



Do you want to optimise  
your health and vitality?

Stay in shape with a personalised  
macronutrient solution

Go beyond what you see  
with CELAVIVE™

CELAVIVE

AFC Bournemouth  
is proud to join  
**over 1000**  
**USANA®**  
**athletes**



"AFC Bournemouth is playing against the world's most elite football teams, and we are not leaving any stone unturned in the pursuit of excellence. Health is key when it comes to performance, and USANA is providing our team with the best nutritional supplements available."

*Eddie Howe,  
Bournemouth Manager*



[www.facebook.com/USANAathletes](https://www.facebook.com/USANAathletes)



[twitter.com/teamusana](https://twitter.com/teamusana)



[instagram.com/teamusana/](https://instagram.com/teamusana/)

The pictured athletes are either distributors or dedicated users who have received compensation and/or complimentary USANA® products for their partnership with USANA®.



# Superior quality without compromise

**USANA®** uses only the finest grade ingredients, and we are one of only a few nutritional companies to manufacture our products in our own state-of-the-art facility. Every product is rigorously tested for potency, bioavailability, purity, and uniformity.

A variety of government agencies conduct periodic inspections of USANA's manufacturing facility in Salt Lake City, Utah, that involve strict control of procedures and documentation. The facility has also been certified compliant with current Good Manufacturing Practices (cGMP) requirements set forth in NSF/ANSI Standard 173-2006, Dietary Supplements by NSF International\*. Taking our commitment to quality a step further, USANA voluntarily adheres to a much more rigorous quality assurance programme modelled on the pharmaceutical industry.



*"Share my vision. Live life to its fullest in happiness and health."*

— Myron Wentz, Ph.D. USANA founder and chairman

A handwritten signature in dark ink, which appears to read 'My-Wentz'.

## Health by choice

Maintaining youthful vitality is the direct result of making positive choices. A healthy diet, quality nutritional supplementation, regular exercise, proper hydration, and advanced skin care – along with a positive mindset – all have an impact on your ability to live life to its greatest potential.

## The USANA® True Health Foundation

USANA True Health Foundation's mission is to provide the most critical human necessities - nutrition, clothing, shelter, medical assistance, and health education - to those who are suffering or in need. These efforts correlate directly with our company's vision of a world free from disease and suffering, and by channelling the generosity of the members of the USANA family, we can help those affected by poor nutrition, life-threatening medical conditions, and devastating natural disasters.

**Visit [USANAFoundation.org](http://USANAFoundation.org) to learn more.**





"This is our house.  
This is our business.  
And nobody is going  
to take care of it  
if we don't."

John Cuomo, PhD, USANA  
executive director of  
product development  
and technologies

# The USANA® Manufacturing Standard

**M**ore than 60 scientists, chemists, and microbiologists worldwide are tasked with the rigorous job of testing - starting with the raw materials when they enter the in-house manufacturing facilities. Every sample undergoes through microbiological, contamination, potency, and physical testing. Most ingredients also go thorough specific testing to ensure they meet United States Pharmacopeia (USP) standards for things like purity, solubility and density as well as to make sure what's on the label is in the product - and nothing else.

## Exceeding the Standard

**USANA®** complies with the highest standards of the nutritional supplement industry, and its Salt Lake City facility is also a U.S. Food and Drug Administration (FDA) registered establishment. Although FDA guidelines for nutritional supplements don't force manufacturers to test every ingredient in every batch, USANA does. This ensures that when you receive your USANA products, you're receiving the very best supplements possible.

## Taking Control

Many third-party vendors make products for different companies, but at USANA we do things a little differently. USANA meticulously controls the manufacturing process of every single in-house product, and more than 90 percent of our products are made at our state-of-the-art manufacturing facilities. "When you're making something for yourself, you take the time to do it right," says John Cuomo, USANA's executive director of product development and technologies.

It isn't the industry standard.

It's the USANA® standard.





# Scientific Support

Science has been a cornerstone of **USANA®** since it was founded - not surprising given the scientific pedigree of our founder. What Myron Wentz started more than 20 years ago has grown into a team of world-class scientists from various disciplines dedicated to the creation of the best science-based nutritional products in the world.

**A**t the Home Office in Salt Lake City, Utah, lab coats aren't just a fashion statement - **USANA®** lives and breathes science. The commitment to research and development is manifested in the high-tech labs populated by a team of talented chemists, molecular and cellular biologists, nutritional biochemists, pharmacists, and sports science experts. It can also be seen in the investment in studies, equipment, and manpower to keep the company on the forefront of nutritional science. And it's money well spent.

## The Science of USANA

USANA has numerous studies going on at any one time, many of which are clinical studies performed in-house by the company's top-notch clinical research team. USANA also partners with The Orthopedic Specialty Hospital, a giant in the scientific community engaged in groundbreaking research.

## Personalised Optimal Health

### InCelligence™ Technology

Our revolutionary, US patent-pending InCelligence™ technology deploys powerful blends of nutrients to unlock your body's potential to create vibrant health. Utilising a natural process called cell signalling, we tap into your innate cellular intelligence.\*

## Patents and Innovations

### Olivol® - Olive Fruit Extract

Olivol is a patented extract that contains unique antioxidant polyphenols derived exclusively from olives. These antioxidants may be one of the components of the Mediterranean diet associated with health and longevity.†

### Nutritional Hybrid Technology

USANA's innovative Nutritional Hybrid Technology is a state-of-the-art approach to manufacturing that separates various formula ingredients into two distinct tablet layers. This patent-pending technology allows for ingredients that would otherwise be incompatible to be combined in a single tablet‡.



†U.S. Patent Nos. 6,358,542 and 6,361,803

‡U.S. Patent Application Nos. 13/196,390 and 13/213,313

\* InCelligence technology can be found in USANA CellSentials.

CellSentials nourish your cells as they contain Biotin, Chromium, and Zinc that contribute to normal macronutrient metabolism. CellSentials protect your cells as they contain Copper, Manganese, Selenium, Riboflavin, vitamins E and C that contribute to the protection of cells from oxidative stress. CellSentials renew your cells as they contain Calcium, Folate, Magnesium, Vitamin A, Vitamin B12 and Vitamin D that contribute to cell division and specialisation.

# How do vitamins, minerals and antioxidants keep us healthy?

A good balanced diet is essential to get all the vitamins, minerals, trace elements and antioxidants the body needs to stay healthy.

## THE IMPORTANCE OF VITAMINS AND ANTIOXIDANTS

Our environment is jam-packed with factors that increase the production of harmful free radicals:



Ultraviolet radiation



Pollution



Cigarette smoke



Poor diet

Oxidative stress is a **process caused by free radicals and results in cell damage**.

Antioxidants fight these free radicals and **contribute to maintaining good general health**. You need vitamins and minerals on a daily basis in order to keep your body feeling its best. All of these nutrients should be provided by your diet or food supplements.

Low intakes of certain vitamins and minerals, over time, may result in nutrient deficiencies that can have a harmful effect on your quality of life.

### DID YOU KNOW?



In the UK, only 29% of adults aged 25 to 49 and 38% of adults 50 to 64 meet the “five-a-day” portions of fruit and vegetables recommendation.<sup>1</sup>



Almost half of all women consume less than 70% of the recommended daily allowance (RDA) of vitamins B1, B6 and B9, and as many as 90% of all adults don't receive the RDA of vitamin E.<sup>2</sup>



The decrease in nutritional value of fruits and vegetables is caused by:

- modern farming methods
- acceleration of soil depletion
- harvesting crops before maturity
- shipping produce days before they are consumed.<sup>3</sup>

## NUTRITIONAL SUPPLEMENTS FOR A HEALTHY LIFESTYLE

The best way to make sure you get sufficient amounts of vitamins and minerals is to eat a healthy diet rich in fruits and vegetables and take **high-quality nutritional supplements**.

By starting with **CellSentials®** by **USANA®**, a multivitamin and multimineral supplement, you will be receiving optimal levels of nutrients (100% or more of the recommended daily allowance) for a healthy body, sharp mind and strong bones. CellSentials by USANA provide the right amounts of the right nutrients. Thanks to USANA's quality guarantee what you read on the label is exactly what you are getting in each tablet.

