vita-Antioxidant is a good source of vitamin E, and also contains 20 mg of mixed tocopherols in each tablet. The mixed tocopherols, though not technically vitamin E, offer similar functions. This is a comprehensive blend with broad-spectrum support that more closely reflects what would come from a healthy diet. Benefits include maintaining healthy blood flow, keeping arteries and blood vessels healthy, and supporting immune and cellular function.*

THE USANA DIFFERENCE

Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Vita-Antioxidant offers excellent completeness, potency, quality, and safety. Vita-Antioxidant with the InCelligence Complex is uniquely formulated to go beyond providing the best possible vitamins and antioxidants to nourish your cells. It also helps to activate the natural intelligence of your cells to proactively promote cellular longevity and resilience, so your body is better able to meet your health needs.

CellSentials

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112 TABLETS

Vita Antioxidant™

TOP-RATED DAILY VITAMIN AND ANTIOXIDANT SUPPLEMENT FOR ADULTS

Vita-Antioxidant supplies carefully balanced levels of high-quality vitamins and antioxidants plus the proprietary InCelligence Complex with cell-signaling technology



EACH TABLET CONTAINS			
CALCIUM ASCORBATE (EQUIVALENT TO 182.5 mg ASCORBIC ACID (VITAMIN C))	213.30 mg	THIAMINE HYDROCHLORIDE (EQUIVALENT TO 6.75 mg VITAMIN B1)	7.77 mg
POTASSIUM ASCORBATE (EQUIVALENT TO 110.5 mg ASCORBIC ACID (VITAMIN C))	145.04 mg	OLIVE (<i>OLEA EUROPAEA</i> L.) FRUIT	7.50 mg
MAGNESIUM ASCORBATE (EQUIVALENT TO 48.75 mg ASCORBIC ACID (VITAMIN C))	63.98 mg	RIBOFLAVIN (EQUIVALENT TO 6.75 mg VITAMIN B2)	7.20 mg
ZINC ASCORBATE (EQUIVALENT TO 3.25 mg ASCORBIC ACID (VITAMIN C))	4.27 mg	CHOLECALCIFEROL (EQUIVALENT TO 450 IU VITAMIN D)	6.00 mg
D-ALPHA-TOCOPHERYL SUCCINATE (EQUIVALENT TO 100 IU VITAMIN E)	87.60 mg	CYANOCOBALAMIN (EQUIVALENT TO 50.00 mcg VITAMIN B12)	5.85 mg
INOSITOL (EQUIVALENT TO 37.5 mg INOSITOL)	38.66 mg	ALPHA-LIPOIC ACID	5.00 mg
RUTIN	30.00 mg	GREEN TEA (<i>CAMELLIA SINENSIS</i> H.) LEAVES	3.75 mg
D-ALPHA-TOCOPHEROL (EQUIVALENT TO 8.5 mg VITAMIN E)	29.75 mg	TURMERIC (<i>CURCUMA LONGA</i> L.) ROOT EXTRACT	3.75 mg
PANTOTHENIC ACID (EQUIVALENT TO 22.5 mg VITAMIN B5)	26.25 mg	BROCCOLI (<i>BRASSICA OLERACEA</i> V. BOT. L.) FLOWER	3.75 mg
CHOLINE BITARTRATE (EQUIVALENT TO 25 mg CHOLINE BITARTRATE)	25.32 mg	COENZYME Q10	3.00 mg
N-ACETYL L-CYSTEINE	25.00 mg	LUTEIN (EQUIVALENT TO 150.00 mcg LUTEIN)	3.00 mg
HESPERIDIN (EQUIVALENT TO 6.0 mg HESPERIDIN)	17.10 mg	NIACIN (EQUIVALENT TO 2.5 mg VITAMIN B3)	2.65 mg
BETA CAROTENE (EQUIVALENT TO 3750 IU VITAMIN A)	12.93 mg	FOLIC ACID (EQUIVALENT TO 250.00 mcg VITAMIN B9)	2.62 mg
BROMELAIN	12.50 mg	POMEGRANATE (<i>PUNICA GRANATUM</i> L.) FRUIT	2.50 mg
PYRIDOXINE HYDROCHLORIDE (EQUIVALENT TO 8.00 mg VITAMIN B6)	8.48 mg	LYCOPENE (EQUIVALENT TO 250.00 mcg LYCOPENE)	2.50 mg
BIOTIN (EQUIVALENT TO 75 mcg BIOTIN)	8.25 mg	PHYTOMENADIOL (EQUIVALENT TO 15.00 mcg VITAMIN K)	1.65 mg
NIACINAMIDE (EQUIVALENT TO 7.5 mg VITAMIN B3)	7.87 mg	CINNAMON (<i>CINNAMONUM CASSIA</i> L.) FRUIT	1.00 mg
		BILBERRY (<i>VACCINIUM MYRTILLUS</i> L.) FRUIT	250 mcg

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Cellentials

item #101

112 TABLETS

USANA Core Cellentials™

TOP-RATED DAILY MINERAL SUPPLEMENT FOR ADULTS

Core Cellentials supplies a balanced range of highly absorbable essential minerals and trace minerals. It also includes added vitamin C, as well as N-acetyl l-cysteine



THE SCIENCE OF CORE CELLENTIALS

Core Cellentials contain the following essential minerals:

- Magnesium is a cofactor in more than 300 enzyme systems that control various natural reactions in the body. It is important for proper calcium utilization, and for maintaining healthy nerve, muscle, and cardiovascular function.*
- Calcium is essential for healthy bones and teeth as well as healthy muscle and nerve function.*
- The magnesium and calcium blends in Core Cellentials are both composed partly from the ascorbate forms of the nutrients. Ascorbate is a source of another essential micronutrient: vitamin C.
- Iodine is a crucial component in the body's normal production of thyroid hormones.
- Zinc is important for supporting our body's natural healing process for minor cuts. It aids healthy bone structure development and promotes healthy immune function and healthy vision. Zinc also acts as an antioxidant.*
- Selenium aids the body's natural ability to produce glutathione, an endogenous antioxidant.
- Copper is a critical component of the enzyme superoxide dismutase (SOD)—an endogenous antioxidant—and it helps form hemoglobin. Copper is also essential for collagen synthesis, and, thus, plays a role in connective tissue formation.*
- Manganese, a mineral important for protein and glucose metabolism, manganese supports normal brain function. It activates numerous enzymes and can enhance the SOD enzyme system to support endogenous antioxidant activity.*
- Chromium is an important component of the glucose tolerance factor (GTF), which helps maintain healthy glucose metabolism (provided it is already healthy).*
- Boron supports the body's ability to use calcium, magnesium, and phosphorus and plays a role in healthy brain function. Vanadium helps support healthy serum glucose levels, provided they are already healthy. And, maintaining a good balance of silicon in the body is important for maintaining strong bones and connective tissues.*
- N-acetyl l-cysteine helps to support the production of endogenous antioxidants activated by the InCelligence Complex in Vita-Antioxidant.

THE USANA DIFFERENCE

Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Core Cellentials offers excellent completeness, potency, quality, and safety. Core Cellentials is a premium blend of minerals designed to not only optimally nourish your cells but also support the activity of the InCelligence Complex in Vita-Antioxidant.

EACH TABLET CONTAINS:	
MAGNESIUM AMINO ACID COMPLEX (EQUIVALENT TO 50.00 mg MAGNESIUM)	250.00 mg
MAGNESIUM CITRATE (EQUIVALENT TO 21.8 mg MAGNESIUM)	181.667 mg
CALCIUM CITRATE (EQUIVALENT TO 27.5 mg CALCIUM)	130.952 mg
CALCIUM CARBONATE (EQUIVALENT TO 40.00 mg CALCIUM)	111.110 mg
MAGNESIUM AMINO ACID CHELATE (EQUIVALENT TO 3.2 mg MAGNESIUM)	40.00 mg
BORON CITRATE (EQUIVALENT TO 750 mcg BORON)	30.00 mg
ZINC CITRATE (EQUIVALENT TO 5.025 mg ZINC)	16.488 mg
MANGANESE GLUCONATE (EQUIVALENT TO 1.25 mg MANGANESE)	11.932 mg
SELENIUM AMINO ACID COMPLEX (EQUIVALENT TO 22.5 mcg SELENIUM)	11.813 mg
POTASSIUM IODIDE (EQUIVALENT TO 75 mcg IODINE)	10.855 mg
L-SELENOMETHIONINE (EQUIVALENT TO 27.75 mcg SELENIUM)	5.828 mg
CALCIUM SILICATE (EQUIVALENT TO 1.0 mg SILICON)	4.444 mg
COPPER GLUCONATE (EQUIVALENT TO 500 mcg COPPER)	3.750 mg
VANADIUM CITRATE (EQUIVALENT TO 10.00 mcg VANADIUM)	2.00 mg
MOLYBDENUM CITRATE (EQUIVALENT TO 12.5 mcg MOLYBDENUM)	1.315 mg
CHROMIUM POLYNICOTINATE (EQUIVALENT TO 70 mcg CHROMIUM)	0.735 mg
CHROMIUM PICOLINATE (EQUIVALENT TO 5.00 mcg CHROMIUM)	0.044 mg

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THE BENEFITS OF USANIMALS

Every adult, to complement a healthy diet. Many studies show that most children do not receive the nutrition they need from their diets. Less than 25 percent of them eat the recommended five servings or more of fruits and vegetables each day, and adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from their diets. Vitamins C and D are also often deficient. A quality nutritional supplement, such as Usanimals, can help ensure that none of these essential nutrients are missing.

THE SCIENCE OF USANIMALS

Beta-carotene: Beta-carotene is converted to vitamin A in the body. Vitamin A helps in the maintenance of eyes, skin, and the proper function of the immune system.*

B vitamins: Usanimals contains a carefully proportioned complex of B vitamins, which support a healthy metabolism and normal growth and development.*

Vitamin C: An antioxidant critical to maintaining good health, vitamin C supports many important functions and is vital for the synthesis of collagen—a type of connective tissue. Collagen is the most abundant structural protein in the body and is essential for healthy skin, muscles, teeth, bones, skin, and blood vessels.*

Vitamin D: In addition to its important role in supporting bone health, vitamin D helps in the absorption and use of calcium and phosphorus throughout the body. It also helps maintain healthy immune function.*

Vitamin E: Vitamin E helps protect against free-radical damage to maintain good health. Eye health also depends on adequate amounts of vitamin E as well as vitamins A and C.*

Calcium: A healthy diet with adequate calcium and vitamin D, along with regular physical activity, helps in the healthy development of strong bones and teeth.*

Iodine: The thyroid gland releases hormones that are important for healthy brain development, protein synthesis, metabolic function, and enzymatic activity. Iodine helps in the function of the thyroid gland to support normal growth and development.*

Iron: Most iron in the body is found in hemoglobin, the protein in red blood cells that helps supply oxygen to tissues. It also plays a role in cellular growth.

Magnesium: As a cofactor in more than 300 enzyme systems, magnesium helps support good health throughout the body. It supports a healthy metabolism and energy, the normal development of bones and teeth, tissue formation, and muscle and nerve function.*

Zinc: Zinc is a necessary element for normal growth and development. It is essential for supporting healthy metabolism, skin, connective tissue formation, and immune function.*

THE USANA DIFFERENCE

Chewable Usanimals have a great-tasting natural berry and yogurt flavor with no artificial flavors or sweeteners. The animal shapes stamped on each tablet also make staying healthy fun.

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56 TABLETS

Usanimals

CHEWABLE DAILY VITAMIN, MINERAL, AND ANTIOXIDANT SUPPLEMENT FOR CHILDREN
an advanced formulation of important nutrients beneficial for the maintenance of good health.



