

# 24hr Nutrition Pack

Feel the Difference of 24-Hour Nutrition

Your body runs on a 24-hour cycle of alertness and recuperation. This circadian rhythm even influences how you digest and metabolize food, hormonal health, and cognitive function. You need balanced energy and sleep to be your best. And with the modern world creating more and more natural cycle disruptions, finding your rhythm is essential.\*

24hr Nutrition Pack offers a holistic approach for sustained, optimized energy designed to support your natural rhythm.\*

## Support Through Your Day

Each 24hr Nutrition Pack contains a 28-day supply of daily a.m. and p.m. packets to help you achieve sustained energy and restorative sleep. The A.M. Energy Optimizer supports alertness throughout your day and the P.M. Sleep Optimizer helps you achieve a restorative rest. Combine these convenient single-serve packets with other USANA nutritional and lifestyle habits to tune your circadian clock for optimal performance.\*

## What's Inside

### A.M. Packet

**Core Nutrition + Antioxidants (2 tablets):** Featuring the patented InCelligence Complex, this broad-spectrum multivitamin and multimineral supplement includes powerful antioxidants that target your body's natural ability to defend against oxidative stress and support healthy cellular aging.\*

**A.M. Energy Optimizer (1 tablet):** Kickstart your day with this blend of B-vitamin complex, Korean Ginseng, and Green Tea for naturally derived caffeine.\*

**MagneCal D (1 tablet):** This balanced magnesium and calcium supplement is fortified with vitamin D to support your bones, heart, muscles, and energy metabolism so you can take on the day, no matter what it brings.\*

### P.M. Packet

**P.M. Sleep Optimizer (1 tablet):** Drift off to a restful, restorative sleep with this fortified blend of Melatonin, L-Theanine, Ashwagandha, and GABA.\*

**MagneCal D (1 tablet):** This balanced magnesium and calcium supplement is fortified with vitamin D to support your bones, heart, muscles, and energy metabolism.\*

Support the critical transition between alertness and restful states from day one with the 24hr Nutrition Pack. Combine it with a nutritious diet, exercise, and a consistent wake up and sleep routine to feel the difference 24-hour nutrition can make.\*



\*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.