1. National Diet and Nutrition Survey: results from Years 1 to 4 (combined) of the rolling programme for 2008 and 2009 to 2011 and 2012, Public Health England and Food Standards Agency, 14 May 2014.

2. SU.VI.MAX. <http://www.ipubli.inserm.fr/bitstream/handle/10608/190/?sequence=24>, (study conducted on 13 017 individuals).

3. Dirt Poor: Have Fruits and Vegetables Become Less Nutritious?, Scientific American, 27 April 2011. <http://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss/>



## Essential nutrition

### 9 USANA'S INCELLIGENCE™ TECHNOLOGY

- 10 Core Minerals
- 12 Vita-Antioxidant
- 14 Procosa®
- 15 HealthPak™

### 17 OPTIMIZERS

- 18 Proflavanol® C<sup>100</sup>
- 19 USANA BiOmega®
- 20 Body Rox®
- 21 MagneCal D®

### 23 DIGESTION

- 24 USANA® Probiotic

## A personalised macronutrient solution

### 25 USANA MySMART™ Foods

- 27 USANA MySmart™ Shakes
- 30 My Smart™ Transform programme

### 31 NUTRIMEAL®

## Go beyond what you see with CELAVIVE™

### 32 SKINCARE ROUTINE

- 32 Identify your skin type
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### 34 FOUR STEP REGIMEN

- 35 Cleanse
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- 38 Hydrate

STAY  
NUTRITION

# Your Health Recommendations at a Glance

- 1 Start with your USANA® CellSentials® or HealthPak™.
- 2 Choose products that match to your unique needs.



	Heart health	Brain & mental functions	Immunity	Bone, joint strength	Eye health & vision	Healthy weight	Digestion	Healthy skin
Procosa®								
Proflavanol® C100								
USANA® BiOméga®								
Body Rox®								
MagneCal D®								
USANA® Probiotic								
USANA® MySMART™ Shakes								
NUTRIMEAL®								
CELAVIVE™ Cleansers								
CELAVIVE™ Toner								
CELAVIVE™ Enhancers								
CELAVIVE™ Moisturisers								

## Personalised nutrition

The True Health Assessment is an easy way for anyone to evaluate their lifestyle and determine what types of products are in line with their nutritional and health needs. The True Health Assessment asks questions about your diet, exercise, and lifestyle choices and then gives you a personalised lifestyle report.

Log on to [truehealthassessment.com](https://truehealthassessment.com) to get started - anyone can download the app to their Apple or Android device from The Hub.

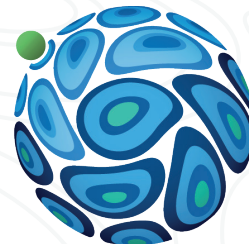
Taking the Assessment will provide personalised lifestyle recommendations and set realistic goals to improve health.



These recommendations do not replace medical advice. Always follow your physician's recommendations.



# USANA'S InCelligence™ technology



InCelligence®

Unlock the Code for  
Personalised Optimal Health

Nourish, Protect, Renew\*

## Essential nutrition

Helping you build a strong foundation for exceptional health, **CellSentials®** and **HealthPak™** provide a comprehensive spectrum of all the necessary vitamins and minerals adults need every day for optimal health and energy levels.

## Products that tap into the natural intelligence of your cells

**USANA®** delivers products with a US patent-pending **InCelligence™** technology to unlock your potential to personalise vibrant health from within.

## It's a new era in nutritional science

**InCelligence™** is groundbreaking technology that uses nutrients to target specific cell-signalling pathways that unlock the code of your innate cellular intelligence.

## It speaks your cells' language

Our proprietary blends of nutrients go beyond simply nourishing cells. These nutrients also support the production of powerful protection mechanisms such as natural antioxidants, while also assisting the cellular renewal process. These combined benefits optimise cellular adaptability and help preserve optimal health.\*

## It's like strength training for your cells

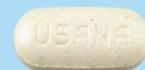
Proactively signalling these processes helps build cellular resilience and empowers your body to meet your unique health needs.\*

\*CellSentials nourish your cells as they contain Biotin, Chromium, and Zinc that contribute to normal macronutrient metabolism.  
CellSentials protect your cells as they contain Copper, Manganese, Selenium, Riboflavin, vitamins E and C that contribute to the protection of cells from oxidative stress.  
CellSentials renew your cells as they contain Calcium, Folate, Magnesium, Vitamin A, Vitamin B12 and Vitamin D that contribute to cell division and specialisation.  
InCelligence technology can be found in USANA CellSentials.

INCELLIGENCE



# Core Minerals



## Minerals and trace elements daily food supplement

Core Minerals is part of the USANA® CellSentials® cellular nutrition system with US patent-pending USANA® InCelligence™ technology.

Core Minerals 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. To maximise results, **Core Minerals** should be consumed with Vita-Antioxidant as it complements the vitamins and supports the benefits activated by the InCelligence™ Complex.\*

### Core Minerals

Item n° 102

- **Contains magnesium**, a cofactor in more than 300 enzyme systems that control various natural reactions in the body, including metabolising glucose and macronutrients. It is important for proper calcium utilisation, which contributes to the structural development of bones. It is also important for maintaining healthy nerves, muscles, and cardiovascular functions.
- **Contains calcium** which is the most common mineral in the body, **calcium** is essential for healthy bones and teeth as well as healthy muscle and health functions.  
The **magnesium** and **calcium** blends in Core Minerals are both partly composed of the nutrients' ascorbate forms. Ascorbate is a source of another essential micronutrient: **vitamin C**.
- **Contains iodine** that is essential to the body's normal production of thyroid hormones that regulate metabolism, growth, reproduction and protein synthesis. Supplemental iodine is especially important for people following a vegetarian diet, avoiding seafood or restricting their iodized salt intake.
- **Contains zinc**, a component of hundreds of enzymes, zinc is involved in normal carbohydrate, fat, and protein metabolism as well as in supporting healthy DNA and RNA replication. It is important for supporting our body's natural ability to heal minor cuts. It aids healthy bone structure development and promotes healthy immune functions and vision. It supports connective tissue formation and helps maintain healthy skin. Zinc also acts as an antioxidant.
- **Contains selenium** that contributes to protecting cells from the damaging effects of oxidative stress, maintaining healthy nails and hair as well as to ensuring the thyroid and immune systems are functioning normally.
- **Contains manganese** that is important for protein and glucose metabolism. Manganese contributes to normal energy yielding metabolism. It also helps maintain the normal formation of connective tissue and bones and contributes to protecting cells from oxidative stress.
- **Contains chromium** that contributes to the normal metabolism of macronutrients and helps maintain normal blood sugar levels.
- **Contains molybdenum** that contributes to the normal metabolism of sulphur-containing amino acids.
- **Contains copper** that contributes to normal energy metabolism, the nervous system and the normal transport of iron throughout the body.
- **Contains N-acetylcysteine (NAC)**, a cysteine derivative. Cysteine plays a role in many metabolic functions (fatty acid synthesis, the development of healthy skin, nails and hair, hormone production, etc.). It is also needed for glutathione synthesis and is responsible for maintaining this important antioxidant in appropriate quantities in the cells.
- Easy to swallow, Core Minerals has a soy-free, sunflower-based coating.



Minerals and trace elements represent less than a half of one percent of the total nutrients we consume every day. Yet, without them, our bodies would be unable to function.

Minerals balance and regulate our body's chemistry, build teeth and bones, help efficiently metabolise nutrients, and provide antioxidant support. Many vitamins and enzymes also need a mineral cofactor to function properly. Each mineral plays many roles in the body.

The family of minerals includes calcium, potassium, phosphorus and magnesium - whilst the family of trace elements contains zinc, selenium, iodine, iron, chromium, copper, cobalt, manganese and many others.

## THE USANA DIFFERENCE with Core Minerals

Formulated by a team of nutritional-science experts using readily bioavailable forms of each nutrient, Core Minerals offers excellent completeness, potency, quality, and safety. Core Minerals 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.