MULTIVITAMINS + MINERALS + LECITHIN + INOSITOL + HYDROLYZED RICE PROTEIN			
EACH CHEWABLE TABLET CONTAINS:			
BETA CAROTENE (VITAMIN A)	2500 IU	MAGNESIUM (AS MAGNESIUM CARBONATE)	22.5 mg
ASCORBIC ACID (VITAMIN C)	100 mg	MAGNESIUM (AS MILK CALCIUM)	4.5 mg
SODIUM ASCORBATE (EQUIVALENT TO 25 mg ASCORBIC ACID)	29.83 mg	ZINC (AS ZINC CHELATE)	5 mg
CHOLECALCIFEROL (VITAMIN D3)	500 IU	SELENIUM	25 mcg
D-ALPHA-TOCOPHERYL SUCCINATE (VITAMIN E)	50 IU	COPPER (AS COPPER CITRATE HEMIHYDRATE)	375 mcg
PHYTONADIONE (VITAMIN K)	20 mcg	MANGANESE (AS MANGANESE GLUCONATE)	500 mcg
THIAMINE MONONITRATE (VITAMIN B1)	1.25 mg	CHROMIUM (AS CHROMIUM NICOTINATE)	25 mcg
RIBOFLAVIN (VITAMIN B2)	1.25 mg	MOLYBDENUM (AS MOLYBDENUM THIOXIDE)	12.525 mcg
NACINAMIDE (VITAMIN B3)	10 mg	IRON (AS FERROUS FUMARATE)	7 mg
PYRIDOXINE HYDROCHLORIDE (VITAMIN B6)	1.25 mg	ANTIOXIDANT PHYTONUTRIENT COMPLEX (NATURAL BLACKBERRY, BLUEBERRY, CRANBERRY AND RASPBERRY POWDERS)	40 mg
FOLATE (AS FOLIC ACID)	200 mcg	CALCIUM SILICATE	1 mg
CHANDROCALAMIN (VITAMIN B12)	20 mcg	LECITHIN	25 mg
BIOITIN	75 mcg	INOSITOL	15 mg
PANTOTHENIC ACID (VITAMIN B5)	5 mg	HYDROLYZED RICE PROTEIN	500 mg
CALCIUM (AS MILK CALCIUM)	75 mg		
IODINE (AS POTASSIUM IODIDE)	50 mcg		

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

CARDIO- VASCULAR HEALTH

*The Fundamental
Ingredients for Staying
Young at Heart*

*Grapes, spinach, oily fish, walnuts, and soybeans are just a few foods that provide important nutrients to support cardiovascular health. USANA's cardiovascular Optimizers deliver some of the same nutrients that lie at the heart of these super foods to help support healthy circulation, retain healthy, normal cholesterol levels, and support the production of the energy your heart needs to keep beating strong.**

▶ COQUINONE 30

▶ PROFLAVANOL C¹⁰⁰



THE BENEFITS OF COQUINONE 30

When we're young, our bodies store or produce ample amounts of coenzyme Q10 (CoQ10), which is used by the hundreds of mitochondria in each and every cell to generate adenosine triphosphate (ATP)—the form of energy cells use to function. As we age, the amount of CoQ10 that we absorb or produce naturally declines. In addition, CoQ10 may be depleted by several other factors, including overall nutritional status and inadequate levels of the B vitamins, vitamin C, and selenium. A high-quality, bioavailable CoQ10 supplement, such as CoQuinone 30, can help replenish our cells' stores of CoQ10, and help hardworking cells, such as those in the heart, stay healthy.*

CoQuinone 30 also provides antioxidant protection. A byproduct of energy production in the mitochondria is the formation of damaging free radicals. Nature has designed a molecule in CoQ10 that is remarkable because it not only assists in ATP production, it also works in concert with other antioxidants to clean up the free radicals that are produced during that process and protect against their damaging effects. As an antioxidant, it rivals vitamins E and C. In addition, CoQ10 helps regenerate and recycle vitamin E.*

This unique supplement combines a well-absorbed form of CoQ10 with alpha-lipoic acid for maximum benefits. A key nutrient involved in converting glucose into energy, alpha-lipoic acid plays many roles in the body and is especially beneficial because it acts like a super antioxidant, going to work both inside the cell and in the outer cell membrane to fight off free radicals. It also assists cells in recycling CoQ10 after it has oxidized to provide even more defense against damaging oxidative stress.*

THE SCIENCE OF COQUINONE 30

The energy that every cell needs to function is produced through a complex process in the mitochondria, which are organelles within the cell. Within the mitochondria, cells store energy in a molecule called ATP, which is synthesized and used by every cell in the body. CoQ10 is an essential part of the electron transport chain the mitochondria use to make ATP. CoQuinone 30 dietary supplement was developed to deliver high-quality, highly bioavailable CoQ10 to the cells to support the production of ATP.*

Cells with the highest energy demands, such as in the heart, have the highest levels of CoQ10, which has been studied for years in the United States, Europe, and Japan for its role in producing cellular energy for the heart and other muscles. Several human clinical trials demonstrate CoQ10's effectiveness in maintenance of good heart function.*

THE USANA DIFFERENCE

CoQuinone 30 contains a full 30 mg of CoQ10 and 12.5 mg of alpha-lipoic acid per soft gel capsule. USANA's unique formulation provides these important antioxidants in a natural mixture of lecithin and vegetable-derived glycerin monooleate in a base of medium chain triglycerides. Clinical tests performed in USANA's laboratories show that CoQuinone 30 delivers CoQ10 in much higher quantities than from solid formulations or from competitive liquid formulations, making CoQuinone 30 more bioavailable than other CoQ10 products.*

CoQuinone 30 contains CoQ10 in the form of ubiquinone. Some competitors use ubiquinol instead, claiming it is a more bioavailable form of CoQ10, but a USANA in-house study confirmed other recently published research showing that both forms are equally beneficial.

item #123

56 CAPSULES

Coquinone 30

AN OPTIMAL COMBINATION
OF COENZYME Q10
AND ALPHA-LIPOIC ACID

Supplement your cells and help them function with antioxidants such as coenzyme Q10, found in CoQuinone 30.*



NUTRITIONAL FACTS

INGREDIENTS	AMOUNT PER 2 CAPSULES	%DV*	%RENI**
COENZYME Q10	60 mg	†	†
ALPHA-LIPOIC ACID	25 mg	†	†

OTHER INGREDIENTS: MEDIUM-CHAIN TRIGLYCERIDES, GELATIN, LECITHIN, GLYCERIN MONOOLEATE, GLYCERIN, PURIFIED WATER, ANNATTO SEED EXTRACT, ANNATTO SEED OIL, TITANIUM DIOXIDE.

*UNITED STATES RECOMMENDED DAILY VALUE.
**BASED ON RENI VALUES FOR AGES 19–29.
†US DV OR RENI VALUE NOT YET ESTABLISHED.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

item #110

56 TABLETS

Proflavanol C¹⁰⁰

POWERFUL BIOFLAVANOID SUPPLEMENT

Provides a powerful combination of grape seed bioflavonoids and USANA's proprietary Poly. C vitamin C blend for excellent antioxidant defense and support for healthy circulation, normal immune function, healthy skin, and more.*



EACH TABLET CONTAINS:	
VITAMIN C (AS CALCIUM ASCORBATE, POTASSIUM ASCORBATE, MAGNESIUM ASCORBATE, AND ZINC ASCORBATE)	300 mg
GRAPE SEED EXTRACT (VITIS VINIFERA L., SEEDS)	100 mg

THE BENEFITS OF PROFLAVANOL C¹⁰⁰

Our modern lifestyles are full of threats to our health. Pollution, fatty diets, and UV exposure all can result in oxidative damage to our cells, while stress, exposure to pathogens, or even intense exercise can tax our immune system.

Proflavanol C¹⁰⁰ is produced using USANA's cutting-edge Nutritional Hybrid Technology, which combines 100 mg of grape seed extract and 300 mg of vitamin C into one pill. This powerful combination is designed to help protect health in a number of ways:

- Maintain good health by neutralizing free radicals, which, over time, can cause excessive oxidative stress*
- Support circulatory and cardiovascular health*
- Help retain healthy, normal cholesterol levels*
- Support balanced immune function*
- Maintain healthy, younger-looking skin*

THE SCIENCE BEHIND PROFLAVANOL C¹⁰⁰

Proanthocyanidins, a subclass of bioflavonoids found in blue and purple berries and also concentrated in grape seeds, have been found to be 50 times more potent than vitamin E when it comes to neutralizing free radicals—the antioxidant activity that can help protect cells against damaging oxidative stress. And vitamin C has long been considered the “master antioxidant,” as it not only actively neutralizes free radicals but helps to regenerate other antioxidants as well. Working together in Proflavanol C¹⁰⁰, vitamin C and grape seed bioflavonoids provide powerful antioxidant protection to help you maintain good health.*

These two ingredients are also important for supporting and maintaining sound cardiovascular function. Consumption of red wine, which contains proanthocyanidins, is believed to be one of the factors that contribute to the “French Paradox”—the fact that the French maintain good heart health despite a diet high in saturated fat. And, vitamin C can also help maintain long-term cardiovascular health. Together, these nutrients help protect against low-density lipoprotein (LDL) oxidation as well as support healthy blood vessels, normal capillary strength, and endothelial function to promote good circulation. Combining grape seed extract with vitamin C, as it is in our Proflavanol C¹⁰⁰ formula, can help retain healthy micro-vascular function. Interestingly, this only occurs when epicatechin, another of the bioflavonoids in grape seed extract, is also present in the blood.*

THE “FRENCH PARADOX” REFERS TO OBSERVATIONS THAT THERE WERE RELATIVELY LOW RATES OF HEART DISEASE IN FRANCE, DESPITE A DIET HIGH IN SATURATED FAT. SOME RESEARCHERS ATTRIBUTE THIS TO RED WINE, WHICH WAS CONSUMED WITH MOST MEALS.

Grape seed extract also works synergistically with vitamin C to protect cells and enhance your body's normal, natural immune function. Your immune system is an incredibly complex and intricate protective mechanism designed to shield your body. And when your shield is weak, your body is at risk. Grape seed bioflavonoids modulate cell-signaling pathways related to immune function while vitamin C plays a key role in immune function by supporting the normal production of white blood cells and antibodies.*

Vitamin C not only helps maintain the health of your immune system, but it also is a factor in many aspects of good health. Vitamin C helps in the development and maintenance of bones, connective tissue, teeth, and gums. It also helps the body metabolize fats and proteins. Because human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement.*

One type of connective tissue supported by vitamin C is collagen, which is integral to skin's elasticity and firmness. Collagen tends to start breaking down as we age, and vitamin C helps regulate synthesis for this protein.

THE USANA DIFFERENCE

A unique supplement made with USANA's innovative Nutritional Hybrid Technology, Proflavanol C¹⁰⁰ combines the highest quality grape seed extract with the free-radical quenching power of USANA's Poly C vitamin C blend, which effectively raises levels of vitamin C in the body for a longer period of time than equal amounts of ascorbic acid only (ascorbic acid is the most common form of vitamin C used in other supplements). Combining the two nutrients into one supplement provides your body with powerful nutrients that can help you maintain good health.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BRAIN FUNCTION

The Science of Nourishing Healthy Cells

Citrus fruit, deep-sea fish, and nuts and seeds are packed with nutrients like vitamin C and essential fatty acids that can help keep your cells—the structural and functional units of all living organisms—healthy.

*Because your cells are the primary source of your body's energy supply, USANA has created these products to optimize your cellular function and help you feel your best.**

- ▶ BIOMEGA
- ▶ PROGLUCAMUNE
- ▶ BIOMEGA JR.



item #122

56 CAPSULES

BiOmega™

CONCENTRATED OMEGA-3 FATTY ACID SUPPLEMENT

USANA's BiOmega fish-oil supplement contains a concentrated dose of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) to support healthy cellular function throughout the body.*



NUTRITIONAL FACTS

INGREDIENTS	AMOUNT PER CAPSULE	% DV*	%RENI**
FISH OIL CONCENTRATE:	1,000 mg	†	†
EPA (EICOSAPENTAENOIC ACID)	290 mg		
DHA (DOCOSAHXAENOIC ACID)	235 mg		
VITAMIN D3 (CHOLECALCIFEROL)	100 IU	50%	50%
EQUAL TO 2.5 mcg			
OTHER INGREDIENTS: GELATIN, GLYCERIN, NATURAL LEMON OIL, PURIFIED WATER, MIXED TOCOPHEROLS (PRESERVATIVE).			

*UNITED STATES DAILY VALUE.
**BASED ON RENI VALUES FOR AGES 19-29.
†US DV OR RENI VALUE NOT YET ESTABLISHED.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

THE BENEFITS OF BIOMEGA

Your cells have a phospholipid bilayer that acts as a gatekeeper—keeping things out or letting them in. Key components of that bilayer, omega-3 and omega-6 fatty acids play a significant role in maintaining our good health at the most basic level. A 1:1 ratio of omega-3 and omega-6 is ideal, as they work together to promote health. However, average diets contain significantly more omega-6s. Eating fatty fish and supplementing with BiOmega are effective ways to increase omega-3 levels to help maintain a proper balance and support healthy cellular function.*

Omega-3 fatty acids are effective in supporting joint health, as well as healthy neural development and function. Omega-3s also encourage healthy skin. In addition, combining fish oil intake with regular exercise is more supportive than exercise alone for helping reduce body fat and supporting metabolic health.*

Supportive but not conclusive research shows that consumption of EPA and DHA may reduce the risk of coronary heart disease.* One serving of BiOmega provides 1050 mg of EPA and DHA omega-3 fatty acids. (See nutrition information for total fat, saturated fat, and cholesterol content.)

