USANA

The Elements of Health

What are the building blocks of GREAT HEALTH & VITALITY?

THE ANSWER IS SIMPLE.

Water, carbohydrates, proteins, fats, vitamins, and minerals are necessary to sustain life, but the human body is incapable of making these essential nutrients to support proper growth and development. Understanding how your body utilises both macronutrients and micronutrients underlies the importance of a good diet and proper supplementation.

Simply put, **CARBOHYDRATES AND FATS** help generate energy so your body can perform both mentally and physically, while protein enables your body to build and maintain healthy bones, muscles, and organs. All are plentiful in our diets, but when we choose poor sources we may fail to obtain the recommended amounts of macronutrients.

MICRONUTRIENTS are more commonly known as vitamins and minerals, and your body cannot thrive, or even survive without them. Minerals help build strong bones and teeth. They are essential components of enzymes and enzyme systems. Vitamins are essential for normal metabolism and healthy growth and development. They support immunity, regulate metabolism, and aid digestion.

DIET AND NUTRITION are important factors in the maintenance of good health throughout life, yet scientific studies continue to link a nutrient-poor diet and lack of physical activity as major contributors in the development of chronic disease. As healthy dietary choices continue to decline, degenerative disease risk increases in society.

IT'S BECOMING INCREASINGLY CLEAR

that adding high-quality vitamin and mineral supplements to your diet is a cost-effective way to support your health and vitality, and maintain your youthful appearance.

You are unique,

and your health regimen should reflect that. You deserve personalised 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 available products created by USANA.

Dr. Myron Wentz blazed a new trail in the field of cellular health in 1992 when he founded USANA and created superior supplements with advanced levels of antioxidants. Through rigorous study and ceaseless research, USANA continues to break new ground by identifying the broadest range of cellular processes that can be influenced by nutrients. Our 60+ in-house researchers and scientists have distilled decades of scientific findings across a number of fields into precisely balanced product formulations. Why go to all the trouble? To optimise your health in the greatest way possible.

THAT'S WHY.

Starting with the raw materials that enter our state-of-the-art manufacturing facilities, every supplement is tested to ensure it meets strict standards for potency, uniformity and disintegration where applicable.

Supporting your health is an important decision...

THAT'S WHY USANA IS WITH YOU EVERY *step of the way!*

INTRODUCING USANA

Science of InCelligence®

USANA has a vision to create the healthiest family on earth. Maybe that sounds like a lofty goal, but we've got the science and the passion to back it up. It's something we prove time and time again. Take our latest groundbreaking development for example. After many years of research, our team of world-class scientists has developed the next evolution of nutritional science:

INCELLIGENCE.

Our innovative **InCelligence** deploys powerful blends of nutrients that unlock your body's potential to create vibrant health. Supporting the natural cellular communication process in the cells, we tap into your innate cellular intelligence. And if that sounds super awesome or even remarkable...well... it really is.

THE USANA D

CELLS ARE SMART. And they're constantly talking to each other. Without you even noticing, cell signals keep muscles expanding and contracting, air filling your lungs, and energy propelling you to conquer each day.

USANA scientists have identified a number of nutrients that can join the conversations your cells are already having. These messages support your cells' natural protective and renewal abilities, making cells more resilient.

ONLY USANA DELIVERS the advanced science of InCelligence to...

UNLOCK YOUR BODY'S UNPARALLELED
ability to personalise vibrant health from within.

InCelligence.

IFFERENCE

THE USANA® CELLSENTIALS®

Nourish, Protect, and Renew

On the most basic, human level, there are certain nutrients everyone needs. While there is no replacement for a healthy diet, the **USANA® CellSentials®** can help ensure you get the right amounts of the right nutrients to help you feel your best every day. Now equipped with the USANA **InCelligence®**, USANA's number-one products just got a whole lot better.

item #101

THE USANA CELLSENTIALS®

Together, **Vita-Antioxidant** and **Core Minerals** are USANA's triple-action nutritional system with patent-pending cell-signalling that delivers essential nutrition for the health of your cells.