INCELLIGENCE

### FOOD SUPPLEMENT - 112 TABLETS

**INGREDIENTS:** MAGNESIUM SALT OF CITRIC ACID, CALCIUM SALT OF CITRIC ACID, BULKING AGENT (MICROCRYSTALLINE CELLULOSE), CALCIUM L-ASCORBATE, MAGNESIUM L-ASCORBATE, N-ACETYL L-CYSTEINE, GLAZING AGENT (HYDROXYPROPYLCELLULOSE), ZINC CITRATE, BULKING AGENT (CROSCARMELOSE SODIUM), ANTI-CAKING AGENT (ASCORBYL PALMITATE), ORGANIC MALTODEXTRIN, PREGELATINIZED STARCH, ANTI-CAKING AGENT (SILICON DIOXIDE), POTASSIUM IODIDE, L-SELENO METHIONINE, SODIUM SELENITE, MANGANESE GLUCONATE, ANTI-CAKING AGENT (CALCIUM SILICATE), CUPRIC GLUCONATE, SODIUM MOLYBDATE, FLAVOUR ENHANCER (VANILLA EXTRACT), SEA SALT, GLAZING AGENT (ORGANIC SUNFLOWER LECITHIN), CHROMIUM CHLORIDE, ORGANIC PALM OLEIN, BULKING AGENT (ORGANIC GUAR GUM).

**NUTRITIONAL INFORMATION PER DAILY DOSE:** 80MG VITAMIN C (100% RI), 60MG MAGNESIUM (16% RI), 60MG CALCIUM (7.5% RI), 5MG ZINC (50% RI), 0.5MG MANGANESE (25% RI), 0.5MG COPPER (50% RI), 125µG IODINE (83% RI), 50µG SELENIUM (91% RI), 25µG CHROMIUM (63% RI), 13µG MOLYBDENUM (26% RI). (RI = REFERENCE INTAKES).

**DIRECTIONS:** TAKE ONE (1) TABLET DAILY PREFERABLY WITH A MEAL.

**TERMS OF USE:** DO NOT EXCEED THE RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF YOUNG CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. DO NOT USE IF THE CONTAINER IS TORN OR BROKEN. STORE AT A TEMPERATURE BELOW 25°C.

NET WEIGHT: 126G

\*CellSentials nourish your cells as they contain Biotin, Chromium, and Zinc that contribute to normal macronutrient metabolism. CellSentials protect your cells as they contain Copper, Manganese, Selenium, Riboflavin, vitamins E and C which contribute to the protection of cells from oxidative stress. CellSentials renew your cells as they contain Calcium, Folate, Magnesium, Vitamin A, Vitamin B12 and Vitamin D that contribute to cell division and specialisation. InCelligence technology can be found in USANA CellSentials.

#### References

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# Vita-Antioxidant



## Vitamin and antioxidant daily food supplement with the InCelligence™ Complex

Vita-Antioxidant is part of the USANA® CellSentials® cellular nutrition system with US patent-pending USANA® InCelligence™ technology.

Vita-Antioxidant supplies carefully balanced levels of high-quality vitamins and antioxidants plus the proprietary InCelligence™ Complex with cell-signalling technology. Because vitamins and other micronutrients require mineral cofactors to function properly, Vita-Antioxidant should be taken with Core Minerals for best results.\*

### Vita-Antioxidant

Item n° 103

- Contains a unique vitamin C blend, Poly C that provides higher vitamin C plasma levels than ascorbic acid alone. Vitamin C is essential for synthesising collagen, the protein that provides elasticity to our connective tissues, promoting healthy veins and arteries, muscles, cartilage, tendons, bones, teeth, and skin. Vitamin C supports fat and protein metabolism.\* Additional vitamin C is also found in Core Minerals.
- Contains vitamin E that helps protect cells from oxidative stress (in particular when caused by sun exposure, pollution and stress).
- Contains vitamin A from a blend of retinyl acetate (for those who don't convert beta-carotene into vitamin A efficiently), mixed carotenoids, and beta-carotene that converts into vitamin A in the body only when needed. Vitamin A contributes to the maintenance of normal vision and skin.
- Contains vitamin D that supports calcium absorption, promoting healthy bone density. It also supports healthy cell growth as well as muscle and immune functions.
- Contains folate that contributes to the normal functioning of the immune system.
- B-group vitamins to ensure the normal formation of blood cells and tissues.
- Contains two forms of vitamin K – K1 and K2 – that make sure your body can use calcium correctly on top of the essential role they play in blood clotting, bone and cellular health.
- Easy to swallow, Vita-Antioxidant has a soy-free, sunflower-based coating.

#### FOOD SUPPLEMENT - 112 TABLETS

**INGREDIENTS:** BULKING AGENT (MICROCRYSTALLINE CELLULOSE), INCELLIGENCE COMPLEX® (ALPHA LIPOIC ACID, HESPERIDIN, RESVERATROL, CURCUMIN EXTRACT (CURCUMA LONGA L.), GREEN TEA EXTRACT (CAMELLIA SINENSIS (L.) KUNTZE), QUERCETIN, RUTIN, OLIVE FRUIT EXTRACT (OLEA EUROPAEA L.)), POLY C™ (CALCIUM L-ASCORBATE, POTASSIUM L-ASCORBATE, MAGNESIUM L-ASCORBATE, ZINC L-ASCORBATE), CHOLINE BITARTRATE, MIXED TOCOPHEROLS, MODIFIED STARCH, D-ALPHA-TOCOPHERYL SUCCINATE, INOSITOL, BULKING AGENT (CROSCARMELOSE SODIUM), CALCIUM D-PANTOTHENATE, ANTI-CAKING AGENT (SILICON DIOXIDE), ANTI-CAKING AGENT (ASCORBYL PALMITATE), BETA CAROTENE, NIACINAMIDE, NIACIN BIOTIN, ORGANIC MALTODEXTRIN, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, COENZYME Q-10, LUTEIN, RETINYL ACETATE, CHOLECALCIFEROL, LYCOPENE, PTEROYL-L-GLUTAMIC ACID, PYRIDOXINE HYDROCHLORIDE, PHYTOMENADIONE, MENAQUINONE, FLAVOUR ENHANCER (VANILLA EXTRACT), GLAZING AGENT (ORGANIC SUNFLOWER LECTHIN), ORGANIC PALM OLEIN, CYANOCOBALAMIN, BULKING AGENT (ORGANIC GUAR GUM).

**NUTRITIONAL INFORMATION PER DAILY DOSE:** 100MG VITAMIN C (125% RI), 62.5MG CHOLINE BITARTRATE, 33.5MG VITAMIN E (279% RI), 32MG INOSITOL, 25MG ALPHA-LIPOIC ACID, 22.5MG PANTOTHENIC ACID, 18MG CURCUMIN, 17.5MG GREEN TEA EXTRACT 17.5, 15MG QUERCETIN, 10MG HESPERIDIN, 10MG VITAMIN B3 (62.50% RI), 10MG RESVERATROL, 8MG VITAMIN B6 (571% RI), 7.5MG OLIVE FRUIT EXTRACT, 7.5MG VITAMIN B2 (535% RI), 7.5MG VITAMIN B1 (681% RI), 3MG COENZYME Q-10, 905µg RAE VITAMIN A (113% RI), 250µg LYCOPENE, 150µg FOLIC ACID (75% RI), 150µg LUTEIN, 135µg VITAMIN K (180% RI), 75µg BIOTIN (150% RI), 50µg VITAMIN B12 (2000% RI), 12.5µg VITAMIN D (250% RI), RI=REFERENCE INTAKES. RAE=RETINOL ACTIVITY EQUIVALENTS.

**DIRECTIONS:** TAKE ONE (1) TABLET DAILY WITH A MEAL. DO NOT TO EXCEED RECOMMENDED DAILY DOSE.

**TERMS OF USE:** DO NOT EXCEED THE RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF YOUNG CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. BETA-CAROTENE SHOULD NOT BE TAKEN BY HEAVY SMOKERS. LONG-TERM DAILY INTAKES OF MORE THAN 10MG OF VITAMIN B6 MAY LEAD TO MILD TINGLING AND NUMBNESS. DO NOT USE IF THE CONTAINER IS TORN OR BROKEN. STORE AT A TEMPERATURE BELOW 25°C.

NET WEIGHT: 110G

This is the United Kingdom formulation of Vita-Antioxidant, it has been created especially for the UK.