It is important that women who are pregnant get sufficient amounts of omega-3 fatty acids to support their child's brain and eye development.*

THE SCIENCE OF BIOMEGA

The omega-3 long-chain fatty acids are the biosynthetic precursors of eicosanoids, which are hormone-like substances that help retain normal health processes in our bodies.*

Incorporation of omega-3 fatty acids into the diet helps to support articular cartilage and joint comfort.*

Fatty acids influence brain development and structural integrity, impacting biochemical efficiency in the brain. Neural phospholipid membranes selectively concentrate DHA in photoreceptors and some cell-signaling sites, while the retina selectively incorporates EPA to support eye fluidity.*

Sufficient levels of omega-3 and omega-6 fatty acids can help maintain skin's barrier function to keep it looking healthy, and EPA may also help protect skin against the damaging effects of the sun.*

EPA and DHA help maintain healthy high-density lipoprotein and triglyceride levels in plasma, which are important for supporting healthy arterial function and blood flow.*

Pre- or post-partum women should consume DHA and EPA to support the growth and development of their child. DHA plays a role in the healthy development of the visual system, and it is one of the dominant fats in the nerve cells of fetal and infant brains.*

THE USANA DIFFERENCE

Produced from sustainably raised cold-water, deep-sea fish oil, USANA's BiOmega includes a careful balance of DHA and EPA at a more potent dose than many competitors.

BiOmega is purified to be virtually free of contaminants. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to maintain product quality during storage. BiOmega is also fortified with vitamin D to supply an additional 200 IU per day.* And with added lemon flavoring, there is no fishy aftertaste.

EVERYONE KNOWS THAT FISH, RICH IN OMEGA-3 FATTY ACIDS, IS GOOD FOR HEALTH. BECAUSE OF POLLUTION, EATING CERTAIN TYPES OF FISH REGULARLY CAN EXPOSE YOU TO HARMFUL CONTAMINANTS, SUCH AS MERCURY AND CHEMICAL PESTICIDES.

THE BENEFITS OF PROGLUCAMUNE

Our modern lives demand a more effective way to stay fit and well, even during occasional times of stress. Proglucamune helps your immune system meet your unique needs and supports your body's ability to adapt and respond to the effects stress or strenuous exercise can have on immune function. The InCelligence Beta-Glucan Complex is formulated with USANA InCelligence Technology, to prime your immune cells' natural protective responses, so they can protect your health effectively.*

THE SCIENCE OF PROGLUCAMUNE

The immune system is made up of many biological structures and processes that detect a wide variety of foreign agents and pathogens and distinguish them from the body's own healthy tissue. There are three types of immunity: surface immunity, innate immunity, and adaptive immunity. Surface immunity is the first line of defense—the barriers that actively keep pathogens out.

If a pathogen is able to cross a surface barrier, then the innate immune system defenses are stimulated.

Innate immunity includes a host of reactions, including the destruction of pathogens. The nutrients in the InCelligence Beta-Glucan Complex have a distinct molecular structure that binds to receptors on immune cells to prime their natural protective ability. This activity enables your body's protective mechanisms to respond effectively without overstimulating an immune response. Proglucamune also supports the adaptive immune system, which is called into action if the innate immune system is overwhelmed.*

Proglucamune contains a potent blend of ingredients:

- Reishi (*Ganoderma lucidum*) and shiitake (*Lentinula edodes*) mushrooms have been used for thousands of years in traditional Chinese medicines to support vitality. They are rich in polysaccharides with immunomodulating properties and help promote cellular protection.*
- A specific strain of baker's yeast (*Saccharomyces cerevisiae*) provides beta 1,3/1,6 glucan, a natural carbohydrate shown to prime the immune system. Clinical studies have shown that the strain of baker's yeast in Proglucamune provides exceptional support for immunity and daily wellness, even during times of occasional, mild stress.*
- Zinc is an essential trace element that supports proper functioning of immune cells and serves as an intracellular signaling molecule for immune cells, enhancing the effectiveness of the InCelligence Beta-Glucan Complex. It also acts as an antioxidant to help defend against oxidative stress.*

THE USANA DIFFERENCE

Proglucamune is a superior product for helping immune cells adapt to your unique needs and protect your health, even during times of stress. The InCelligence Beta-Glucan Complex contains a certified organic blend of mushrooms combined with a strain of baker's yeast proven to be effective for priming cells' natural protective ability. The addition of zinc makes Proglucamune a perfect solution for promoting your body's natural immune responses and supporting overall health and well-being every day.*

item #146

56 TABLETS

Proglucamune

POTENT IMMUNE-SUPPORT
SUPPLEMENT WITH ZINC
AND THE INCELLIGENCE
BETA-GLUCAN COMPLEX

USANA's Proglucamune daily supplement combines ancient wisdom with modern science to support robust immune function. The unique combination of zinc plus baker's yeast and reishi and shiitake mushrooms in the InCelligence Beta-Glucan Complex is designed to help support your body's natural defenses.*



NUTRITIONAL FACTS

INGREDIENTS	AMOUNT PER 2 TABLETS	%DV*	%RENI**
BAKER'S YEAST EXTRACT (<i>SACCHAROMYCES CEREVISIAE</i>) (CONTAINS β -GLUCAN)	250 mg	†	†
REISHI MUSHROOM POWDER (<i>GANODERMA LUCIDUM</i>)	250 mg	†	†
SHIITAKE MUSHROOM POWDER (<i>LENTINULA EDODES</i>)	50 mg	†	†
ZINC (AS ZINC GLUCONATE)	6 mg	40%	94%

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL CELLULOSE, STEARIC ACID, MALTODEXTRIN, CROSCARMELLOSE SODIUM, SILICON DIOXIDE, VANILLA EXTRACT, SUNFLOWER LECITHIN, PALM OLEIN, GUAR GUM.
*UNITED STATES DAILY VALUE. **BASED ON RENI VALUES FOR AGES 19-29.
†US DV OR RENI VALUE NOT YET ESTABLISHED.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY AND DISINTEGRATION, WHERE APPLICABLE.
KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. IF YOU HAVE AN AUTOIMMUNE DISEASE, AN IMMUNE SYSTEM DISORDER, OR IF YOU ARE TAKING IMMUNOSUPPRESSANT MEDICATION, CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.
THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.
MANUFACTURED BY: USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UT 84120 USA
IMPORTED AND DISTRIBUTED BY: UHS ESSENTIAL HEALTH PHILS, INC. THE ENTERPRISE CTR., 6766 AYALA AVE COR PASO DE ROXAS, MAKATI CITY, PHILIPPINES.
MADE IN USA
STORE AT TEMPERATURE NOT EXCEEDING 25° C
146.320100 LB.001087 FR-129040



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

item #144

14 PACKETS

BiOmega™ Jr.

DELECTABLE ORANGE-PINEAPPLE GEL FORTIFIED WITH VITAMIN D

Delivers a healthy amount of the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), along with vitamin D, in a creamy orangepineapple flavored gel.



NUTRITIONAL FACTS

Servings per package: 14
Serving Size: 1 packet

INGREDIENTS	AMOUNT PER SERVING	%DV*	%RENI**
FISH OIL	2000 mg	†	†
OMEGA-3 FATTY ACIDS	650 mg	†	†
EPA	350 mg	†	†
DHA	230 mg	†	†
VITAMIN E (AS D-ALPHA TOCOPHEROL)	3 IU	10%	20%
VITAMIN C	12 mg	20%	27%
ASCORBIC ACID			
SODIUM ASCORBATE			
STEVIA REBAUDIANA	10 mg	†	†

OTHER INGREDIENTS: WATER, EGG YOLK, ORANGE FLAVOR, CANOLA OIL, CITRIC ACID ANHYDROUS, POTASSIUM SORBATE, SODIUM BENZOATE, VANILLIN, BETA CAROTENE, XANTHAN GUM, L-MENTHOL.

*UNITED STATES RECOMMENDED DAILY VALUE.

**BASED ON RENI VALUES FOR MALES AGED 10-12 YEARS.

THE BENEFITS OF BIOMEGA JR.

Omega-3 fatty acids assist with maintaining the fluidity and permeability of cell membranes, and healthy brain cell membranes contain over 10 times more concentrated omega-3s than the rest of the body. Our bodies require omega-3 fatty acids, especially DHA, for proper brain development and structure, and DHA is thought to support electric signaling in the brain, underscoring its role in learning ability, memory, concentration, and behavior and mood. And some studies have suggested that intakes of omega-3 polyunsaturated fats can contribute to improved performance on tests for verbal learning ability and listening comprehension. It's also been found that low plasma levels of DHA and EPA have been associated with various developmental problems in children, such as impaired cognitive development.

Essential fatty acids, including EPA and DHA, also influence nerve conduction, making them vital for the health of the central nervous system, which stems from the brain.

THE SCIENCE OF BIOMEGA JR.

A growing body of research shows the importance of omega-3 fatty acids for health, even at the earliest stages of life, but nearly 80 percent of children in North America are estimated to be deficient in omega-3s. In order to ensure a child's healthy growth and development, it may be necessary to add a quality omega-3 supplement to their diet.

Omega-3 fatty acids, including DHA and EPA, are precursors for eicosanoids, which are mediators of many biochemical processes and influence interactions between cells. Thus, they are necessary for the normal function and production of healthy cells throughout the body, making them vital for ongoing healthy growth and development.

Developing a healthy body early in life can have long-term, positive effects. Some research suggests that early nutrition can induce lifelong effects on metabolism, growth, neurodevelopment, and cardiovascular health. Several clinical studies have shown omega-3 fatty acids are beneficial for the heart and vascular system throughout our lives, and supportive—but not conclusive—research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of BiOmega Jr. provides 350 mg of EPA and 230 mg of DHA omega-3 fatty acids. (See nutrition information for total fat, saturated fat, and cholesterol content.)

THE USANA DIFFERENCE

A quality supplement like USANA's BiOmega Jr. can make it fun and easy for kids to get the DHA and EPA they need for healthy minds and bodies without taking a supplement full of added sugar. Unlike many popular brands that supply only small amounts of omega-3s, BiOmega Jr. supplies a valuable amount of highly absorbable DHA and EPA in a delectable orange-pineapple flavored gel with no fishy taste. With 1,000 IU of added vitamin D, BiOmega Jr. also supports developing bones and overall good health. Packaged in single-serve packets, kids will love having BiOmega Jr. as a treat every other day, and parents will love how convenient it is to give their kids a healthy supplement, either straight from the packet or mixed into yogurt or other creamy foods. For best results, store in the refrigerator and serve cold.

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BONE HEALTH

A Measured Approach to Keeping Your Bones and Joints Healthy

*Movement is essential for survival. Your everyday health and well-being depends on the stability and strength of your skeletal system—your body's primary foundation. Support your bones and joints by giving them the nutrition they need, so you can keep moving and participating in the activities you love.**

▶ PROCOSA

▶ MAGNECAL D



MagneCal D™

A balanced magnesium and calcium supplement fortified with vitamin D to support bone health and more.



MINERALS + CHOLECALCIFEROL (VITAMIN D3)

EACH TABLET CONTAINS:

MAGNESIUM (EQUIVALENT TO 350 mg MAGNESIUM CITRATE AND 345.83 mg MAGNESIUM CARBONATE)	125 mg
CALCIUM (EQUIVALENT TO 223.85 mg CALCIUM CITRATE AND 216.67 mg CALCIUM CARBONATE)	125 mg
BORON (EQUIVALENT TO 13.20 mg BORON CITRATE)	330 mcg
CHOLECALCIFEROL (VITAMIN D3) (EQUIVALENT TO 250 IU VITAMIN D)	3 mg

MAGNECAL D

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THE BENEFITS OF MAGNECAL D

The entire skeletal structure constantly remodels itself, and in 10 years, you'll have a completely new skeleton. This remodeling process requires sufficient amounts of magnesium, calcium, and vitamin D from the diet to form the bones properly.*

The body stores a significant amount of dietary magnesium and calcium in bones and can pull nutrients from them to support a multitude of physiological functions. But if our bodies consistently use more calcium and magnesium than is replaced, it may lead to bone loss.