VITA-ANTIOXIDANT

Contains optimal amounts of essential vitamins and antioxidants along with the patent-pending **InCelligence Complex**, a blend of cell-signalling molecules to support healthy cell function throughout the body.

item #101

CORE MINERALS

A premium blend of gentle, bioavailable minerals that support every cell, organ, and structure in the body. For best results, use with **Vita-Antioxidant.**

item #101

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

GENIE BOUCHARD

2013 WTA NEWCOMER OF THE YEAR

"As a professional athlete, I need to be mindful of what I put in my body, which is why I partnered with USANA. Nutrition is very important to me and my game, and USANA is known for maintaining a high level of quality in its products. They're the only nutritional products I trust to keep me performing my best."

The pictured athlete is a dedicated user who has received compensation and/or complimentary USANA products for her partnership with USANA.

HEALTHPAK™

Nutrition When & Where You Need It

Morning pack

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

item #100

HEALTHPAK™

Provides a full daily dose of the **USANA® CellSentials®**, as well as **MagneCal D** and the exclusive **CellSentials Booster** in convenient AM and PM packs.

item #100

Evening pack

CELLULAR FUNCTION

The Science of Nourishing Healthy Cells

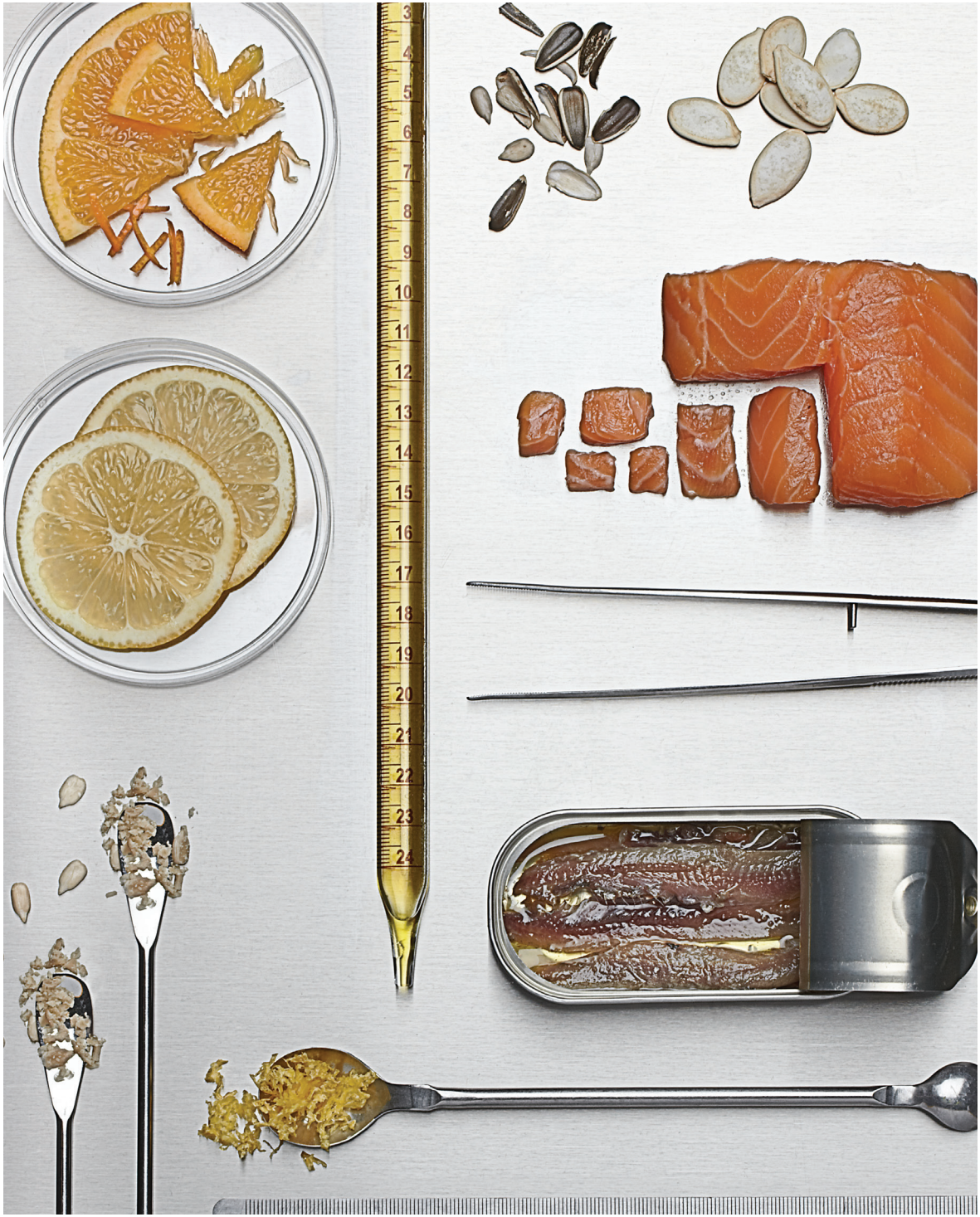
Citrus fruit, deep-sea fish, and nuts and seeds are packed with nutrients like vitamin C and essential fatty acids that can help keep your cells—the structural and functional units of all living organisms—healthy.