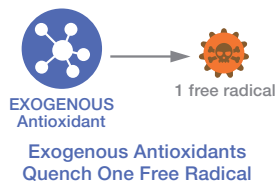
## THE USANA DIFFERENCE with VITA-ANTIOXIDANT

With the addition of the InCelligence™ Complex, Vita-Antioxidant goes beyond delivering optimal nourishment to also initiate your cells' innate protective and renewal processes, enhancing the formula's effectiveness for supporting vibrant health. The InCelligence™ Complex supports two key processes:\*

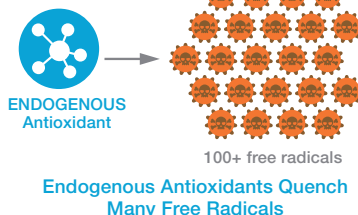
### > Endogenous antioxidant protection

Our bodies are equipped with a naturally powerful defence system that can protect against damaging oxidative stress: antioxidants that are produced within our cells, such as glutathione and superoxide dismutase (SOD).

#### STANDARD NUTRITION



#### NUTRITION WITH INCELLIGENCE



## CELLULAR VOCABULARY

- **EXOGENOUS ANTIOXIDANTS** COME FROM FOOD AND SUPPLEMENTS.
- **ENDOGENOUS ANTIOXIDANTS** COME FROM INSIDE YOUR OWN CELLS, AND THEY ARE MORE POWERFUL THAN ANTIOXIDANTS FROM SUPPLEMENTS OR FOOD.
- **GLUTATHIONE** IS AN ENDOGENOUS ANTIOXIDANT THAT PREVENTS CELLULAR DAMAGE.
- **SOD** IS SUPEROXIDE DISMUTASE, A POWERFUL ENDOGENOUS ANTIOXIDANT THAT REDUCES OXIDATIVE STRESS.

The InCelligence™ Complex contains nutrients that proactively stimulate the production of these endogenous antioxidants in addition to providing their own antioxidant activity. When combined with the additional antioxidants in the formula, including coenzyme Q10, beta carotene and vitamins C and E, Vita-Antioxidant with the InCelligence™ Complex provides significantly higher levels of protection.\*

### > Mitochondrial renewal through mitophagy

When mitochondria within a cell produce cellular energy (ATP), high amounts of free radicals may also be generated. While the natural antioxidants in the cell will neutralize many of the free radicals, some mitochondria will be damaged over time.

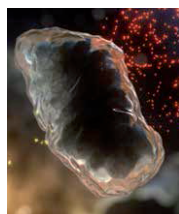
Damaged mitochondria within the cell can cause it to work inefficiently. They will produce less ATP and more damaging free radicals. To maintain cellular efficiency, the cell initiates a natural response called mitophagy to degrade, remove, or recycle damaged mitochondria. However, age or other lifestyle factors may slow this process. The InCelligence™ Complex helps activate mitophagy and renew healthy cellular functions.\*

#### NEW MITOCHONDRION



Produces a great deal of energy and few free radicals

#### AGING MITOCHONDRION



Produces little energy and lots of free radicals

## CELLULAR VOCABULARY

- **ATP (ADENOSINE TRIPHOSPHATE)** IS LIKE A BATTERY PACK OF ENERGY FOR YOUR CELL.
- **MITOCHONDRIA** ARE THE POWERHOUSES INSIDE YOUR CELLS.
- **MITOPHAGY** IS THE CELLULAR PROCESS OF RECYCLING OLD, INEFFICIENT MITOCHONDRIA.

**CellSentials®** offer a broad range of micronutrients. When you choose to take them you can be confident they will nourish your cells, protect them from damage and boost cell renewal, optimising your health on a daily basis.

\*CellSentials nourish your cells as they contain Biotin, Chromium, and Zinc that contribute to normal macronutrient metabolism. CellSentials protect your cells as they contain Copper, Manganese, Selenium, Riboflavin, vitamins E and C which contribute to the protection of cells from oxidative stress. CellSentials renew your cells as they contain Calcium, Folate, Magnesium, Vitamin A, Vitamin B12 and Vitamin D that contribute to cell division and specialisation. InCelligence technology can be found in USANA CellSentials.

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# Procosa®



## USANA's food supplement for optimal joint health with the InCelligence™ Complex

USANA's Procosa food supplement helps maintain and protect joint health with vitamin C and a unique InCelligence™ Complex made with vegetarian glucosamine and the bioavailable curcumin Meriva®\*†.

- Contains Manganese that contributes to the normal formation of connective tissue.
- Contains vitamin C that promotes collagen synthesis for normal cartilage function.
- Contains the bioavailable turmeric compound Meriva® that provides hydrosoluble curcumin carried in liposoluble soy lecithin to increase the compound's absorption and stability. The bioavailable curcumin Meriva® ensures substantial improvement in terms of bioavailability compared to common curcumin extracts.
- Contains vegetarian glucosamine.



**Procosa®**

Item n° 131

### FOOD SUPPLEMENT - 84 TABLETS

**INGREDIENTS:** PROCOSA INCELLIGENCE® COMPLEX (GLUCOSAMINE HYDROCHLORIDE, MERIVA® BIOAVAILABLE CURCUMIN (CURCUMIN (CURCUMA LONGA L.)), BULKING AGENT (MICROCRYSTALLINE CELLULOSE), CALCIUM L-ASCORBATE, GLAZING AGENTS (HYDROXYPROPYL CELLULOSE, SOY LECITHIN (SOYBEANS)), BULKING AGENT (SODIUM CARBOXYMETHYLCELLULOSE), MANGANESE GLUCONATE, ANTI-CAKING AGENT (ASCORBYL PALMITATE), GLAZING AGENT (DEXTRIN), ANTI-CAKING AGENT (CALCIUM SILICATE), GLAZING AGENT (DEXTROSE), ACIDITY REGULATOR (SODIUM CITRATE).

**QUANTITY SUPPLIED BY DAILY DOSE:** 1500MG GLUCOSAMINE HYDROCHLORIDE, 44.55MG CURCUMIN, 180MG VITAMIN C (225% RI), 3.45MG MANGANESE (172.5% RI). (RI=REFERENCE INTAKES)

**DIRECTIONS:** TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH FOOD.

**TERMS OF USE:** DO NOT EXCEED THE RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. TAMPER RESISTANT SAFETY SEAL UNDER CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. STORE AT A TEMPERATURE BELOW 25°C.

CONTAINS SOY LECITHIN: AN INGREDIENT DERIVED FROM SOY.

NET WEIGHT: 79.75G

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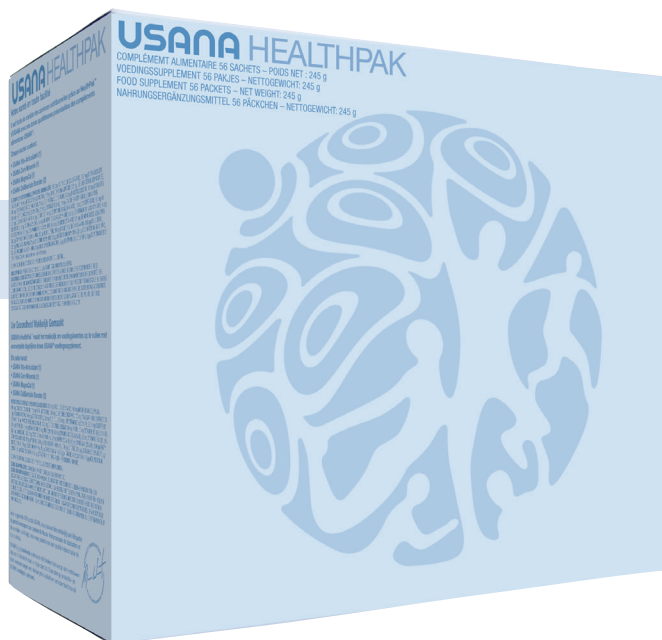
\*CellSentials nourish your cells as they contain Biotin, Chromium, and Zinc that contribute to normal macronutrient metabolism.

CellSentials protect your cells as they contain Copper, Manganese, Selenium, Riboflavin, vitamins E and C which contribute to the protection of cells from oxidative stress.

CellSentials renew your cells as they contain Calcium, Folate, Magnesium, Vitamin A, Vitamin B12 and Vitamin D that contribute to cell division and specialisation.

InCelligence technology can be found in USANA CellSentials.