Vitamin D also plays many important roles in the body, including supporting proper mineral absorption for bone health. In fact, all three of these nutrients work as co-factors, each playing a role in the proper utilization of the others.*

USANA's MagneCal D can help you get sufficient amounts of magnesium, calcium, and vitamin D every day to help in the maintenance of your bones and teeth.*

THE SCIENCE OF MAGNECAL D

The nutrients in MagneCal D support cell-signaling and help provide a nutritional foundation for the activities and pathways targeted by USANA® products made with InCelligence Technology™.*

Higher intakes of magnesium have been associated with higher levels of bone mineral density.* Additionally, magnesium is a co-factor in more than 300 enzyme systems that control various natural reactions in the body, including:

- Protein, DNA, and RNA synthesis
- Normal nerve transmission
- Neuromuscular conduction and muscular contraction
- Healthy glucose metabolism

Many of these benefits contribute to magnesium's support for cardiovascular health. Research has also shown that magnesium can help support healthy or normal arterial elasticity.*

Adequate vitamin D and calcium, as part of a healthy diet, along with physical activity, may reduce the risk of osteoporosis in later life. Vitamin D aids calcium and phosphorus absorption and utilization. Without sufficient vitamin D, bones can become thin, brittle, or misshapen.*

In addition to supporting strong bones and teeth, the body uses calcium to support many processes, including healthy blood clotting, cell division, and more.*

MagneCal D also contains silicon and boron. Silicon gives stability to connective tissues and is essential for proper calcium utilization. Boron reduces calcium excretion and increases deposition of calcium in the bone.*

THE USANA DIFFERENCE

MagneCal D offers a balanced ratio of calcium to magnesium plus advanced amounts of vitamin D. It is carefully formulated for excellent absorption to give you the best support for healthy bones.*

THE BENEFITS OF PROCOSA

Healthy joints allow the bones to move together comfortably. However, in some individuals, the cartilage breaks down and becomes thin, resulting in more joint friction, discomfort, and stiffness.

In addition to a healthy diet and maintaining moderate physical activity, the unique blend of the InCelligence Joint-Support Complex (formulated with USANA InCelligence Technology®), vitamin C, and other nutrients can help support optimal joint health and function, so you can maintain an active, independent lifestyle.*

THE SCIENCE OF PROCOSA

Between the bones is a narrow space—the joint cavity. Your bones are capped with cartilage, which gets its lubrication and nutrients from synovial fluid, which also acts like a shock absorber. If synovial fluid and cartilage deteriorate, the spacing between the bones narrows, and eventually the bones will rub together.

Research has shown that joint space can be better maintained in those who take glucosamine. Glucosamine also stimulates production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.*

Glucosamine is a well-absorbed amino sugar that helps regulate normal cartilage formation by encouraging production of collagen and by acting as a building block for proteoglycans. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint.*

Meriva® is an innovative phytosome that combines curcumin with a phospholipid, so it passes through cell membranes more easily, making it nearly 30 times more bioavailable than traditional curcumin preparations. A potent antioxidant that helps protect joint cells, Meriva has been shown to support joint comfort and function.*

Together, glucosamine and Meriva make up the InCelligence Joint-Support Complex. In addition to the benefits listed above, there are two key cell-signaling processes the complex is designed to promote:

- Exercise can stimulate the immune system and result in temporary inflammation, which is part of the body's natural recovery mechanism for restoring normal structure and function to muscles and tendons. The InCelligence Joint-Support Complex influences the signaling pathways that modulate these responses to help proactively promote a healthy immune and inflammatory response after exercise.*
- Chondrocytes (cartilage cells) maintain healthy function through a natural cell renewal process in which damaged organelles in joint tissue are broken down and removed through a process called autophagy.

However, age or other lifestyle factors may slow this process. The InCelligence Joint-Support Complex helps activate autophagy to renew healthy joint-cell function to preserve healthy articular cartilage and support healthy joint aging.*

Procosa also delivers 225 mg of vitamin C because it promotes collagen synthesis. Collagen is one of the main structural proteins that supports the integrity and strength of ligaments and tendons to maintain joint stability.*

THE USANA DIFFERENCE

The InCelligence Joint-Support Complex in Procosa was created using a unique combination of Meriva bioavailable curcumin with high-quality glucosamine hydrochloride. By blending the hydrochloride form of glucosamine with the potassium and magnesium sulfate in the formula, Procosa provides the same benefits of glucosamine sulfate without using shellfish or other animal-based ingredients. Not only is it one of the few vegetarian formulas available on the market, the addition of vitamin C makes Procosa a highly effective, comprehensive approach to joint health.*

item #131

112 TABLETS

Procosa®

Supplies an advanced dosage of nutrients that support and maintain the cartilage in your joints.



NUTRITIONAL FACTS

INGREDIENTS	AMOUNT PER SERVING	%DV*	%RENI**
GLUCOSAMINE HYDROCHLORIDE	500 mg	†	†
MERIVA™*** CURCUMIN COMPLEX	82.5 mg	†	†
VITAMIN C (CALCIUM ASCORBATE)	75 mg	125%	115%
MAGNESIUM (MAGNESIUM SULFATE)	100 mg	25%	20%

*UNITED STATES RECOMMENDED DAILY VALUE. **BASED ON RENI VALUES FOR AGES 13 AND OLDER. ***MERIVA IS A TRADEMARK OF INDENA S. p.A. †US DV OR RENI VALUE NOT YET ESTABLISHED.

INGREDIENTS: GLUCOSAMINE HYDROCHLORIDE, BULKING AGENT (MICROCRYSTALLINE CELLULOSE), MAGNESIUM SULFATE, CALCIUM ASCORBATE, MERIVA™*** CURCUMIN COMPLEX, STABILIZER (MODIFIED CELLULOSE), DISINTEGRANT (CROSCARMELLOSE SODIUM), ANTIOXIDANT (ASCORBYL PALMITATE), CARRIER (DEXTRIN), ANTICAKING AGENT (CALCIUM SILICATE), THICKENER (DEXTRANE), EMULSIFIER (LECITHIN), DISINTEGRANT (SODIUM CARBOXYMETHYL CELLULOSE), STABILIZER (SODIUM CITRATE)

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

KEEP OUT OF REACH OF CHILDREN, CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT OR NURSING.

MANUFACTURED BY: USANA HEALTH SCIENCES, INC.
8838 W. PARKWAY BLVD, SALT LAKE CITY, UTAH 84120 USA
IMPORTED AND DISTRIBUTED BY: UHS ESSENTIAL HEALTH PHILS, INC.
THE ENTERPRISE CTR., 6766 AYALA AVE COR PASEO DE ROXAS, MAKATI CITY, PHILIPPINES.
STORE AT TEMPERATURE NOT EXCEEDING 25° C. MADE IN USA.
131.320102 LB.001060 FR-110794



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIGESTIVE SYSTEM

Getting to the Core of Good Health

Broccoli. Olives. Papaya. Simple foods packed with incredible ingredients like fiber, phenolic antioxidants, and plant enzymes that work together to support healthy digestion. And these ingredients are exactly what USANA scientists—along with the medical professionals at Sanoviv Medical Institute—research and incorporate into the most effective product formulations to help support your body's digestion and detoxification processes.

▶ PROBIOTICS

▶ HEPASIL



THE BENEFITS OF USANA PROBIOTIC

Everything you ingest must go through your digestive system, which, in turn, provides all the micro- and macronutrients your body's cells need to function properly. Because the digestive system is responsible for breaking down and absorbing the vitamins and minerals from food and nutritional supplements, maintaining digestive health is an important factor in optimizing nutrient intake and defending against deficiency-related illness.*

Not only does a healthy digestive system greatly reduce the likelihood of physical discomfort from gas, constipation, bloating, or occasional diarrhea, it also facilitates consistent waste elimination from the body through the regular passing of stool and normalization of stool consistency.*

To keep everything working smoothly, it is vital that you drink plenty of water; exercise; and consume a proper diet with plenty of fiber from fruits, vegetables, and whole grains. In addition to eating a healthful diet, using probiotics can help create an ideal environment for healthy digestion.*

THE SCIENCE OF PROBIOTICS

Your gut is host to both beneficial and potentially harmful bacteria. These bacteria, also known as microflora, may aid healthy digestion. Age, stress, illness, antibiotics and/or certain medicines, poor diet and hydration, lack of rest, and harmful environmental conditions may endanger the fine balance that is needed to support the normal intestinal flora. This imbalance can result in the reduction of beneficial bacteria in the gut, which can lead to digestive concerns that may not only be physically uncomfortable but also possibly harmful to your health.

The Food and Agriculture Organization of the United Nations defines probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host." Probiotic dietary supplements replenish beneficial microflora, which can help restore a proper microbial equilibrium in the gut and aid good digestion. USANA Probiotic features a unique 50/50 mixture of Bifidobacterium BB-12®† and Lactobacillus rhamnosus LGG®†—two strains of probiotic bacteria that have been clinically proven to promote a natural balance of beneficial microflora in the gut.*

Research suggests that probiotics, including Bifidobacterium BB-12 and Lactobacillus rhamnosus LGG, may also play a role in sustaining healthy immune function. More immune cells are concentrated in the gut than in any other region of the body. These probiotics may help prevent harmful bacteria from taking hold in the intestinal tract and encourage the growth of healthy bacterial growth to help support proper nutrient absorption.*

THE USANA DIFFERENCE

The beneficial effects of one strain of probiotics do not necessarily hold true for others, or even for different varieties of the same species or strain. A sufficient quantity of high-quality bacteria strains must survive stomach enzymes and enter the intestinal tract alive to be effective. Verified to supply 12 billion Colony

Forming Units (CFU) of viable bacteria—a level shown to be effective in clinical studies—USANA Probiotic contains Bifidobacterium BB-12 and Lactobacillus rhamnosus LGG, two strains well-documented to survive transit through the harsh, acidic environment of the stomach to colonize the intestines.*

USANA Probiotic employs an advanced delivery system that guarantees the product will remain effective for at least 18 months when stored at room temperature. Refrigeration may prolong shelf life even further. It is also easy to use. Simply take USANA Probiotic alone or add one serving (one stick pack) of the mildly sweet, powdered formulation to cold beverages or foods every one or two days for proven digestive health results.*

item #108

14 PACKETS

USANA Probiotic

Brings balance to the belly with a blend of good bacteria—Bifidobacterium BB-12® and Lactobacillus rhamnosus LGG®†—clinically shown to survive the harsh acidic environment of the stomach.



NUTRITIONAL FACTS

INGREDIENTS	AMOUNT PER SERVING	%DV*	%RENI**
Lactobacillus rhamnosus LGG®	26 mg	†	†
Bifidobacterium BB-12®	18 mg	†	†

OTHER INGREDIENTS: MANNITOL, INULIN, SILICON DIOXIDE. CONTAINS 12 BILLION COLONY-FORMING BACTERIA AT THE TIME OF MANUFACTURE.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

item #135

84 TABLETS

Hepasil DTX™

COMPREHENSIVE LIVER-SUPPORT FORMULA FEATURING THE INCELLIGENCE™ DETOX-SUPPORT COMPLEX

Provides a powerful combination of grape seed bioflavonoids and USANA's proprietary Poly. C vitamin C blend for excellent antioxidant defense and support for healthy circulation, normal immune function, healthy skin, and more.*



NUTRITIONAL FACTS

INGREDIENTS	AMOUNT PER SERVING	%DV*	%RENI**
CHOLINE BITARTRATE	375 mg	↑	↑
MILK THISTLE EXTRACT (SILYBUM MARIANUM L., FRUIT)	240 mg	↑	↑
ALPHA-LIPOIC ACID	201 mg	↑	↑
L-CYSTEINE	165 mg	↑	↑
BROCCOLI CONCENTRATE (BRASSICA OLERACEA V. BOTRYTIS L.)	75 mg	↑	↑
INOSITOL	75 mg	↑	↑
GREEN TEA EXTRACT, DECAFFEINATED (CAMELLIA SINENSIS HUNT., LEAVES)	45 mg	↑	↑
OLIVOL*** OLIVE EXTRACT (OLEA EUROPAEA L., FRUIT)	45 mg	↑	↑
MERIVA**** CURCUMIN COMPLEX	22.5 mg	↑	↑
BIOTIN	225 µg	75%	↑

*UNITED STATES RECOMMENDED DAILY ALLOWANCE.
 **BASED ON RNI VALUES FOR AGES 16 AND OLDER.
 †US RDA VALUE NOT YET ESTABLISHED.
 ***USANA OLIVOL™ PROTECTED UNDER US PATENTS 6,358,542 AND 6,361,803.
 ****MERIVA® IS A TRADEMARK OF INDENA S.p.A.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE, PREGELATINIZED STARCH, ASCORBYL PALMITATE, VEGETABLE FATTY ACID, MODIFIED CELLULOSE, CROSCARMELOSE SODIUM, DEXTRIN, NATURAL VANILLA FLAVOR, DEXTROSE, LECITHIN, SODIUM CARBOXYMETHYL CELLULOSE, SODIUM CITRATE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, OR HAVE A MEDICAL CONDITION.