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

FOOD FOR THOUGHT

DID YOU KNOW USANA'S PROPRIETARY POLY C® provides higher and longer-lasting levels of vitamin C in the blood compared to other sources?

OIL FROM DEEP-SEA FISH, SUCH AS ANCHOVIES OR SALMON, provides important omega-3 fatty acids.



item #122

BIOMEGA™

Produced from purified cold-water, deep-sea fish oil and rich in omega-3 fatty acids, **BiOmega** provides EPA and DHA for cardiovascular and joint health support as well as healthy eyes and brain function.

item #109

VITAMIN D

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

item #146

PROGLUCAMUNE®

Contains zinc and the **USANA InCelligence Beta-Glucan Complex** with reishi, shiitake, and baker's yeast extract to support healthy immunity, adaptation to mild occasional stress, and energy levels

item #146

item #109 *item #122*

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

item #130

POLY C™

An advanced Vitamin C supplement based on USANA's proprietary blend of mineral ascorbates.

item #124

E-PRIME

Each capsule contains 200IU of the most biologically active form of vitamin E. An effective vitamin formulation for those who want to increase vitamin E intake and enhance their antioxidant protection.

CARDIOVASCULAR 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 Optimisers deliver some of the same nutrients that lie at the heart of these super foods to help support healthy circulation, healthy cardiovascular function, and support the production of the energy your heart needs to keep beating strong.

FOOD FOR THOUGHT

DID YOU KNOW THAT GRAPE SEED EXTRACT contains many of the same flavonoids found in red wine? They are believed to be one of the reasons the French people have some of the healthiest hearts despite eating a diet high in saturated fat.

item #110

PROFLAVANOL® C100

Combines antioxidant bioflavonoids from grape-seed extract with high-potency **Poly C®** to support great health, including the health of your immune and cardiovascular systems, as well as youthful-looking skin.

With a delicious grape-flavoured coating!

item #142

COQUINONE™ 100

Supplies the body with highly absorbable coenzyme Q10. This is critical for generating the energy needed to power our cells, especially those in the energy-hungry heart and brain, to help you feel youthful, healthy, and energised.

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

25

SKELETAL SYSTEM

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.

FOOD FOR THOUGHT

CURCUMIN, a yellow spice that comes from turmeric root, has many health benefits.

DID YOU KNOW USANA'S PROCOSAMINE® joint-health supplement uses Meriva®† bioavailable curcumin, which has been shown to be nearly 30 times more bioavailable than traditional curcumin preparations?

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

† Meriva is a trademark of Indena S.p.A.