NUT\_AS 1992/4



# HealthPak™



## A premium selection of food supplements with the InCelligence™ Complex, in convenient daily packets

USANA® HealthPak™ makes it easy to get the micronutrients you need every day. The HealthPak™ contains 56 packets, each containing the following:

- **CellSentials®: Vita-Antioxidant with InCelligence™ Complex** (1 tablet) and the **Core Minerals** (1 tablet) - see page 10 to 13.
- **MagneCal:** A food supplement with magnesium (1 tablet). A HealthPak™ exclusive!
- **CellSentials® Booster:** Builds upon the protection and renewal activity initiated by **CellSentials®** (2 tablets). A HealthPak™ exclusive!

## THE USANA DIFFERENCE with HEALTHPAK™

The **CellSentials®** cellular nutrition system supplies optimal amounts of vitamins, minerals, phytonutrients, and more. The proprietary **InCelligence™** Complex in **Vita-Antioxidant** goes beyond delivering optimal nourishment to also activate cells' endogenous antioxidant protection and mitochondrial renewal support.\*

The exclusive **CellSentials® Booster** builds upon the protection and renewal activity initiated by **CellSentials®**. It is formulated with four powerful nutrients shown to influence a broad network of cell-signalling pathways: alpha-lipoic acid, USANA's patented olive fruit extract **Olivol®**, quercetin, and Pterocarpus marsupium extract containing pterostilbene.\*

This unique combination delivers enhanced support for mitochondrial renewal with nutrients that target the cell-signalling pathway that initiates mitophagy that breaks down and removes damaged mitochondria left behind in the cell after the production of adenosine triphosphate (ATP) or cellular energy. This helps preserve cellular efficiency for optimum cellular energy production.\* The **CellSentials® Booster** also provides more nutrients with **InCelligence™** technology that stimulate cells' production of their own, innate endogenous antioxidants such as glutathione and superoxide dismutase. Endogenous antioxidants are a dramatically powerful defence mechanism against oxidative damage can protect cellular health and longevity.\*

Most of us fail to get enough magnesium or calcium, every day, **MagneCal** provides an added boost by providing more of these crucial nutrients.\*

The individually wrapped pouches make it easy to stay consistent, even on the go.

### Healthpak Item n° 100

#### FOOD SUPPLEMENT - 56 SACHETS

**USANA VITA-ANTIOXIDANT INGREDIENTS:** BULKING AGENT (MICROCRYSTALLINE CELLULOSE), INCELLIGENCE COMPLEX™ [ALPHA LIPIC ACID, HESPERIDIN, RESVERATROL, CURCUMIN EXTRACT (CURCUMA LONGA L.), GREEN TEA EXTRACT (CAMELLIA SINENSIS (L.) KUNTZE), QUERCETIN DIHYDRATE, RUTIN, OLIVE FRUIT EXTRACT (OLEA EUROPAEA L.)], POLY C™ (CALCIUM L-ASCORBATE, POTASSIUM L-ASCORBATE, MAGNESIUM L-ASCORBATE, ZINC L-ASCORBATE), CHOLINE BITARTRATE, MIXED TOCOPHEROLS, MODIFIED STARCH, D-ALPHA-TOCOPHERYL SUCCINATE, INOSITOL, BULKING AGENT (CROSCARMELOSE SODIUM), CALCIUM D-PANTOTHENATE, ANTI-CAKING AGENT (SILICON DIOXIDE), ANTI-CAKING AGENT (ASCORBYL PALMITATE), BETA CAROTENE, NIACINAMIDE, BIOTIN, ORGANIC MALTODEXTRIN, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, COENZYME Q-10, LUTEIN, RETINYL ACETATE, NICOTINIC ACID, CHOLECALCIFEROL, LYCOPENE, PTEROYL-L-GLUTAMIC ACID, PYRIDOXINE HYDROCHLORIDE, PHYTOMENADIOL, MENAQUINONE, FLAVOUR ENHANCER (VANILLA EXTRACT), GLAZING AGENT (ORGANIC SUNFLOWER LECITHIN), ORGANIC PALM OLEIN, BULKING AGENT (ORGANIC GUAR GUM), CYANOCOBALAMIN.

**USANA CORE MINERALS INGREDIENTS:** MAGNESIUM SALT OF CITRIC ACID, CALCIUM SALT OF CITRIC ACID, BULKING AGENT (MICROCRYSTALLINE CELLULOSE), CALCIUM L-ASCORBATE, MAGNESIUM L-ASCORBATE, N-ACETYL L-CYSTEINE, GLAZING AGENT (HYDROXYPROPYLCELLULOSE), ZINC CITRATE, BULKING AGENT (CROSCARMELOSE SODIUM), ANTI-CAKING AGENT (ASCORBYL PALMITATE), ORGANIC MALTODEXTRIN, PREGELATINIZED STARCH, ANTI-CAKING AGENT (SILICON DIOXIDE), POTASSIUM IODIDE, L-SELENOMETHIONINE, SODIUM SELENITE, MANGANESE GLUCONATE, ANTI-CAKING AGENT (CALCIUM SILICATE), CUPRIC GLUCONATE, SODIUM MOLYBDATE, FLAVOUR ENHANCER (VANILLA EXTRACT), SEA SALT, GLAZING AGENT (ORGANIC SUNFLOWER LECITHIN), CHROMIUM CHLORIDE, ORGANIC PALM OLEIN, BULKING AGENT (ORGANIC GUAR GUM).

**USANA MAGNECAL INGREDIENTS:** MAGNESIUM CITRATE, MAGNESIUM CARBONATE, CALCIUM CITRATE, CALCIUM CARBONATE, BULKING AGENT (MICROCRYSTALLINE CELLULOSE), ANTI-CAKING AGENT (ASCORBYL PALMITATE), ORGANIC MALTODEXTRIN, ANTI-CAKING AGENT (CALCIUM SILICATE), BULKING AGENT (CROSCARMELOSE SODIUM), GLAZING AGENT (ORGANIC SUNFLOWER LECITHIN), ORGANIC PALM OLEIN, BULKING AGENT (ORGANIC GUAR GUM).

**USANA CELLSSENTIALS BOOSTER INGREDIENTS:** BULKING AGENT (MICROCRYSTALLINE CELLULOSE), MALOBAR KINO EXTRACT (PTEROCARPUS MARSUPIUM), ALPHA LIPIC ACID, QUERCETIN DIHYDRATE, PREGELATINIZED STARCH, ANTI-CAKING AGENT (SILICON DIOXIDE), OLIVE FRUIT EXTRACT (OLEA EUROPAEA L.), BULKING AGENT (CROSCARMELOSE SODIUM), ANTI-CAKING AGENT (ASCORBYL PALMITATE), ORGANIC MALTODEXTRIN, GLAZING AGENT (ORGANIC SUNFLOWER LECITHIN), ORGANIC PALM OLEIN, BULKING AGENT (ORGANIC GUAR GUM).

**NUTRITIONAL INFORMATION PER DAILY DOSE:** 190MG CALCIUM (23.75% RI), 190MG MAGNESIUM (50.67% RI), 180MG VITAMIN C (225% RI), 175MG ALPHA-LIPOIC ACID, 135MG QUERCETIN DIHYDRATE, 100MG MALOBAR KINO EXTRACT, 75MG CHOLINE BITARTRATE, 40MG ACETYLCYSTEINE, 32MG INOSITOL, 29.8MG µ-TE\* VITAMIN E (250% RI), 27.5MG OLIVE FRUIT EXTRACT, 18MG PANTOTHENIC ACID (300% RI), 17.5MG GREEN TEA EXTRACT, 10MG RUTIN, 10MG VITAMIN B3 (62.50% RI), 10MG HESPERIDIN, 10MG RESVERATROL, 5MG ZINC (50% RI), 4.8MG VITAMIN B2 (342.85% RI), 4.2MG VITAMIN B1 (381.8% RI), 4MG COENZYME Q-10, 2MG VITAMIN B6 (142.86% RI), 0.5MG COPPER (50% RI), 0.5MG MANGANESE (25% RI), 800µg RAE\*\* VITAMIN A (100% RI), 250µg LYCOPENE, 200µg FOLIC ACID (100% RI), 150µg LUTEIN, 125µg IODINE (83.33% RI), 75µg BIOTIN (150% RI), 50µg SELENIUM (91% RI), 25µg CHROMIUM (63% RI), 25µg VITAMIN K (33.33% RI), 13µg MOLYBDENUM (26% RI), 5µg VITAMIN D (100% RI), 3µg VITAMIN B12 (120% RI) (RI= REFERENCE INTAKES). \*ALPHA-TOCOPHEROL EQUIVALENTS. \*\*RETINOL ACTIVITY EQUIVALENTS.