THIS BOTTLE HAS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

MANUFACTURER: USANA HEALTH SCIENCES, INC.
 3838 W. PARKWAY BLVD., SALT LAKE CITY, UT 84120
 IMPORTED AND DISTRIBUTED BY: UHS ESSENTIAL HEALTH PHILS, INC.
 THE ENTERPRISE CTR., 6766 AYALA AVE COR PASEO DE ROXAS, MAKATI CITY, PHILIPPINES.
 STORE AT TEMPERATURE NOT EXCEEDING 30° C MADE IN USA
 135.320102 LB.001057 FR-99169



THE BENEFITS OF HEPASIL

Your liver performs a number of functions vital to maintaining good health, including filtering virtually everything that goes into your blood stream. Almost every nutrient you put into your mouth—from food, drinks, medications, and supplements—goes through your liver, where it is broken down into a form that can be used by your body or be filtered out and eliminated.*

Enhanced with USANA InCelligence Technology™, Hepasil DTX supports healthy liver function in many ways, including supplying the body with nutrients that promote the natural detoxification process as well as endogenous antioxidant activity.*

THE SCIENCE OF HEPASIL

A key ingredient in Hepasil DTX, choline helps the liver metabolize fats and cholesterol and move them out of the liver. Upon entry into the cell, choline is oxidized to become betaine, which plays a role in donating methyl groups necessary for detoxification reactions.

The liver uses biotin to support metabolism of macronutrients and the synthesis of glycogen for energy.

In addition to alpha-lipoic acid and n-acetyl l-cysteine, the InCelligence Detox-Support Complex in Hepasil DTX also delivers a comprehensive array of phytochemicals, including green-tea extract, milk-thistle extract, broccoli concentrate, and USANA's patented Olivol. These powerful nutrients target a cell-signaling pathway that supports naturally protective processes within a healthy liver:

- Balancing detoxification reactions by stimulating the production of Phase II detoxification enzymes, including glutathione-S-transferases, these enzymes link with the highly reactive intermediary metabolites generated in the liver during Phase I and convert them into a form that can be excreted from the body.
- Defending against oxidative stress caused by free radicals generated during Phase I by acting as direct antioxidants and also activating the production of the body's endogenous antioxidants, including glutathione, which is most concentrated in the liver.

Taking three tablets of Hepasil DTX a day for 28 days can help significantly increase natural glutathione production and overall antioxidant capacity. In fact, the formula is patent pending because of the increase in glutathione, vitamin C antioxidant capacity, and detoxification activity it helps produce within the body.*

THE LIVER IS ONE OF THE LARGEST AND MOST COMPLEX ORGANS IN THE BODY. BESIDES AIDING DIGESTION, DISTRIBUTING NUTRIENTS, AND PRODUCING IMPORTANT PROTEINS, THE LIVER WORKS NON-STOP TO CLEAN THE BLOOD BY REMOVING HARMFUL SUBSTANCES FROM IT.

THE USANA DIFFERENCE

Hepasil DTX has two patents pending: one for the formula's effectiveness and a second because it safely combines previously incompatible but equally important nutrients into one bi-layer tablet using USANA's Nutritional Hybrid Technology. This technology enables USANA to manufacture a truly unique, comprehensive liver-support supplement. The InCelligence Detox-Support Complex unlocks the innate intelligence of your body's natural processes to help support the longevity of your liver cells and protect your health from an increasingly toxic world.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ENDOCRINE SYSTEM

Using the Science of Natural Extracts to Bring Balance to Your Body

Okay, so you'll get older—there's nothing we can do about that. But if you eat right, get plenty of sleep, and take supplements made to support your own personal needs, you may not feel older. These specialized nutritional products are made with ingredients found in milk-thistle seeds, saw palmetto, and chasteberries.

- ▶ PHYTOESTRIN™
- ▶ PALMETTO PLUS™
- ▶ PURE REST™



Phytoestrin™

Mood swings, hot flashes, and night sweats. If that sounds familiar, it may be time to try a supplement to help smooth the transition into menopause.*

THE BENEFITS OF PHYTOESTRIN™

Natural approaches to maintaining health before, during, and after menopause have become popular over the last few years. For many women, regular exercise, a proper diet, nutritional supplementation with vitamin E, vitamin B5, and calcium, and botanical preparations of estrogen-like compounds—such as those found in PhytoEstrin—may help improve the quality of life during the transition to menopause and the years following.*

Some authorities theorize that high levels of soy isoflavones in Asian diets contribute to Asian women transitioning through menopause more easily than those women living in Western cultures. Soy isoflavones are biologically active chemical compounds from plants such as grains, legumes, fruits, and vegetables that bind to the same estrogen receptor sites and behave similarly to human estrogen.

THE SCIENCE OF PHYTOESTRIN™

For centuries, chasteberry, a shrub native to Mediterranean Europe and Central Asia, has been used to help support women’s health, particularly symptoms of peri- and post-menopause. And over the last 50 years, scientific studies have supported the use of chasteberry in supporting women’s health. Chasteberry has been found effective in easing menopausal symptoms, and is a mixture of iridoids, flavonoids, and glycosides.*

Black cohosh, a plant native to eastern North America, has also been in use for many years, particularly in Native American traditional medicine, to support women’s health and ease menopausal symptoms. Dong quai, a dried root found in China, has been used extensively in Asia for supporting women’s health as well.*

After menopause, when levels of estrogen and progesterone drop, soy isoflavones like those found in PhytoEstrin may help support cardiovascular and bone health.*

THE USANA DIFFERENCE

All-natural PhytoEstrin is a broad-spectrum, botanical formulation containing phytoestrogens from five different sources, including a guaranteed 14 mg of soy isoflavones to help maintain women’s health. PhytoEstrin also contains a unique combination of herbs that complement the activity of the soy isoflavones: black cohosh, dong quai, licorice-root extract, and chasteberry powder. Together with isoflavones, these herbs help support cardiovascular health while providing support through menopausal symptoms during the peri- and post-menopausal years.*



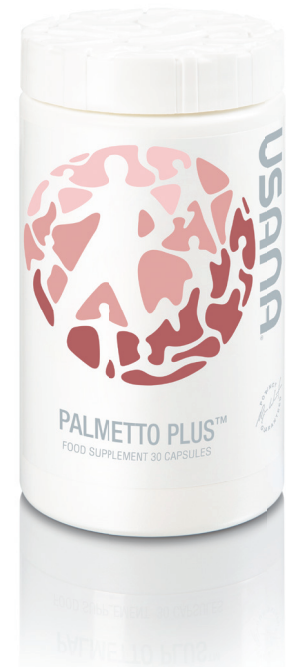
NUTRITIONAL FACTS

INGREDIENTS	AMOUNT PER 3 TABLETS	%DV*	%RENI**
BLACK COHOSH EXTRACT (CIMICIFUGA RACEMOSA. ROOT)	150 mg	†	†
CHASTEBERRY POWDER (VITEX AGNUS-CASTUS. FRUIT)	150 mg	†	†
LICORICE EXTRACT (GLYCYRRHIZA GLABRA. ROOT)	90 mg	†	†
DONG QUAI EXTRACT (ANGELICA SINENSIS. ROOT)	45 mg	†	†
SOY ISOFLAVONES (GLYCINE. MAX. SEED)	42 mg	†	†
OTHER INGREDIENTS: DEXTROSE, ASCORBYL PALMITATE, CROSCARMELLOSE SODIUM, SILICON DIOXIDE, DEXTRIN, SOY LECITHIN, SODIUM CITRATE.			
THIS PRODUCT CONTAINS SOY.			
*UNITED STATES DAILY VALUE.			
**BASED ON RENI VALUES FOR AGES 19-29.			
†US DV OR RENI VALUE NOT YET ESTABLISHED.			

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Palmetto Plus™

Designed for men concerned with maintaining healthy prostate function.*



THE BENEFITS OF PALMETTO PLUS™

Palmetto Plus is a combination of saw palmetto, lycopene, and soy isoflavones, which have been shown to assist in retaining prostate health.*

Maintaining prostate health should be a concern for all men, because as they age, many are at risk for developing prostate problems. However, a healthy diet and exercise, coupled with targeted, standardized botanical extracts, such as those found in Palmetto Plus, may help support long term prostate health.*

THE SCIENCE OF PALMETTO PLUS™

Palmetto Plus is a comprehensive formula that, over time, may provide long-term support for prostate health. Considerable clinical research has shown that a significant percentage of men using saw palmetto show a positive correlation between saw palmetto and prostate health.*

Lycopene is the most abundant carotenoid (vitamin-like compound) found in the prostate and may play a role in supporting a healthy prostate by supporting a balanced immune function and providing antioxidant protection.

Soy isoflavones, a group of phytochemicals found in soybeans, have been shown to help maintain health functions throughout the body.*

THE USANA DIFFERENCE

USANA is one of only a few major manufacturers to combine saw palmetto with lycopene and soy isoflavones in a single product. Palmetto Plus is a convenient, effective way to obtain a comprehensive men's health formulation at a reasonable price.*

NUTRITIONAL FACTS

SERVING SIZE: 1 CAPSULE

INGREDIENTS	AMOUNT PER CAPSULE	%DV*	%RENI**
SAW PALMETTO EXTRACT (<i>SERENOA REPENS</i> . FRUIT)	320 mg	†	†
LYCOPENE (<i>SOLANUM LYCOPERSICUM</i> . FRUIT)	5 mg	†	†
SOY ISOFLAVONES (<i>GLYCINE MAX</i> . SEED)	25 mg	†	†

OTHER INGREDIENTS: GELATIN, PURIFIED WATER, GLYCERIN, SOYBEAN OIL, BEESWAX, SOY LECITHIN, CARAMEL COLOR, TITANIUM DIOXIDE.

THIS PRODUCT CONTAINS SOY.

*UNITED STATES DAILY VALUE.

**BASED ON RENI VALUES.

†US DV OR RENI VALUE NOT YET ESTABLISHED.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

item #141

56 TABLETS

Pure Rest™

Pure Rest is a fast-acting melatonin supplement that supports the body's natural sleep and wake cycles.



THE BENEFITS OF PURE REST™

USANA's Pure Rest is a non-habit forming supplement that supports the natural increase of melatonin production at night. When taken at bedtime, Pure Rest supports the body's natural circadian rhythms and helps promote sleep, which restores the body after daily exposure to free radicals and general wear and tear.*

Pure Rest promotes sleep, and sleep plays a significant role in keeping the immune system functioning normally while stimulating tissue repair, muscle growth, and protein synthesis.*

Sleep deprivation can have serious mental and physical consequences, resulting in poor concentration, impaired coordination, blurred vision, compromised immune function, and an increased risk of morbidity and mortality.

THE SCIENCE OF PURE REST™

Pure Rest contains 2 mg of melatonin in a dissolvable, orange-flavored tablet.

Melatonin is a naturally occurring hormone synthesized in the brain that regulates normal sleep and wake cycles. Melatonin levels naturally start to rise in the evening and remain elevated for most of the night, signaling to our body that it is time to sleep. As melatonin levels rise, we become less alert, feel drowsy, and eventually fall asleep. Evidence shows that getting enough quality sleep will not only help people feel energized and productive, but will also increase their odds of living healthier lives.

Those who sleep, on average, less than six hours per night have been shown to be much more likely to be obese and develop abnormal blood glucose levels (a precursor to type 2 diabetes) than those who average seven to eight hours a night. Women who do not get at least six hours of sleep a night are also more likely to have high blood pressure, which could lead to cardiovascular disease over time.*

THE USANA DIFFERENCE

USANA's ultra-pure, fast-acting Pure Rest supplement is manufactured to the same high standards and carries the same potency guarantee as all tabulated products, so you can feel confident that it is safe and effective. Pure Rest is not a sleeping pill and is not habit forming. Additionally, it is sugar free and contains no animal ingredients.

Because individual needs vary, USANA scores the tablets so they can easily be broken in half to adjust the dosage as necessary.

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING	%DV
MELATONIN 2 mg	†

†DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: XYLITOL, NATURAL ORANGE FLAVOR, ASCORBYL PALMITATE, SILICON DIOXIDE.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

NERVOUS SYSTEM

Feed Your Network to Stay Sharp and Focused

item #134

90 CAPSULES

Visionex®

ADVANCED EYE HEALTH SUPPLEMENT*

designed to help maintain long-term eye health and support visual performance.*



NUTRITIONAL FACTS

INGREDIENTS	AMOUNT PER TABLET	%DV*	%RENI**
VITAMIN C (CALCIUM ASCORBATE CA-4.6 mg) (POTASSIUM ASCORBATE K-5.2 mg) (MAGNESIUM ASCORBATE Mg-0.9 mg) (ZINC ASCORBATE Zn-0.2 mg)	75 mg	125%	100%
BILBERRY EXTRACT (VACCINIUM MYRTILLUS, FRUIT)	25 mg	†	†
ZINC (CITRATE, ASCORBATE)	5 mg	40%	78%
LUTEIN	5 mg	†	†
ZEAXANTHIN	1 mg	†	†
OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, DEXTROSE, LECITHIN, SODIUM CITRATE.			

*UNITED STATES DAILY VALUE.
**BASED ON RENI VALUES FOR AGES 19-29.
†US DV OR RENI VALUE NOT YET ESTABLISHED.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

THE BENEFITS OF VISIONEX

One important reason for the loss of visual acuity over time is the damage to our eyes caused by environmental factors. Except when we are asleep, our eyes are constantly exposed to environmental elements such as air pollution, dryness, and oxidative damage from sunlight. The ingredients found in Visionex work together to help support healthy vision. The formula is designed to protect the delicate tissues of the eye from photo-oxidation.*

Supplementation with the lutein and zeaxanthin in Visionex can also help preserve visual function. Use of these important carotenoids sustains tolerance to and recovery from exposure to bright light, supports visual acuity in low-light or hazy conditions, and can maintain healthy vision by making edges appear clearer.*

Research also suggests that lutein may be beneficial in maintaining healthy skin.*

THE SCIENCE OF VISIONEX

When light shines through the inner layers of the retina, it is filtered through the yellow pigment of the macula. The macula is especially vulnerable to oxidative damage because it has a high metabolic rate and because the light focused on it encourages the production of free radicals. The yellow pigment helps protect the sensitive receptors in the macula from the potentially harmful effects of short-wavelength light.*

Macular pigment includes the carotenoids lutein and zeaxanthin, an isomer of lutein, which protect eye health in two ways: first as filters that absorb some of the high-energy blue light and, second, as antioxidants that quench light induced free radicals and reactive oxygen species.

Average levels of macular pigment tend to be low, especially in those who do not eat many fruits and vegetables. And maintaining an adequate level is important, not only for long-term eye health, but also because macular pigment optical density (MPOD) has been linked to visual performance. Supplementing with lutein and zeaxanthin can help increase MPOD, which helps support visual acuity and maintain long-term eye health and tolerance to glare, contrast, and photostress.*

In addition to lutein and zeaxanthin, the Visionex formulation contains three other important nutritional aids to eye health: bilberry extract, vitamin C, and zinc. The bilberry fruit is rich in antioxidant anthocyanosides and has been shown to help retain healthy capillaries, including those in the eye. Vitamin C provides additional antioxidant protection, especially to the retina, where the concentration of vitamin C is significantly higher than that found in the blood. And zinc appears to provide an additive effect to antioxidants in promoting good visual acuity.*

Lutein and zeaxanthin also offer benefits for skin appearance by increasing surface lipids (good for hydration and elasticity) and enhancing natural antioxidant photo-protective activity to reduce the visible effects of the sun. The vitamin C in Visionex also supports the synthesis of collagen, which is an important structural protein in the skin.*

THE USANA DIFFERENCE

Sun exposure and screen time in front of a computer's glare can take a toll on your vision. Guard your long-term eye health with proper protection, such as sunglasses, and provide your eyes with the dietary carotenoids they need. The links between lutein and zeaxanthin and eye health are so strong that several national and regional health organizations have recommended an increase of dietary lutein. The amounts of lutein, zeaxanthin, and other eye-supporting nutrients working together in Visionex can help protect the future of your eyesight.*



DIET + ENERGY

A Personalized Approach to Healthy Eating

Everyone wants to eat healthy, but it's often hard to fit quality nutrition into your diet. USANA scientists have selected the most delicious and nutritious ingredients and used them to create high-quality shakes, energy drinks, and bars to suit your individual needs—and you have everything you need to maintain a healthy lifestyle.

▶ NUTRIMEAL

▶ REV3 SURGE PACK

item #210, #211, #212

Nutrimeal™

A perfectly nutritious meal replacement shake.



THE BENEFITS OF FIBER AND PROTEIN

There's a reason fiber plays such a critical part in the diet. Foods high in soluble and insoluble fiber are important for maintaining digestive health. When regularly eaten as part of a diet low in saturated fat and cholesterol, soluble fiber has been shown to help support healthy cholesterol levels, provided they are healthy to begin with.*

Protein also plays an important part in a healthy diet. Soy protein is a complete protein, containing all of the essential amino acids in a highly digestible form. Whey protein, which is also easily digestible, is also an excellent source of amino acids essential for building a healthy body.*

A serving of Dutch Chocolate and Wild Strawberry Nutrimeal provides 15 grams of soy, whey, and pea protein. French Vanilla Nutrimeal provides 15 grams of soy protein per serving.

DUTCH CHOCOLATE & WILD STRAWBERRY NUTRIMEAL

The protein blend in Dutch Chocolate Nutrimeal and Wild Strawberry Nutrimeal provides the benefits of soy and whey, plus additional protein sources, such as pea protein isolate and rice protein concentrate, to provide a broad range of amino acids to the body. These flavors also contain ingredients known for their fiber content. These are perfect for those who are avoiding gluten, since all of our Nutrimeal formulas are gluten free.

FRENCH VANILLA NUTRIMEAL

Our French Vanilla Nutrimeal meal replacement is formulated with 100 percent soy protein for those who prefer non-animal proteins or who are lactose or gluten intolerant. Soy protein is a complete source of all the essential amino acids that are required by the human body.

DUTCH CHOCOLATE NUTRIMEAL™

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290mL–340mL of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds.

NUTRITION FACTS

Serving Size: 3 scoops (60 g)
Serving Per Container: 9

Amount Per Serving	% Daily Value*	% RNI†
Calories		
Calories from Fat	66	
Total Fat 7.3 g	11%	††
Saturated Fat 1.0 g	5%	††
Monounsaturated Fat 5.5 g		
Polyunsaturated Fat 0.7 g		
Cholesterol 0.4 mg	0%	††
Sodium 417.6 mg	17%	††
Total Carbohydrate 32.2 g	11%	††
Dietary Fiber 8.2 g	32%	††
Sugars 17.2 g		
Protein 15 g	30%	22%

	% Daily Value*	% RNI†
Vitamin A	13%	35%
Vitamin B1	20%	25%
Vitamin B2	27%	35%
Vitamin B6	20%	31%
Vitamin B12	9%	22%
Vitamin C	17%	14%
Vitamin D	25%	50%
Vitamin E	16%	27%
Phosphorus	30%	43%
Calcium	34%	45%
Iron	36%	54%
Zinc	25%	58%
Magnesium	27%	46%
Niacin	17%	21%
Folic Acid	17%	17%

† Based on Philippine RNI 2002 adult 19-29 years old.
†† % RNI Not Established
* USA Percent Daily Value

INGREDIENTS: PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PEA PROTEIN), CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, DUTCHED COCOA, SOY FIBER, CANE FIBER, NATURAL FLAVORS: CHOCOLATE, GUM ARABIC, OLIGOFRUCTOSE POWDER, POTASSIUM PHOSPHATE, PRUNE POWDER, CALCIUM CARBONATE, SODIUM CASEINATE, CELLULOSE GUM, SALT, XANTHAN GUM, INULIN, SOY LECITHIN, SILICON DIOXIDE, NATURAL TOCOPHEROLS, MAGNESIUM OXIDE, ZINC GLUCONATE, ASCORBIC ACID (VITAMIN C), FERROUS FUMERATE (IRON), POTASSIUM IODIDE, D-ALPHA-TOCOPHERYL ACETATE (VITAMIN E), NACINAMIDE, VITAMIN A PALMITATE, CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12).

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

FOR OUR CUSTOMERS SENSITIVE TO GLUTEN: NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, DUTCH CHOCOLATE NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

WILD STRAWBERRY NUTRIMEAL™

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290mL–340mL of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds.

NUTRITION FACTS

Serving Size: 3 scoops (60 g)
Serving Per Container: 9

Amount Per Serving	% Daily Value*	% RNI†
Calories		
Calories from Fat	67	
Total Fat 7.3 g	11%	††
Saturated Fat 0.8 g	4%	††
Monounsaturated Fat 5.7 g		
Polyunsaturated Fat 0.7 g		
Cholesterol 0.5 mg	0%	††
Sodium 427.1 mg	17%	††
Total Carbohydrate 32.6 g	11%	††
Dietary Fiber 8 g	32%	††
Sugars 17.7 g		
Protein 15 g	30%	22%

	% Daily Value*	% RNI†
Vitamin A	13%	35%
Vitamin B1	20%	25%
Vitamin B2	26%	35%
Vitamin B6	20%	31%
Vitamin B12	9%	22%
Vitamin C	23%	18%
Vitamin D	25%	50%
Vitamin E	16%	29%
Phosphorus	28%	40%
Calcium	35%	47%
Iron	29%	43%
Zinc	23%	54%
Magnesium	22%	37%
Niacin	13%	16%
Folic Acid	17%	17%

Based on Philippine RNI 2002 adult 19-29 years old.
†† % RNI Not Established
* USA Percent Daily Value

INGREDIENTS: PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PEA PROTEIN), CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, SOY FIBER, GUM ARABIC, CANE FIBER, NATURAL FLAVORS: STRAWBERRY, POTASSIUM PHOSPHATE, PRUNE POWDER, CALCIUM CARBONATE, INULIN, OLIGOFRUCTOSE POWDER, BEET JUICE, SODIUM CASEINATE (A MILK DERIVATIVE), SALT, CELLULOSE GUM, XANTHAN GUM, SOY LECITHIN, SILICON DIOXIDE, NATURAL TOCOPHEROLS, CITRIC ACID, MAGNESIUM OXIDE, ZINC GLUCONATE, MALIC ACID, ASCORBIC ACID (VITAMIN C), FERROUS FUMERATE (IRON), POTASSIUM IODIDE, D-ALPHA-TOCOPHERYL ACETATE (VITAMIN E), NACINAMIDE, VITAMIN A PALMITATE, CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12).

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

FOR OUR CUSTOMERS SENSITIVE TO GLUTEN: NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, WILD STRAWBERRY NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

FRENCH VANILLA NUTRIMEAL™

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290mL–340mL of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds.

NUTRITION FACTS

Serving Size: 3 scoops (60 g)
Serving Per Container: 9

Amount Per Serving	% Daily Value*	% RNI†
Calories		
Calories from Fat	67	
Total Fat 7.4 g	11%	††
Saturated Fat 0.8 g	4%	††
Monounsaturated Fat 5.6 g		
Polyunsaturated Fat 0.8 g		
Cholesterol 0.1 mg	0%	††
Sodium 315.6 mg	13%	††
Total Carbohydrate 32.9 g	11%	††
Dietary Fiber 8.3 g	33%	††
Sugars 18.4 g		
Protein 15 g	30%	22%

	% Daily Value*	% RNI†
Vitamin A	13%	35%
Vitamin B1	19%	23%
Vitamin B2	27%	35%
Vitamin B6	20%	31%
Vitamin B12	9%	22%
Vitamin C	17%	13%
Vitamin D	25%	50%
Vitamin E	16%	29%
Phosphorus	32%	46%
Calcium	31%	42%
Iron	28%	42%
Zinc	23%	54%
Magnesium	23%	39%
Niacin	13%	16%
Folic Acid	20%	20%

Based on Philippine RNI 2002 adult 19-29 years old.
†† % RNI Not Established
* USA Percent Daily Value

INGREDIENTS: SOY PROTEIN ISOLATE, CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, SOY FIBER, SUGAR CANE FIBER, NATURAL FLAVORS: VANILLA, OLIGOFRUCTOSE POWDER, GUM ARABIC, POTASSIUM PHOSPHATE, PRUNE POWDER, CALCIUM CARBONATE, SODIUM CASEINATE (A MILK DERIVATIVE), XANTHAN GUM, INULIN, SOY LECITHIN, SILICON DIOXIDE, NATURAL TOCOPHEROLS, CELLULOSE GUM, MAGNESIUM OXIDE, SALT, ZINC GLUCONATE, ASCORBIC ACID (VITAMIN C), FERROUS FUMERATE, POTASSIUM IODIDE, D-ALPHA-TOCOPHERYL ACETATE, NACINAMIDE, VITAMIN A PALMITATE, CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12).

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

FOR OUR CUSTOMERS SENSITIVE TO GLUTEN: NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, FRENCH VANILLA NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

item #139

14 PACKETS

Rev3 Energy[®] Surge Pack

Experience the energizing benefits of Rev3 in a convenient, ready-to-mix pack. The Rev3 Energy Surge Pack is perfect to take with you wherever you go. Simply mix with a bottle of water and enjoy this fresh, scientifically formulated alternative to the typical energy drink.

WHAT MAKES IT WORK?

Rev3 Energy Surge Pack contains a natural source of caffeine derived from the leaves of three different types of teas. With 80 mg of naturally derived caffeine, Rev3 Energy Surge Pack contains about as much caffeine as an average cup of coffee, but without many of the potentially harmful ingredients, such as large amounts of sugar, excessive calories, or artificial preservatives.

THE ENERGY COMPLEX

Malic acid and citric acid are part of Rev3 Energy Surge Pack's complete energy complex. These ingredients are broken down and eventually enter the Krebs cycle (citric acid cycle) and electron transport chain where they help refuel the body's energy stores.

THE USANA DIFFERENCE

Rev3 Energy Surge Pack has no artificial flavors, no artificial sweeteners, no artificial preservatives, and no artificial colors. It contains naturally derived caffeine from a blend of teas for improved mental alertness and stamina. Teas also provide numerous beneficial ingredients, including a thermogenic agent to aid in energy production, and antioxidants and phytonutrients known to be beneficial to health and metabolism.*



NUTRITIONAL FACTS

AMOUNT PER SERVING	%DV*	%RENI**
RHODIOLA EXTRACT (RHODIOLA ROSEA, ROOT) 200 mg	†	†
WHITE, BLACK, AND GREEN TEA EXTRACT BLEND 700 mg CONTAINING 80 mg CAFFEINE (CAMELLIA SINENSIS HUNT, LEAVES)	†	†
CITRIC ACID 450 mg	†	†
MALIC ACID 150 mg	†	†
GINSENG EXTRACT (PANAX GINSENG, ROOT) 100 mg	†	†
CALCIUM CARBONATE POWDER 35 mg	†	†

OTHER INGREDIENTS: CRYSTALLINE FRUCTOSE, EVAPORATED CANE SYRUP
NATURAL FLAVORS: LEMON AND ORANGE, STEVIA (STEVIA REBAUDIANA LEAF).

*UNITED STATES RECOMMENDED DAILY VALUE.

**BASED ON RENI VALUES FOR AGES 13 AND OLDER.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

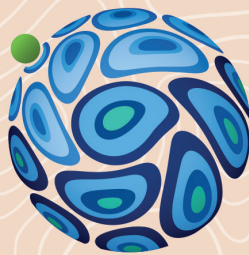
SKIN CARE

Introducing a New Approach - a Better Beauty Support.

This enhanced support helps your skin combat not only the natural signs of aging, but also environmental stress to restore a youthful, healthy-looking radiance to your complexion.

- ▶ CONDITIONING MAKEUP REMOVER
- ▶ CREAMY FOAM CLEANSER
- ▶ PERFECTING TONER
- ▶ PROTECTIVE DAY CREAM
- ▶ PROTECTIVE DAY LOTION
- ▶ REPLENISHING NIGHT CREAM
- ▶ REPLENISHING NIGHT GEL
- ▶ VITALIZING SERUM
- ▶ HYDRATING EYE ESSENCE





InCelligence™

Exclusive Technology

Using targeted nutrient combinations, Celavive awakens your cells' natural renewing ability to activate your body's youth-preserving beauty functions - improving the look of skin tone and texture, and dramatically reducing years of visible aging

CELL-SIGNALING COMPLEX

The USANA InCelligence Technology found in Celavive is made up of two bioactive peptides and two botanical extracts.

Combined, these ingredients work to visibly counteract signs of chronological and lifestyle stress aging like fine lines and wrinkles by targeting key skin receptors.

Plus, these key ingredients help support six major elements that can help produce a healthy skin matrix including collagen, hyaluronic acid, and fibronectin for younger-looking skin.

OLIVOL BOTANICAL BLEND

Featuring our patented Olivol olive fruit extract along with watermelon, apple, and lentil fruit extracts, this botanical blend helps provide lasting moisture for up to 24 hours after just one application.

CLEANSE

Conditioning Makeup Remover *item #330*

At the end of each day, it's important to thoroughly remove any makeup or impurities from your skin before cleansing. This gentle, go-to formula effectively dissolves even the toughest long-wear or waterproof makeup while moisturizing your skin and preparing it for the next step in your regimen. Simply wipe away liner, lipstick, or eye makeup in one clean sweep, leaving your skin feeling soft and hydrated without any oily residue.

KEY BENEFITS

- Dissolves long-wear and waterproof makeup
- Moisturizes
- Paraben free
- Suitable for all skin types
- Preps skin for cleansing
- No oily residue
- Dermatologically tested

USAGE

- Apply generously to a cotton ball and gently sweep across eyes, lips, and face
- Repeat if necessary
- Follow with Celavive™ cleanser

INGREDIENTS

Water/Eau, Dipropylene Glycol, PEG-7 Glyceryl Cocoate, PEG-15 Glyceryl Isostearate, Squalane, Mannitol, Xylitol, Citric Acid, Sodium Citrate, Fragrance/Parfum.



Creamy Foam Cleanser *item #333*

This creamy cleanser creates a rich lather that lifts away dirt and oil while gently exfoliating dull, dry skin. Enjoy exceptionally smooth, glowing skin that looks and feels noticeably younger. **Featured Science: Olivol®** Botanical Blend is comprised of fruit extracts that have been clinically shown to provide 24 hours of rich hydration after just one application.

KEY BENEFITS

- Creates a rich lather to lift away dirt and oil
- Cleanses while balancing skin's moisture
- Dermatologically tested
- Gently exfoliates dull, dry skin
- Paraben free
- Ideal for combination or oily skin

USAGE

- Apply a cherry-sized amount of Creamy Foam Cleanser to damp face and neck in a circular motion.
- Add water to create a rich lather during cleansing
- Rinse thoroughly and pat dry
- Follow with Celavive Perfecting Toner

INGREDIENTS

Water/Eau, Glycerin, Palmitic Acid, Lauric Acid, Potassium Hydroxide, Myristic Acid, Stearic Acid, Glycosyl Trehalose, Glycol Distearate, Citrullus Lanatus (Watermelon) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Sapindus Trifoliatus Fruit Extract, Glycine Soja (Soybean) Seed Extract, Olea Europaea (Olive) Fruit Extract, Squalane, Glucosyl Ceramide, Sodium Lactate, Sodium PCA, Hydrolyzed Corn Starch, Dextrin, Tetrasodium EDTA, Hydrogenated Starch Hydrolysate, Butylene Glycol, Fragrance/Parfum



TONER

Perfecting Toner item #331

An essential step to your daily regimen, this unique formula is the perfect way to maintain proper moisture levels, gently purify your complexion, and balance the pH levels of the skin. Using key nutrients and powerful peptides, this toner helps prepare your complexion to receive the maximum benefits of treatments and moisturizers that follow. **Featured Science:** The Celavive™ Cell-Signaling Complex, featuring USANA InCelligence Technology®, is made up of two bioactive peptides and two botanical extracts. This hydrating nutrient combination responds uniquely to each individual, working to visibly counteract chronological and lifestyle stress aging like fine lines and wrinkles by targeting key skin receptors for dramatically younger-looking skin. Olivol® Botanical Blend is comprised of fruit extracts that have been clinically shown to provide 24 hours of rich hydration after just one application.

KEY BENEFITS

- Maintains proper moisture levels
- Gently removes lingering impurities
- Maximizes the benefits of your skincare routine
- Paraben free
- Dermatologically tested
- Suitable for all skin types

USAGE

- After cleansing, apply 3–4 drops of Perfecting Toner to a cotton ball
- Sweep gently over face and neck; do not rinse
- Follow with Celavive treatment and moisturizer

INGREDIENTS

Water/Eau, Butylene Glycol, Pentylene Glycol, Glycerin, Dextrin, Prunus Lannesiana Flower Extract, Ascorbic Acid, Malic Acid, Artemisia Abrotanum Extract, Coffea Arabica (Coffee) Seed Extract, Palmitoyl Tripeptide-38, Hexapeptide-48 HCL, Citrullus Lanatus (Watermelon) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Paeonia Albiflora Root Extract, Glycine Soja (Soybean) Seed Extract, Paeonia Suffruticosa Root Extract, Lilium Candidum Bulb Extract, Origanum Majorana Leaf Extract, Alpinia Speciosa Leaf Extract, Oenothera Biennis Seed Extract, Geranium Robertianum Extract, Olea Europaea (Olive) Fruit Extract, Hydrolyzed Hyaluronic Acid, Hydrolyzed Collagen, Acetyl Glucosamine, Acetyl Hydroxyproline, Glucosyl Ceramide, Alpha-Glucan, Sodium Lactate, Sodium PCA, Hydrolyzed Corn Starch, Xanthan Gum, Citric Acid, Sodium Citrate, Hydroxypropyl Cyclodextrin, PPG-6-Decyltetradeceth-30, Fragrance/Parfum.



HYDRATE (DAY)

Protective Day Cream BROAD SPECTRUM SPF 30 *item #335*

Defend against the leading cause of premature skin aging with this ultra-hydrating cream designed to protect your skin while offering intense moisture for a healthy-looking complexion. **Featured Science:** Olivol® Botanical Blend is comprised of fruit extracts that have been clinically shown to provide 24 hours of rich hydration after just one application.

KEY BENEFITS

- Advanced protection from UVA/UVB rays
- Protects and hydrates for healthy looking skin
- Dermatologically tested
- Lightweight lotion formula
- Paraben free
- Ideal for combination or oily skin

USAGE

- Shake well and apply a pearlsized amount of product to your forehead, cheeks, nose, chin, and neck
- Then gently smooth across the face and neck in upward and outward movements
- Apply generously and evenly 15 minutes before sun exposure
- Reapply at least every 2 hours

INGREDIENTS

Homosalate, Octinoxate, Avobenzene, Octocrylene, Water, Butylene Glycol, Tribehenin PEG-20 Esters, Isopropyl Lauroyl Sarcosinate, Pentylene Glycol, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Isodecyl Neopentanoate, Cyclopentasiloxane, Ocimum Basilicum Hairy Root Culture Extract, Citrullus Lanatus (Watermelon) Fruit Extract, Olea Europaea (Olive) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Glycine Soja (Soybean) Seed Extract, Acanthopanax Senticosus (Eleuthero) Root Extract, Panax Ginseng Root Extract, Panax Quinquefolius Root Extract, Butyrospermum Parkii (Shea) Butter, Ceramide NP, Rosa Multiflora Fruit Extract, Potassium Hydroxide, Sodium Lactate, Salicornia Herbacea Extract, Hydrolyzed Corn Starch, Sodium PCA, Diisopropyl Sebacate, Lauryl Lactate, Caprylic/Capric Triglyceride, Glycerin, Methyl Methacrylate Crosspolymer, Citric Acid, Fragrance.



Protective Day Lotion BROAD SPECTRUM SPF 30 *item #334*

Begin each day beautifully by protecting your skin from the leading cause of premature skin aging. Formulated with four UV filters, this lightweight lotion protects and hydrates for healthy-looking skin. **Featured Science:** Olivol® Botanical Blend is comprised of fruit extracts that have been clinically shown to provide 24 hours of rich hydration after just one application.

KEY BENEFITS

- Advanced protection from UVA/UVB rays
- Protects and hydrates for healthy looking skin
- Dermatologically tested
- Lightweight lotion formula
- Paraben free
- Ideal for combination or oily skin

USAGE

- Apply a 1–2 pumps of product to your forehead, cheeks, nose, chin, and neck
- Then gently smooth across the face and neck in upward and outward movements
- Apply generously and evenly 15 minutes before sun exposure
- Reapply at least every 2 hours

INGREDIENTS

Homosalate, Octinoxate, Avobenzene, Octocrylene, Water, Butylene Glycol, Isopropyl Lauroyl Sarcosinate, Pentylene Glycol, Mica, Ethylhexyl Palmitate, Cetearyl Alcohol, Imethicone, Polysorbate 60, Ocimum Basilicum Hairy Root Culture Extract, Glycine Soja (Soybean) Seed Extract, Olea Europaea (Olive) Fruit Extract, Citrullus Lanatus (Watermelon) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Acanthopanax Senticosus (Eleuthero) Root Extract, Panax Ginseng Root Extract, Panax Quinquefolius Root Extract, Butyrospermum Parkii (Shea) Butter, Rosa Multiflora Fruit Extract, Ceramide NP, Sodium PCA, Glycerin, Sodium Lactate, Ceteth-10 Phosphate, Dicitel Phosphate, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Carbomer, Silica, Hydrolyzed Corn Starch, Citric Acid, Potassium Hydroxide, Fragrance.



HYDRATE (NIGHT)

Replenishing Night Cream *item #337*

This rich cream promotes hydrated, radiant skin with a luxurious blend of natural botanicals and cell-signaling peptides designed to fight the appearance of wrinkles and restore the youthful look of your complexion overnight. **Featured Science:** The Celavive™ Cell-Signaling Complex, featuring USANA InCelligence Technology®, is made up of two bioactive peptides and two botanical extracts. This hydrating nutrient combination responds uniquely to each individual, working to visibly counteract chronological and lifestyle stress aging like fine lines and wrinkles by targeting key skin receptors for dramatically younger-looking skin. Olivol® Botanical Blend is comprised of fruit extracts that have been clinically shown to provide 24 hours of rich hydration after just one application.

KEY BENEFITS

- Rich cream formula
- Promotes hydration for a plumping, youthful-looking effect
- Fights the signs of visible aging including lines, tone, and texture
- Paraben free
- Dermatologically tested
- Ideal for dry or sensitive skin

INGREDIENTS

Water/Eau, Glycerin, Propanediol, Macadamia Ternifolia Seed Oil, Stearic Acid, Pentylene Glycol, Squalane, Triethylhexanoin, Cetearyl Glucoside, Jojoba Esters, Dimethicone, Butylene Glycol, Artemisia Abrotanum Extract, Coffea Arabica (Coffee) Seed Extract, Hexapeptide-48 HCL, Palmitoyl Tripeptide-38, Palmitoyl Tripeptide-5, Citrullus Lanatus (Watermelon) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Pearl Powder, Glycine Soja (Soybean) Seed Extract, Olea Europaea (Olive) Fruit Extract, Glucosyl Ceramide, Sodium Lactate, Sodium PCA, Hydrolyzed Corn Starch, Alpha-Glucan, Hydroxypropyl Cyclodextrin, Xanthan Gum, Dipentaerythryl Tri-Polyhydroxystearate, Hydroxyethyl Acrylate/Sodium AcryloyldimethylTaurate Copolymer, Tocopherol, Fragrance/Parfum.

USAGE

- After applying Perfecting Toner, apply a pearl-size amount over face and neck in upward and outward motions



Replenishing Night Gel *item #336*

This lightweight gel formula enriches your skin with natural botanicals and cell-signaling peptides to moisturize and revitalize the look of skin overnight for long-lasting, visible improvements in your skin's natural radiance. **Featured Science:** The Celavive™ Cell-Signaling Complex, featuring USANA InCelligence Technology®, is made up of two bioactive peptides and two botanical extracts. This hydrating nutrient combination responds uniquely to each individual, working to visibly counteract chronological and lifestyle stress aging like fine lines and wrinkles by targeting key skin receptors for dramatically younger-looking skin. Olivol® Botanical Blend is comprised of fruit extracts that have been clinically shown to provide 24 hours of rich hydration after just one application.

KEY BENEFITS

- Lightweight gel formula
- Promotes hydration for a plumping, youthful-looking effect
- Fights the signs of visible aging including lines, tone, and texture
- Paraben free
- Dermatologically tested
- Ideal for combination or oily skin

INGREDIENTS

Water/Eau, Glycerin, Propanediol, Macadamia Ternifolia Seed Oil, Stearic Acid, Pentylene Glycol, Squalane, Triethylhexanoin, Cetearyl Glucoside, Jojoba Esters, Dimethicone, Butylene Glycol, Artemisia Abrotanum Extract, Coffea Arabica (Coffee) Seed Extract, Hexapeptide-48 HCL, Palmitoyl Tripeptide-38, Palmitoyl Tripeptide-5, Citrullus Lanatus (Watermelon) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Pearl Powder, Glycine Soja (Soybean) Seed Extract, Olea Europaea (Olive) Fruit Extract, Glucosyl Ceramide, Sodium Lactate, Sodium PCA, Hydrolyzed Corn Starch, Alpha-Glucan, Hydroxypropyl Cyclodextrin, Xanthan Gum, Dipentaerythryl Tri-Polyhydroxystearate, Hydroxyethyl Acrylate/Sodium AcryloyldimethylTaurate Copolymer, Tocopherol, Fragrance/Parfum.

USAGE

- After applying Perfecting Toner, apply a pearl-size amount over face and neck in upward and outward motions



ENHANCE

Vitalizing Serum *item #339*

Dramatically reduce the appearance of fine lines and wrinkles, discoloration, large pores, and loss of elasticity to restore a healthy, youthful radiance. After just one application, skin is noticeably younger-looking. Featuring natural botanicals and cellsignaling peptides, this breakthrough, water-based formula supports your skin's natural beauty-preserving functions. **Featured Science:** The Celavive™ Cell-Signaling Complex, featuring USANA InCelligence Technology®, is made up of two bioactive peptides and two botanical extracts. This hydrating nutrient combination responds uniquely to each individual, working to visibly counteract chronological and lifestyle stress aging like fine lines and wrinkles by targeting key skin receptors to create dramatically younger-looking skin.

KEY BENEFITS

- High concentration of active ingredients
- Supports your skin's natural renewal processes for noticeably younger-looking skin
- Improves the appearance of visible skin aging to restore radiance
- Paraben free
- Dermatologically tested
- Suitable for all skin types

USAGE

- After applying Perfecting Toner, apply 2–3 pumps of Vitalizing Serum evenly across face and neck in upwards and outwards movements
- Follow with the Hydrating Eye Essence and moisturizer of your choice



INGREDIENTS

Water/Eau, Butylene Glycol, Glycerin, Isopentylidol, PEG-40 Hydrogenated Castor Oil, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Ethoxydiglycol, Artemisia Abrotanum Extract, Coffea Arabica (Coffee) Seed Extract, Palmitoyl Tripeptide-38, Hexapeptide-48 HCL, Hippophae Rhamnoides Oil, Vitis Vinifera (Grape) Vine Extract, Hydrolyzed Hibiscus Esculentus Extract, Pisum Sativum (Pea) Extract, Malpighia Punicifolia (Acerola) Fruit Extract, Lactobacillus/Grape Juice Ferment Filtrate, Vitis Vinifera (Grape) Leaf Extract, Melissa Officinalis Leaf Extract, Thymus Vulgaris (Thyme) Flower/Leaf Extract, Squalane, Ubiquinone, Tocopherol, Tocopheryl Acetate, Caprylyl Glycol, Lauryl PCA, Menthyl PCA, Carageenan, Lecithin, Dextrin, Cyclodextrin, Hydroxypropyl Cyclodextrin, Citric Acid, Aminomethyl Propanediol, 1, 2-Hexanediol, Glycerylamidoethyl Methacrylate/ Stearyl Methacrylate Copolymer, Fragrance/Parfum.

Hydrating Eye Essence *item #340*

As a staple product in your routine, this lightweight yet ultra-hydrating formula features a combination of cell-signaling peptides, avocado oil, apricot fruit extract, and ginkgo biloba extract to visibly lessen the appearance of dark circles, puffiness, and fine lines. Developed with a high concentration of active ingredients, it works to revitalize the look of the delicate skin around your eyes. **Featured Science:** The Celavive™ Cell-Signaling Complex, featuring USANA InCelligence Technology®, is made up of two bioactive peptides and two botanical extracts. This hydrating nutrient combination responds uniquely to each individual, working to visibly counteract chronological and lifestyle stress aging like fine lines and wrinkles by targeting key skin receptors for dramatically younger-looking skin.

KEY BENEFITS

- Lightweight consistency
- Lessens the appearance of dark circles and puffiness
- Brightens, lifts, and smooths the look of eyes
- Paraben free
- Dermatologically tested
- Suitable for all skin types

USAGE

- After applying Celavive Perfecting Toner and Vitalizing Serum, use applicator to massage product around the eye area and gently pat the product into your skin with ring finger.



INGREDIENTS

Water/Eau, Glycerin, Propanediol, Macadamia Ternifolia Seed Oil, Stearic Acid, Pentylene Glycol, Squalane, Triethylhexanoin, Cetearyl Glucoside, Jojoba Esters, Dimethicone, Butylene Glycol, Artemisia Abrotanum Extract, Coffea Arabica (Coffee) Seed Extract, Hexapeptide-48 HCL, Palmitoyl Tripeptide-38, Palmitoyl Tripeptide-5, Citrullus Lanatus (Watermelon) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Pearl Powder, Glycine Soja (Soybean) Seed Extract, Olea Europaea (Olive) Fruit Extract, Glucosyl Ceramide, Sodium Lactate, Sodium PCA, Hydrolyzed Corn Starch, Alpha-Glucan, Hydroxypropyl Cyclodextrin, Xanthan Gum, Dipentaerythrityl Tri-Polyhydroxystearate, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Tocopherol, Fragrance/Parfum.

CLEANSE

CONDITIONING MAKEUP REMOVER

Break Up with Your Makeup

CREAMY FOAM CLEANSER

Lather Up to Gorgeous Skin

TONE

PERFECTING TONER

Set the Tone for Perfection

HYDRATE

PROTECTIVE DAY LOTION

Face the Day with Confidence

REPLENISHING NIGHT CREAM

Super-Charge Your Beauty Sleep

REPLENISHING NIGHT GEL

Score Some Serious Beauty Rest

ENHANCE

VITALIZING SERUM

Reveal Your Skin's True Potential

HYDRATING EYE ESSENCE

Open Your Eyes to Radiance



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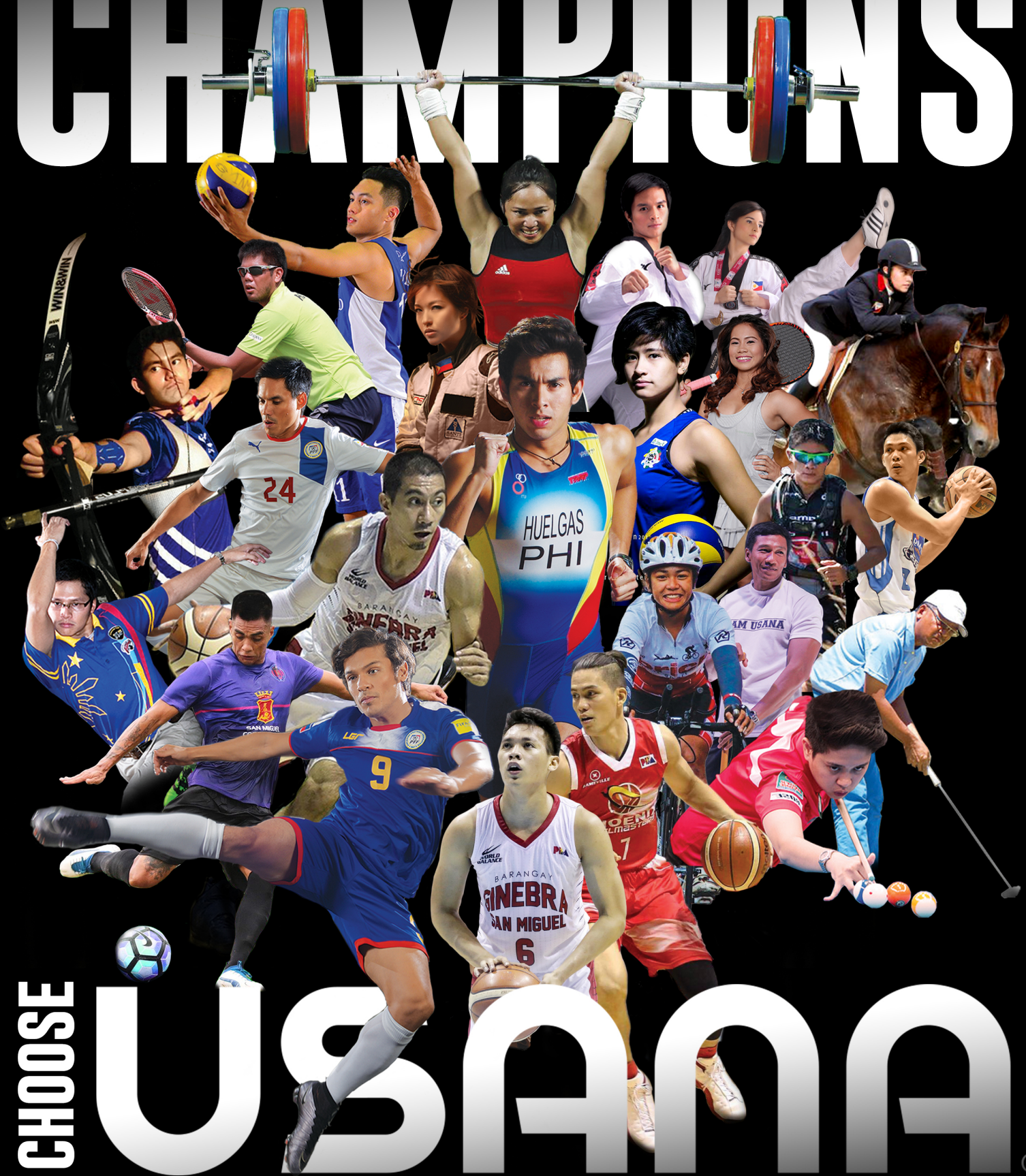


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go beyond what you see



CHAMPIONS



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