SKELETAL SYSTEM

item #121

item #120

item #131

item #121

ACTIVE CALCIUM™ CHEWABLE

Your personal bone health formula in a chewable tablet for adolescents and adults.

item #120

MAGNECAL D

A comprehensive bone health formula with an optimised balance of magnesium, calcium and vitamin K.

item #131

PROCOSAMINE®

A groundbreaking joint-health formula with the InCelligence® Joint-Support Complex of Meriva®† bioavailable curcumin and vegetarian glucosamine. Helps maintain healthy cartilage.

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

† Meriva is a trademark of Indena S.p.A.

"I'm one of 2,000+ athletes who trusts their health to USANA. I felt a difference in my energy levels right away after taking USANA supplements. They help me maintain my strength to train harder and have more endurance. I felt so strong in the ring that I was starting to become afraid of myself!"

The pictured athlete is a dedicated user who has received compensation and/or complimentary USANA products for his partnership with USANA.

TIMOTHY BRADLEY

5 TIME WORLD CHAMPION

RECORD: 33-2-1 WITH 13 KOS

DIGESTION/DETOX

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 experts at **Sanoviv Medical Institute**—research and incorporate into the most effective product formulations to help support your body's digestion and detoxification processes.

ARE YOU ONE OF THE FEW PEOPLE who get the recommended 25-30 grams of dietary fibre in your daily diet? If you are, perhaps you're aware of how great it is for your digestive tract, or maybe you've found that it leaves you feeling full, making it easy to skip unhealthy snacks. If you're not, whether it's for a slimmer figure or pure digestive health, discover for yourself why fibre is fantastic.

DIGESTION/DETOX

item #226

item #108

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

[1]Trademarks are the property of their respective owners.

item #226

FIBERGY™ PLUS

(28 servings)
Fibergy Plus is a flavour-free fibre blend that is perfect for mixing in nearly any liquid, providing 12 grams of fibre per serving to support digestive health

item #135

HEPAPLUS®

Formulated with the **InCelligence Detox-Support Complex** to support healthy and efficient liver function and help to balance natural detoxification processes.

item #108

USANA® PROBIOTIC

(14 servings)
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.

item #135

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 specialised nutritional products are made with ingredients found in Dong Quai, saw palmetto, and chasteberries.

FOOD FOR THOUGHT

LICORICE ROOT, CHASTEBERRY, AND BLACK COHOSH are herbs commonly used to support women's health.

SAW PALMETTO has been used for centuries to support men's health.

ENDOCRINE SYSTEM

item #128

PALMETTO PLUS™

Provides long-term sypport for the male physiology.

item #128

item #129

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

item #129

PHYTELLE™

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 ingredients shown are representative of the vitamins and nutrients found in USANA's award-winning Nutritionals, Diet and Energy products.

NERVOUS SYSTEM

Feed Your Network to Stay Sharp and Focused

Your brain, spinal cord, and nerves are all connected—like a network—and they all work together, collecting and processing information from inside and outside your body. This network, generally referred to as your nervous system, is responsible for relaying messages to and from the brain and different parts of your body and making connections that affect the way you see, think, and behave.

item #200

VISIONEX™

Designed to help maintain healthy visual performance and protect the delicate tissues of the eye from photo-oxidation, and support acute vision.

item #126

GINKGO-PS™

Designed to support normal healthy peripheral circulation.

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

CHILDREN AND TEENS

The Science of Feeding Your Family

A varied diet that includes healthy fruits, vegetables, and lean meats is important for everyone—at every age. But it's especially important for children because they are constantly growing, from before birth to the end of adolescence. USANA makes it easy to ensure that your family—in all stages of development—gets nothing less than the best.

The healthy habits you start now pave the way to an entire lifetime of proper nutrition.

CHILDREN AND TEENS

item #104

BODY ROX™

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

With a tasty fruit-flavoured coating!

item #105

USANIMALS™

USANA's fun and easy-to-eat chewables provide excellent nutritional support for children ages 24 months to 12 years old.

Kids will love the delicious wild berry flavour!

item #144

BIOMEGA™ JR.