**DIRECTIONS:** TAKE ONE (1) PACKET DAILY WITH A MEAL.

**TERMS OF USE:** DO NOT EXCEED RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF YOUNG CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE TAKING A PRESCRIPTION DRUG, OR HAVE A KNOWN MEDICAL CONDITION. DO NOT TAKE WITHOUT FOOD. NOT SUITABLE FOR CHILDREN AND TEENS UNDER 18 YEARS OLD AND PREGNANT OR BREASTFEEDING WOMEN. DO NOT USE IF THE CONTAINER IS TORN OR BROKEN. STORE AT A TEMPERATURE BELOW 20 °C.

NET WEIGHT: 245G

\*CellSentials nourish your cells as they contain Biotin, Chromium, and Zinc that contribute to normal macronutrient metabolism. CellSentials protect your cells as they contain Copper, Manganese, Selenium, Riboflavin, vitamins E and C which contribute to the protection of cells from oxidative stress. CellSentials renew your cells as they contain Calcium, Folate, Magnesium, Vitamin A, Vitamin B12 and Vitamin D that contribute to cell division and specialisation. InCelligence technology can be found in USANA CellSentials.



# LIVE YOUR BEST LIFE WITH InCelligence®



Triple action support\*

● **NOURISH** ● **PROTECT** ● **RENEW**

\*CellSentials nourish your cells as they contain Biotin, Chromium, and Zinc that contribute to normal macronutrient metabolism. CellSentials protect your cells as they contain Copper, Manganese, Selenium, Riboflavin, vitamins E and C that contribute to the protection of cells from oxidative stress. CellSentials renew your cells as they contain Calcium, Folate, Magnesium, Vitamin A, Vitamin B12 and Vitamin D that contribute to cell division and specialisation.

**ONLY FROM USANA**

# Optimizers



OPTIMIZERS

## Optimal health

USANA's line of nutritionals offers a wide range of products for most major body systems: cardiovascular, nervous, skeletal, endocrine, digestive and the cellular systems. This allows you to target specific areas of your health based on your personal needs.



# Proflavanol® C<sup>100</sup>



## USANA's Food Supplement for Cardiovascular support

- Contains 100mg of high-quality grape seed extract.
- Contains vitamin C that has multiple benefits:
  - contributes to the protection of cells against oxidative stress.
  - contributes to the normal function of the immune and nervous systems.
  - contributes to collagen synthesis for the normal function of blood vessels.

## THE USANA DIFFERENCE with Proflavanol® C<sup>100</sup>

Proflavanol® C<sup>100</sup> combines effective grape seed extract with the power of vitamin C. Using USANA's innovative Nutritional Hybrid Technology, this food supplement works to support a balanced immune system, provide antioxidants and incorporate vitamin C to promote the formation of conjunctive tissue.

## Nutritional Hybrid Technology

Proflavanol® C<sup>100</sup> employs USANA's innovative Nutritional Hybrid Technology. This state-of-the-art approach to formula design and manufacturing features bilayer tableting: the separation of various formula ingredients into two distinct tablet layers. It allows the pairing of bioflavonoids from grape seed extract with vitamin C that synergistically provide antioxidant support. Nutritional Hybrid Technology opens the door to accelerated innovation in supplement design and manufacturing. Proudly, USANA is among the first in the supplement industry to use Nutritional Hybrid Technology.

## Proflavanol® C<sup>100</sup>

Item n° 110

### FOOD SUPPLEMENT - 56 TABLETS

**INGREDIENTS:** BULKING AGENT (MICROCRYSTALLINE CELLULOSE), POLY C™ (CALCIUM L-ASCORBATE, POTASSIUM L-ASCORBATE, MAGNESIUM L-ASCORBATE, ZINC L-ASCORBATE), GRAPE SEED EXTRACT (VITIS VINIFERA L.), MODIFIED STARCH, BULKING AGENT (SODIUM CARBOXYMETHYLCELLULOSE), ANTI-CAKING AGENTS (ASCORBYL PALMITATE, SILICON DIOXIDE), GLAZING AGENTS (DEXTRIN, DEXTROSE, SOYLECITHIN (SOYBEANS), ACIDITY REGULATOR (SODIUM CITRATE).

**QUANTITY SUPPLIED BY DAILY DOSE:** 180MG VITAMIN C (225% RI), 100MG GRAPE SEED EXTRACT. (RI=REFERENCE INTAKES).

**DIRECTIONS:** TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL.

**TERMS OF USE:** STORE AT A TEMPERATURE BELOW 25°C. DO NOT EXCEED THE RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. TAMPER-RESISTANT SAFETY SEAL UNDER CAP, DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

NET WEIGHT: 39.31G

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NUT\_PL 1992/1





# USANA BiOmega®

## USANA's high quality Fish Oil Food Supplement

- Contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) that contribute to the normal function of the heart.<sup>1</sup>
- DHA specifically contributes to the maintenance of normal brain function.
- Contains vitamin D that contributes to the maintenance of normal muscle function.
- Enhanced with lemon oil to eliminate fishy aftertaste.

### USANA BiOmega®

Item n° 122

#### FOOD SUPPLEMENT - 56 TABLETS

**INGREDIENTS:** FISH OIL (FISH), GELATIN-CAPSULE SHELL, HUMECTANT (GLYCERIN-CAPSULE SHELL), PURIFIED WATER-CAPSULE SHELL, FLAVOUR (LEMON OIL), PRESERVATIVE (TOCOPHEROL-RICH EXTRACT), CORN OIL, VITAMIN D (CHOLECALCIFEROL).

**QUANTITY SUPPLIED BY DAILY DOSE:** 2000MG FISH OIL CONTAINING: 1200MG OMEGA-3 FATTY ACIDS, 580MG EPA, 470MG DHA, 5µg VITAMIN D (100% RI). (RI=REFERENCE INTAKES).

**DIRECTIONS:** TAKE TWO (2) CAPSULES DAILY, PREFERABLY WITH FOOD.

**TERMS OF USE:** STORE AT A TEMPERATURE BELOW 25°C. DO NOT EXCEED THE RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. TAMPER RESISTANT SAFETY SEAL UNDER CAP, DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

NET WEIGHT: 86.52G

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 fundamental 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-6. Eating fatty fish and supplementing with USANA BiOmega are effective ways to increase omega-3 levels to help maintain a proper balance and support healthy cellular functions.

## THE USANA DIFFERENCE with USANA BiOmega®

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.

USANA BiOmega is purified to be virtually free of contaminants.

#### References

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# Body Rox®



## USANA's complete daily vitamin and mineral food supplement for children and teenagers



Patented olive extract: a concentrated source of polyphenols not available in other nutritional products.

### Body Rox®

Item n° 104

#### FOOD SUPPLEMENT - 56 TABLETS

**INGREDIENTS:** CALCIUM CARBONATE, MAGNESIUM CARBONATE, MAGNESIUM CITRATE, CALCIUM CITRATE, POLY C™ (CALCIUM L-ASCORBATE, POTASSIUM L-ASCORBATE, MAGNESIUM L-ASCORBATE, ZINC L-ASCORBATE), BULKING AGENT (MICROCRYSTALLINE CELLULOSE), CHOLINE BITARTRATE, QUERCETIN, BULKING AGENT (SODIUM CARBOXYMETHYLCELLULOSE), ANTI-CAKING AGENT (ASCORBYL PALMITATE), GLAZING AGENT (HYDROXYPROPYL CELLULOSE), D-ALPHA-TOCOPHERYL SUCCINATE, ANTI-CAKING AGENT (SILICON DIOXIDE), L-CYSTEINE HYDROCHLORIDE, ZINC CITRATE, BIOTIN, INOSITOL, CALCIUM D-PANTOTHENATE, LUTEIN, MANGANESE GLUCONATE, NICOTINAMIDE, GLAZING AGENT (DEXTRIN), POTASSIUM IODIDE, L-SELENOMETHIONINE, NICOTINIC ACID, TEA LEAF EXTRACT (*CAMMELLIA SINENSIS* (L.) KUNTZE), GRAPE SEED EXTRACT (*VITIS VINIFERA* (L.)), OLIVE FRUIT EXTRACT (*OLEA EUROPAEA* (L.)), RIBOFLAVIN, COPPER GLUCONATE, THIAMINE HYDROCHLORIDE, BETA CAROTENE, LYCOPENE, PHYLLIOQUINONE, SODIUM MOLYBDATE, CHOLECALCIFEROL, GLAZING AGENTS/DEXTRIN, SOY LECITHIN (*SOYABEANS*), PYRIDOXINE HYDROCHLORIDE, PTEROYLMONOGLUTAMIC ACID, CHROMIUM CHLORIDE, ACIDITY REGULATOR (SODIUM CITRATE), CYANOCOBALAMIN.

**QUANTITY SUPPLIED BY DAILY DOSE:** 150MG CALCIUM (18.75% RI), 90MG MAGNESIUM (24% RI), 180MG VITAMIN C (225% RI), 75MG CHOLINE, 62MG QUERCETIN, 30MG VITAMIN E (250% RI), 21MG L-CYSTEINE, 8MG ZINC (80% RI), 200µg BIOTIN (400% RI), 20MG INOSITOL, 18MG VITAMIN B5 (300% RI), 1MG LUTEIN, 2MG MANGANESE (100% RI), 24MG NIACIN (150% RI), 100µg IODINE (66.6% RI), 50µg SELENIUM (90.9% RI), 8MG TEA LEAF EXTRACT, 8MG GRAPE SEED EXTRACT, 8MG OLIVE FRUIT EXTRACT, 4.8MG RIBOFLAVIN (342.85% RI), 660µg COPPER (66% RI), 4.2MG VITAMIN B1 (381.8% RI), 800µg VITAMIN A (BETA CAROTENE) (100% RI), 300µg LYCOPENE, 25µg VITAMIN K (33% RI), 25µg MOLYBDENUM (50% RI), 5µg VITAMIN D (100% RI), 2MG VITAMIN B6 (142.8% RI), 200µg FOLIC ACID (100% RI), 25µg CHROMIUM (62.5% RI), 3µg VITAMIN B12 (120% RI). (RI=REFERENCE INTAKES).

**DIRECTIONS:** CAUTION USE ONLY WITH ADULT SUPERVISION. CHILDREN 4-8 YEARS OLD: CRUSH HALF A TABLET (1/2) DAILY AND ADD TO FOOD. CHILDREN 9 YEARS OLD AND ABOVE: TAKE (1) ONE TABLET DAILY, PREFERABLY WITH A MEAL. TEENAGERS: TAKE TWO (2) TABLETS DAILY, PREFERABLY WITH A MEAL.

**TERMS OF USE:** DO NOT EXCEED THE RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. TAMPER RESISTANT SAFETY SEAL UNDER CAP, DO NOT USE IF THE SEAL IS BROKEN OR MISSING. STORE AT A TEMPERATURE BELOW 25°C.

NET WEIGHT: 63.8G

- Contains pantothenic acid that contributes to normal mental performance.
- Contains vitamin B12 that contributes to normal red blood cell formation.
- Contains riboflavin that contributes to the maintenance of normal skin.
- Contains vitamin C that helps protect cells against oxidative stress.
- Contains Olivol® extract, USANA's patented ingredient that provides a unique bioflavonoid complex.

## THE USANA DIFFERENCE with Body Rox®

USANA's Body Rox® provides nutrients that children and teenagers need to be their best every day. Only Body Rox offers USANA's exclusive Antioxidant Phytonutrient Complex that includes a special blend of antioxidant-rich phytonutrients, including our US patented Olivol® that defends the body's cells against oxidative damage caused by pollution, stress, poor diet and sunlight.

And a tasty fruit-flavored coating helps make swallowing each tablet just a little bit easier.

#### References

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# MagneCal D®



## USANA's comprehensive bone health food supplement

- Contains **calcium** (bioavailable citrates and carbonates) that is needed for the maintenance of normal bones, teeth and immune system.
- Contains **vitamin D** that helps the body effectively absorb calcium. Vitamin D also promotes phosphorus absorption that is essential to maintaining healthy bones.
- Contains **magnesium** (bioavailable citrates and carbonates), that helps reduce fatigue and plays an important role in our metabolism. It also helps maintain healthy nerve and muscle functions.

### MagneCal D®

Item n° 120

#### FOOD SUPPLEMENT - 112 TABLETS

**INGREDIENTS:** MAGNESIUM CITRATE, MAGNESIUM CARBONATE, CALCIUM CITRATE, CALCIUM CARBONATE, BULKING AGENT (MICROCRYSTALLINE CELLULOSE), ANTI-CLAKING AGENT (ASCORBYL PALMITATE), ORGANIC MALTODEXTRIN, ANTI-CLAKING AGENT (CALCIUM SILICATE), BULKING AGENT (CROSCARMELLOSE SODIUM), CHOLECALCIFEROL (VITAMIN D), GLAZING AGENT (ORGANIC SUNFLOWER LECITHIN), ORGANIC PALM OLEIN, BULKING AGENT (ORGANIC GUAR GUM).

**NUTRITIONAL INFORMATION PER DAILY DOSE:** 250 MG CALCIUM (31% RI), 250 MG MAGNESIUM (66% RI), 5 µg VITAMIN D (100% RI). (\*RI=REFERENCE INTAKES).

**DIRECTIONS:** TAKE TWO (2) TABLETS DAILY, PREFERABLY WITH A MEAL.

**TERMS OF USE:** DO NOT EXCEED RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF YOUNG CHILDREN. DO NOT USE IF THE CONTAINER IS TORN OR BROKEN.

STORE AT A TEMPERATURE BELOW 25° C.

NET WEIGHT: 144 G

## THE USANA DIFFERENCE with MagneCal D®

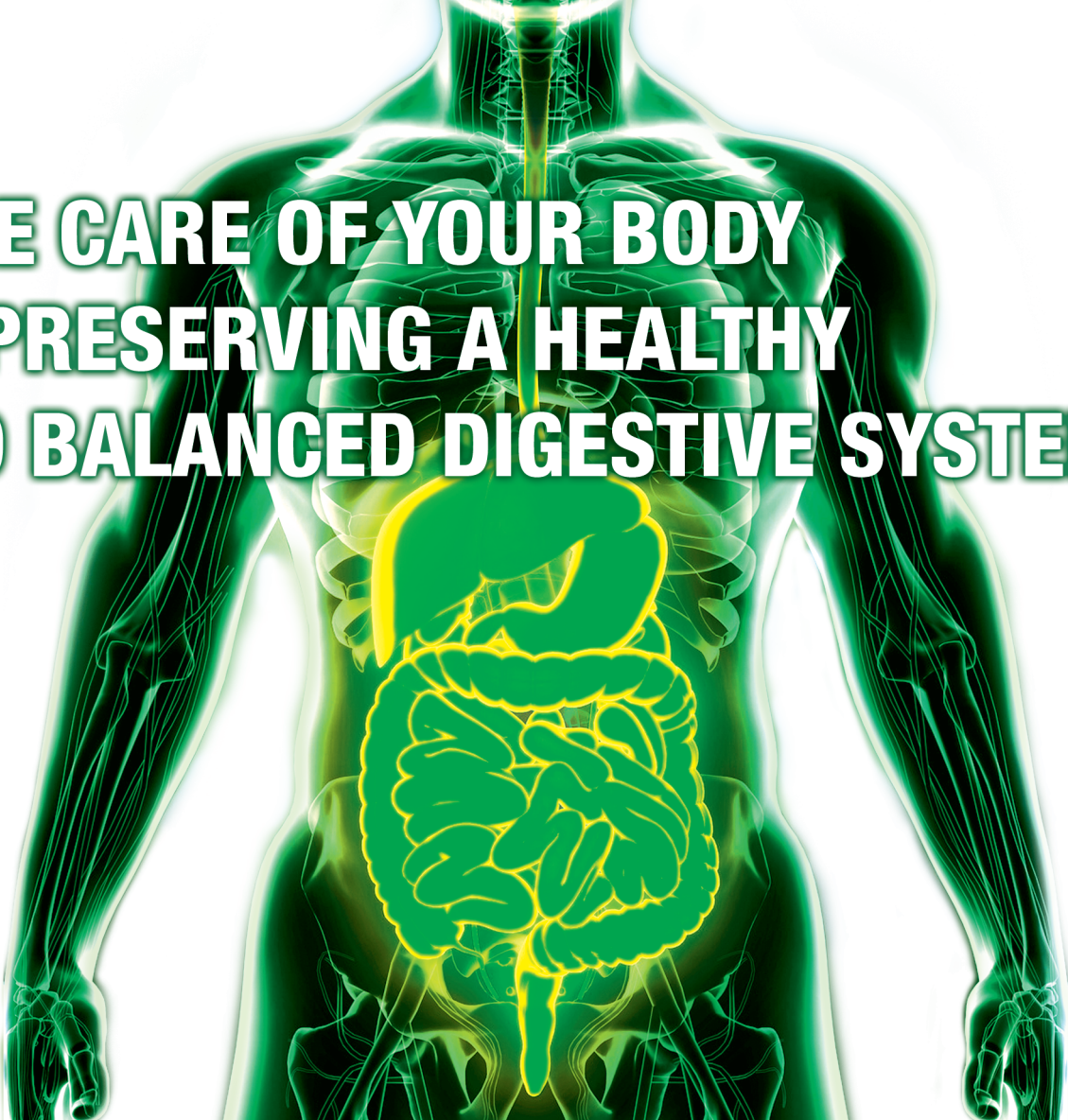
MagneCal D® combines two forms of highly absorbable, elemental calcium with additional bone-supporting ingredients that all complement each other to give you the best support for healthy bones, so your skeleton can continue to be your strongest supporter.

#### References

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MagneCal D will be available from June 2017.





**TAKE CARE OF YOUR BODY  
BY PRESERVING A HEALTHY  
AND BALANCED DIGESTIVE SYSTEM.**

A number of factors can negatively impact the balance of beneficial bacteria in the gut, including age, stress, certain medicines and a poor diet.

Indeed, a healthy digestive system promotes a strong immune system as most of the cells that make up our immune system reside in the intestine.

Thanks to **Probiotic by USANA®** you can maintain a natural and healthy balance of the beneficial bacteria in the intestinal flora and therefore maximize the benefits your body receives from vitamins, minerals and antioxidants.

**USANA® Probiotic**, the food supplement for healthy digestive and immune systems.

# Digestion



## The digestive and immune systems' health: a fragile balance.

A various number of factors, in particular age, stress, certain drugs and poor diet, can disrupt the precise balance of the beneficial bacteria in the intestine. Probiotics are an excellent solution for healthy digestive and immune systems.

Healthy digestive and immune systems are a major preoccupation for Europeans:

- 40% of the population suffers from digestive disorders<sup>(1)</sup>
- Adults catch a cold around 2 to 4 times a year<sup>(2)</sup>
- Hay fever concerns around 1 person out of 4 in the United Kingdom and 1 person out of 6 in France<sup>(3)</sup>.

1. How's your gut? [www.nhs.uk](http://www.nhs.uk), Dr Anton Emmanuel (2014).

2. Cold, common NHS Choices, [www.nhs.uk](http://www.nhs.uk).

3. [www.creapharma.ch](http://www.creapharma.ch), Qu'est-ce que le rhume des foins.



# USANA® Probiotic

## USANA's Probiotic food supplement

- Promotes a natural balance of beneficial microflora in the gut.
- Each stick is filled with **12 billion Colony Forming Units of viable bacteria** clinically proven to survive the harsh and acidic environment in the stomach.
- Features a unique **50/50 mixture of Bifidobacterium BB-12®† and Lactobacillus rhamnosus LGG®†**.
- Easy-to-use stick pack features **dairy-free and sugar-free formula** that can be added to food or drink, such as **USANA MySmart™ Shakes**.
- Product will remain effective for at least 24 months when stored at room temperature (25° C).

## USANA® Probiotic

Item n° 108

### FOOD SUPPLEMENT - 14 SERVINGS

**INGREDIENTS:** FLAVOUR ENHANCER (MANNITOL), INULIN, *LACTOBACILLUS RHAMNOSUS* LGG®, *BIFIDOBACTERIUM* BB-12® (*BIFIDOBACTERIUM ANIMALIS* SSP. LACTIS), ANTI-CAKING AGENT, (SILICON DIOXIDE).

**CONTAINS AT THE TIME OF MANUFACTURE:** INULIN(E) : 300MG *LACTOBACILLUS RHAMNOSUS* LGG® : 26MG *BIFIDOBACTERIUM* BB-12® (*BIFIDOBACTERIUM ANIMALIS* SSP. LACTIS) : 18MG BB-12® IS A REGISTERED TRADEMARK OF CHR. HANSEN. LGG® IS A REGISTERED TRADEMARK OF VALIO LTD.

**DIRECTIONS:** TAKE ONE STICK EVERY DAY OR EVERY OTHER DAY. ADD THE CONTENTS OF THE STICK TO AT LEAST 150 ML OF EITHER WATER, MYSMART™ SHAKE, OR ANY OTHER COLD BEVERAGE OF YOUR CHOICE AND DRINK IMMEDIATELY.

**TERMS OF USE:** STORE AT A TEMPERATURE BELOW 25 °C. DO NOT EXCEED THE RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF CHILDREN. EXCESSIVE CONSUMPTION MAY PRODUCE LAXATIVE EFFECTS.

NET WEIGHT: 16 X 14 (14G)

### References

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## Digestive Health

Digestive health lies at the core of overall health. A healthy digestive system helps the body efficiently break down many of the nutrients we consume into forms that are easily absorbed, maximising the benefits of vitamins, minerals, and antioxidants and defending against nutritional deficiencies. A healthy digestive system is important for avoiding digestive discomfort such as bloating, constipation, heartburn and diarrhoea, all of which can cause temporary discomfort.

## Immune Health

A large percentage of the immune cells in the body are located in the gut, so taking care of your digestive health can also help support your immune system.

## What is gut microbiota?

Gut microbiota (formerly called gut flora) is the name given today to the microbe population living in our intestine. Our gut microbiota contains tens of trillions of microorganisms, including at least 1000 different species of known bacteria with more than 3 million genes (150 times more than human genes). Microbiota can, in total, weigh up to 2kg. One third of our gut microbiota is common to most people, while two thirds are specific to each one of us. In other words, the microbiota in your intestine is like an individual identity card.

For more information see <http://www.gutmicrobiotaforhealth.com>

†Trademarks belong to their respective owners.



# USANA® MySMART™ Foods



## Simple, Easy and SMART

**USANA's MySmart™ Foods** - a unique line of products formulated to fit...no, to improve... your lifestyle. We understand no person has the same needs, concerns, and goals as another. And that's exactly what we are offering with USANA MySmart™ Foods: a customisable macronutrient solution.

<b>S</b>	SIMPLE AND PURE
<b>M</b>	MACRONUTRIENT BALANCE
<b>A</b>	ADVANCED FATS
<b>R</b>	RESEARCH VALIDATED
<b>T</b>	TOTALLY PERSONALISED

Fats, including certain saturated fats, are major components of our cells. According to recent research, coconut oil, the main source of saturated fats in the line of products MySmart™ Foods, is beneficial for the heart, brain and metabolism.

# The benefits of USANA® MySMART™ Foods\*

High-quality, complete protein • Excellent source of fibre • Non-GMO • Clean, pure ingredients • Beneficial macronutrient balance • Gluten-free\*\* • Low-glycaemic impact • Beneficial fat from coconut oil

## Step 1:

Choose a protein base that best fits your needs.

- Whey • Soya • Plant



14 servings  
Economic format

## Step 2:

Treat your taste buds to a delicious flavour optimiser.

- Dark Chocolate • Cappuccino • Banana • Strawberry

Convenient individual packs to personalise your shakes at any time!

Why not mix in fruit, greens, your favourite healthy ingredients or USANA products such as USANA® Probiotic!



7 servings

## Step 3:

Add a Protein+ booster and take your MySmart Shake to the next level.



28 servings

USANA MySmart™ Foods are designed to be used as part of a balanced and healthy diet rich in fruit, vegetables, legumes, and nuts. \*Not all benefits are applicable to all individual USANA MySmart™ Foods products. \*\*No gluten or eggs are used in this product. