



USANA

Holiday gift guide

2024



Welcome

The holiday spirit is in full swing! It's a season of warm gatherings, joyful reunions, and special moments spent with those we love.

As friends and family come together to celebrate cherished traditions and the magic of giving, we're excited to present our **Holiday Gift Guide**, filled with inspiring ideas to share the gift of wellness and happiness.

From all of us at USANA Canada, we hope your season is filled with health, joy, and countless bright moments.

USANA

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Holiday Offers

Embrace the holiday season with USANA's exclusive packs designed to keep you merry and bright!



SAVE
\$13

HOLIDAY MOBILITY DUO

ProCosa + MagneCal D

\$66

Stay on the move and keep up with all the holiday hustle, no matter how busy things get!

What's Included:



Procosa

Supports joint health and mobility with a unique blend of glucosamine, chondroitin, and Boswellia extract, helping you stay active and ready to enjoy the holiday festivities.



MagneCal D

Promotes strong bones and overall wellness with a powerful combination of calcium, magnesium, and vitamin D, ensuring you can stay vibrant and active throughout the busy holiday season.

Why Choose the Holiday Mobility Duo?

- **Joint Support:** The combination of Procosa and MagneCal D helps maintain joint health, ensuring you stay active and mobile during the holiday rush.
- **Bone Health:** MagneCal D provides essential nutrients that support bone density and muscle function, helping you stay strong and agile.
- **Overall Well-Being:** Together, Procosa and MagneCal D promote overall wellness, allowing you to fully embrace the joy of the festive season with family and friends.

This exclusive bundle is available from November 29–December 13, or while supplies last.

Holiday Offers

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SAVE
\$14

FESTIVE FOCUS BUNDLE

BiOmega + CopaPrime+

\$79

With USANA's BiOmega and CopaPrime+ in your holiday survival kit, you'll breeze through the season, dodging stress and staying sharp.

What's Included:



BiOmega

Support your overall well-being and keep your mind sharp during the busy holiday season. USANA's premium fish oil supplement provides a high-quality source of omega-3 fatty acids, essential for maintaining heart health and supporting cognitive function.



CopaPrime+

This advanced nootropic formula combines American ginseng, bacopa monnieri, and coffee fruit extract to enhance cognitive performance, improve memory, and support mental clarity. CopaPrime+ is designed to help you stay focused and calm, even amidst the holiday hustle and bustle.

Why Choose the Festive Focus Bundle?

- **Enhanced Focus:** CopaPrime+ supports cognitive function, helping you stay sharp and focused on what truly matters—spending quality time with loved ones.
- **Overall Well-Being:** BiOmega's omega-3 fatty acids support heart health, promoting overall wellness during the festive season.

This exclusive bundle is available from November 29–December 13, or while supplies last.

Holiday Offers

Embrace the holiday season with USANA's exclusive packs designed to keep you merry and bright!



SAVE
\$14

SEASONAL WELLNESS PACK

Poly C + Proglucamune

\$79

Step into the chilly season with confidence, armed with the immunity boost you need to stay healthy for the festivities.

What's Included:



Poly C

USANA's proprietary, advanced vitamin C supplement, Poly C, offers a unique blend of mineral ascorbates that provide superior vitamin C absorption and retention. This helps support your immune system, keeping you strong and present throughout the season.



Proglucamune

This potent immune-support supplement combines zinc and the InCelligence Beta-Glucan Complex. Proglucamune helps you stay resilient against seasonal challenges, ensuring you can enjoy every moment of the holidays.

Why Choose the Seasonal Wellness Pack?

- **Immune Support:** The combination of Poly C and Proglucamune provides comprehensive immune support, helping you stay healthy and active during the festive season.
- **Scientifically Formulated:** Each product in the pack is backed by USANA's rigorous research standards and quality measures, ensuring you receive the best possible support for your health.
- **Perfect Gift:** The Seasonal Wellness Pack makes an excellent gift for anyone who values their health and well-being, especially during the busy holiday season.

This exclusive bundle is available from November 29–December 13, or while supplies last.

New Product Launch

WHEY PROTEIN ISOLATE



\$95

Premium, grass-fed protein with zero sugar for lean muscle growth, retention, and recovery



It's the ultimate protein supplement to fuel your body and support your personal health goals. USANA's Whey Protein Isolate is micro-filtered for easy digestion and provides a high-quality source of protein to support your body's ability to build lean muscle mass, grow and repair cells, maintain a healthy immune system, and balance hormone production.

Lightly flavoured, it effortlessly blends into any beverage or smoothie, making it easy to get the protein your body needs to support your active lifestyle. It's the smarter solution for active adults, athletes, aging individuals, or anyone looking to maintain their overall health.

USANA's Whey Protein Isolate stand outs with a clean formula that's free from fillers, additives, and artificial ingredients.

GOOD FOR:

Muscle Growth, Retention, and Recovery + Healthy Weight

HOW IT WORKS:

Protein is an essential macronutrient made up of chemical “building blocks” called amino acids. Your body needs protein to build and repair cells, particularly the cells that create muscle tissue and bones. Protein also plays a vital role in everything from athletic support to balancing hormones. Ensuring your body gets the optimal amount of daily protein is one of the first steps you can take to support health and help you stay active.





How to Use:

Add two (2) scoops to 120–180 mL of water, shake, and enjoy.

Pro Tip:

Take your USANA Nutrimeal to the next level mixing two scoops for an added 25 grams of complete protein.

INSIDE THE FORMULA:

25 grams of whey protein isolate from grass-fed cows

Complete protein containing all amino acids

Micro-filtered, low lactose for fast-absorbing, easy digestion

No fillers—four quality ingredients

Zero sugars

Only 1 carb

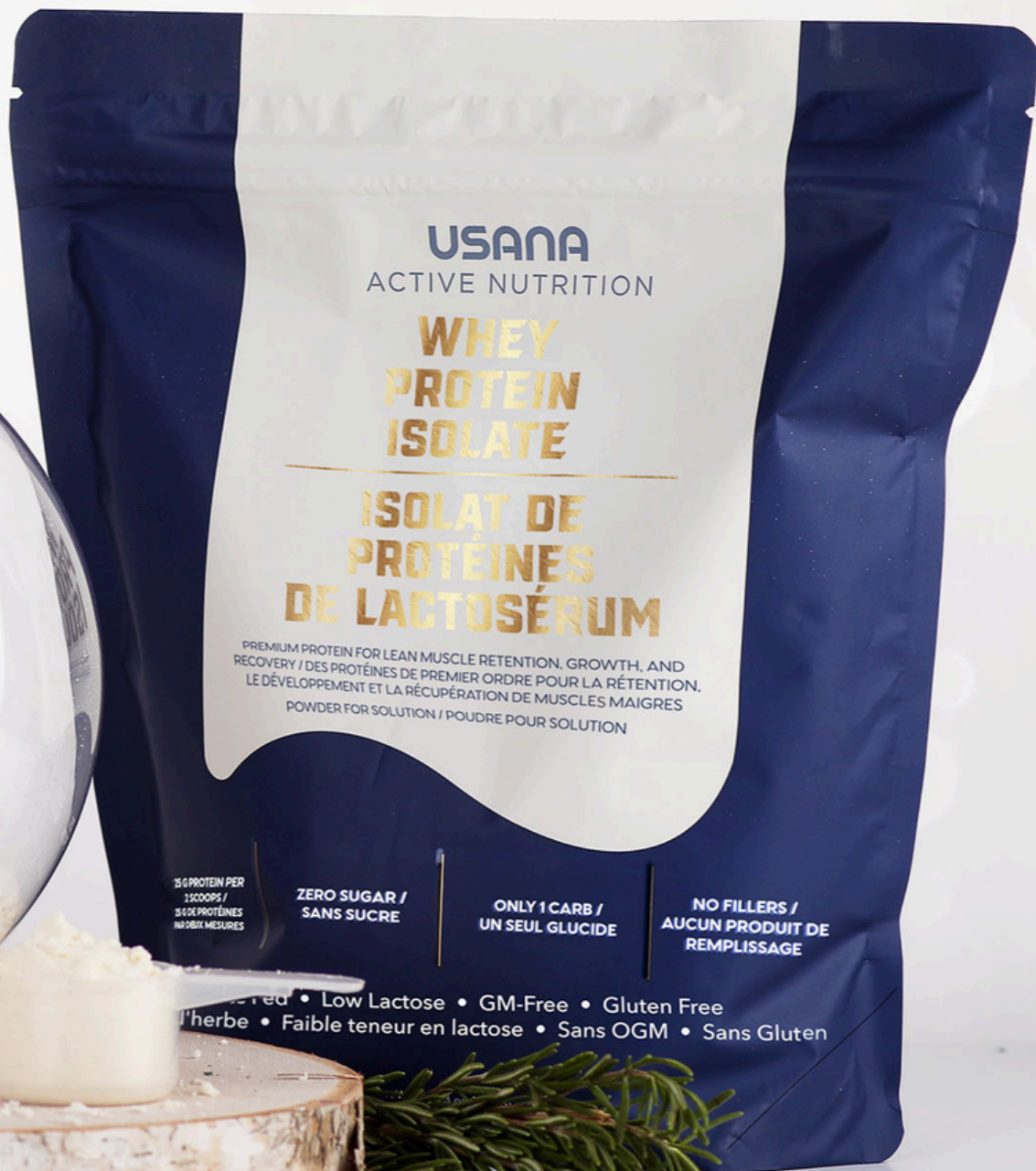
No artificial flavours, sweeteners, or colors

Gluten- and GM-free

Light vanilla flavor and smooth consistency

Keto and Paleo friendly





25G PROTEIN PER
1 SCOOP /
25G DE PROTÉINES
PAR DOUX MESURES

ZERO SUGAR /
SANS SUCRE

ONLY 1 CARB /
UN SEUL GLUCIDE

NO FILLERS /
AUCUN PRODUIT DE
REMPLISSAGE

Unflavored • Low Lactose • GM-Free • Gluten Free
Sans saveur • Faible teneur en lactose • Sans OGM • Sans Gluten



New Launch

USANA'S LIMITED EDITION BLENDERBOTTLE®



\$11.50



\$13



Thistle 20 oz.



Pebble 28 oz.

GET YOUR SHAKE ON!

Mix your favourite Nutrimeal Shake, or try Whey Protein Isolate for a boost of protein, with this convenient and easy-to-clean USANA-branded BlenderBottle® †. Its unique BlenderBall® † circular whisk ensures smooth mixing of your USANA beverages, whether you're at home, work, or on the go.

Easy to clean

BPA-free

Holiday Recipes



PROTEIN ACAI BOWL

Elevate your acai bowl by adding Whey Protein Isolate, transforming it into a perfectly balanced meal that fuels your body. Top it off with your favorite crunchy nuts, seeds, and fresh fruits to enhance the flavor and texture, creating a delicious and nutritious masterpiece.

Ingredients

Makes 1 serving

- 1 frozen banana, chopped in chunks
- 1 cup (140 g) frozen mixed berries
- ½ cup (120 g) plant-based milk
- 1 tablespoon (10 g) acai powder
- 2 scoops Whey Protein Isolate
- Sliced fruit, nuts, seeds, granola to top (optional)

Instructions

1. Add banana, berries, and milk to a blender.
2. Blend on low until smooth and creamy.
3. Add Whey Protein Isolate and stir in on lowest blend speed.
4. Pour into a bowl.
5. Top with fruit, nuts, seeds, and/or granola as desired.

PROTEIN ICE CREAM

When you think of traditional ice cream, the words “protein,” “fiber,” and “no added sugar” probably don’t come to mind. However, this recipe changes the game, allowing you to indulge your ice cream cravings while enjoying a healthy treat. Savor it immediately for a delightful soft-serve experience, or freeze it for 1-2 hours to achieve perfect scoops. Top it with crunchy nuts and fresh fruits for an extra burst of flavor and texture.



Ingredients

Makes 2 servings

- 2 frozen bananas, chopped in chunks
- ¼ cup (60 g) plant-based milk
- 2 tablespoons (32 g) unsweetened almond butter
- 1 ½ tablespoons (10 g) cocoa powder
- 2 scoops Whey Protein Isolate

Instructions

1. Add bananas, milk, almond butter, and cocoa powder to a blender.
2. Blend on low until smooth and creamy.
3. Add Whey Protein Isolate and stir in on lowest blend speed.
4. Pour into a bowl and freeze for 2 hours.
5. Top with chopped cherries and hazelnuts (or toppings of your choice) if desired.

Stocking Stuffers

1.



2.



3.



4.



6.



5.



1. **Resurfacing Serum**

Powerful multi-tasking serum with 12% AHA/BHA complex, 6% peptides, 2% niacinamide and 1% bakuchiol.

2. **Barrier Balm**

Ultra-hydrating cream with a balm-like finish to help soothe and visibly restore dry, problematic skin.

3. **Soothing Moisturizer**

Hydrates blemish-prone skin for a beautiful-looking, balanced complexion.

4. **Rescue Serum**

Lightweight serum made with marine postbiotic to promote visibly balanced skin with fewer noticeable blemishes.

5. **Calming Cleanser**

Micro-foaming cleanser, powered by postbiotics and hydrating Sweet Almond Oil, to gently dissolve dirt and impurities.

6. **USANA Probiotic**

Curated live probiotic strains that support digestive health and healthy immune function.

Gift List

Holiday Mobility Duo



Name

Bought

Wrapped

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Festive Focus Bundle



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Seasonal Wellness Pack



Name

Bought

Wrapped

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Whey Protein Isolate



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USANA®