(14 servings)
BiOmega Jr. makes it fun and easy for kids to get the DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) they need to support healthy minds and bodies.

Delectable gel with natural orange flavour! For best results, store in the refrigerator and serve cold.

Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

MEAGHAN MIKKELSON

2 TIME WINTER GAMES GOLD MEDALLIST

"As an athlete, nothing is more important than taking care of your body and making sure you have everything you need to ensure optimal performance. And my experience with USANA has been incredible. Now, I've gone from an athlete perspective to a mum perspective, and I couldn't ask for a better company to help me keep my family healthy."

The pictured athlete is a dedicated user who has received compensation and/or complimentary USANA products for her partnership with USANA.

HAPPY

DIET & ENERGY

A Personalised 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. USANA Foods are the convenient way to add proper nutrition to your lifestyle. Each product has been formulated to provide a beneficial macronutrient base with a proper balance of carbohydrates, proteins, and beneficial fats. Combine USANA Foods with USANA's CellSentials®—a precise blend of micronutrients — to help support and maintain a healthy lifestyle.

FOOD FOR THOUGHT

REV3 ENERGY® DRINK is packed with energy-boosting nutrients.

Nutritionally balanced, Low GI NUTRIMEAL™ provides quality macronutrients, and delivers sustained energy throughout the day.

NUTRIMEAL™

item #214

NUTRIMEAL BULK POUCHES, DUTCH CHOCOLATE

30 pack

item #215

NUTRIMEAL BULK POUCHES, FRENCH VANILLA

30 pack

†No gluten, dairy, eggs, or soy are used in this product. Nutrimeal free is manufactured on equipment that also processes products containing wheat, milk, eggs, and soybeans.

item #216

NUTRIMEAL BULK POUCHES, WILD STRAWBERRY

30 pack
Each serving of Dutch Chocolate and Wild Strawberry Nutrimeal provides 15 grams of protein from soy, whey and milk proteins.

French Vanilla Nutrimeal provides 15 grams of protein mostly from soy.

LOW-GI FORMULA
Nutrimeal has been formulated with a low-GI of 25, to help reduce carbohydrate cravings and deliver sustained energy throughout the day.

item #200

SOYAMAX

With one of the highest concentrations of soy protein available today, SoyaMax also has a low fat content. Each serving contains 24 grams of soy protein and only 1 gram of fat. SoyaMax is an outstanding source of low-fat, cholesterol-free, vegetarian protein, and is easily digestible.. Vegetarian Friendly.

item #208

USANA WHEY PROTEIN BOOSTER

100 percent pure, not genetically engineered, Each serving of USANA Whey Protein Booster adds 10 grams of whey protein to your Nutrimeal shake. It is the perfect way to boost your shake, giving you the pure protein your body needs to help fuel your active lifestyle.

item #236

REV3 ENERGY®

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

item #139

REV3 ENERGY®
SURGE PACK REFILL

(28 stick packs)

WHAT SEPARATES REV3 FROM OTHER ENERGY DRINKS?

- Rev3 Energy is a vitamin - and antioxidant-enhanced beverage with a proprietary energy complex that is refreshing and uplifting.
- Contains no artificial flavours, artificial sweeteners, or artificial colours.
- Contains all-natural caffeine from antioxidant-rich green and white tea.
- Contains vitamin B complex to support energy metabolism.

item #138

item #138

REV3 ENERGY® DRINK

(12 cans)

USANA CELAVIVE®

go beyond what you see

USANA CELAVIVE® WAS FOUNDED ON THE SCIENCE OF BEAUTY

Formulated with InCelligence® technology, Celavive helps unlock your body's power to defy visible ageing. Featuring ingredients designed to support your skin's natural renewal processes, these high-performance skincare products deliver benefits that are unique to your individual beauty needs. With key nutrients and powerful peptides, Celavive helps support healthy, beauty-preserving functions within your skin to battle the most common signs of visual skin ageing, including wrinkles, dryness, loss of elasticity, photo damage, discolouration, and texture. Go beyond traditional skincare regimens to rejuvenate your youthful appearance with our new skincare system, only from USANA.

USANA CELAVIVE
CELAVIVE
CONDITIONING MAKEUP REMOVER
DÉMAQUILLANT REVITALISANT
4.0 fl. oz. / 120 mL e
CREAMY FOAM CLEANSER
MOUSSE NETTOYANTE ONCTUEUSE
NET WT. 4.2 oz. / 120 g e
CELAVIVE
PERFECTING TONER | LOTION TONIQUE PURIFIANTE
4.0 fl. oz. / 120 mL e
CELAVIVE
PROTECTIVE DAY CREAM
CRÈME PROTECTRICE HYDRATANTE
NET WT. 0.9 oz. / 28 g e
CELAVIVE
CREAMY FOAM CLEANSER
MOUSSE NETTOYANTE ONCTUEUSE
NET WT. 4.2 oz. / 120 g e
CELAVIVE
HYDRATING EYE ESSENCE | ESSENCE HYDRATANTE CONTOUR DES YEUX
NET WT. 0.5 oz. / 15 g e
CELAVIVE
REPLENISHING NIGHT CREAM | CRÈME DE NUIT RÉGÉNÉRANTE
NET WT. 0.9 oz. / 28 g e

CLEANSE

item #330

CONDITIONING MAKEUP REMOVER

This gentle, go-to formula effectively dissolves even the toughest long-wear or waterproof makeup while moisturising your skin and preparing it for the next step in your regimen.

item #333

CREAMY FORM CLEANSER

Creates a rich lather that lifts away dirt and oil while gently exfoliating dull, dry skin.

TONE

item #331

PERFECTING TONER

Gently tones your complexion and helps balance pH levels for beautiful skin.

ENHANCE

item #339

VITALIZING SERUM

Supports your skin's natural beauty processes with a breakthrough water-based formula featuring a high concentration of ingredients including natural botanicals and powerful peptides for dramatically younger-looking skin.

item #340

HYDRATING EYE ESSENCE

Brightens, smooths, softens and de-puffs your look with a lightweight formula featuring ultra-hydrating ingredients designed to improve the appearance of the delicate skin around your eyes.

HYDRATE

item #334

MOISTURISING DAY LOTION WITH SUNSCREEN (SPF15)

Ideal for Oily/Combination skin type

Provides hydration in a lightweight lotion and also protects your skin from harmful UVA/UVB rays that can lead to signs of early skin ageing.

item #335

MOISTURING DAY CREAM WITH SUNSCREEN (SPF 15)

Ideal for Dry/Sensitive skin type

Delivers rich moisture in a luxurious cream formula that also defends against harmful UVA/UVB rays that can lead to signs of early skin ageing.

item #336

REPLENISHING NIGHT GEL

Ideal for Oily/Combination skin type
Enriches your skin with natural botanicals and peptides in a lightweight gel formula to help moisturise and revitalise skin overnight for a noticeably younger-looking complexion.

item #337

REPLENISHING NIGHT CREAM

Ideal for Dry/Sensitive skin type
Promotes hydrated, radiant skin with a rich, luxurious blend of natural botanicals and peptides designed to fight the appearance of wrinkles and restore the youthful look of your complexion overnight.

PERSONAL CARE

item #354

HAIR & BODY PACK

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

item #312

item #311

item #313

item #311

ENERGIZING SHOWER GEL

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

item #312

REVITALIZING SHAMPOO

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

item #399

item #313

NOURISHING CONDITIONER

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

item #314

FIRMING BODY NOURISHER

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

item #399

NATURAL WHITENING TOOTHPASTE

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

"To be at the top, you have to surround yourself with the best coaches, the best trainers, and even the best supplements. I can trust that USANA's products are free of banned substances, and that I am taking the highest quality vitamins and supplements available on the market. With USANA, I can keep performing at the top level."

The pictured athlete is a dedicated user who has received compensation and/or complimentary USANA products for her partnership with USANA.

CAROLINE WOZNIACKI

25 CAREER WTA TITLES

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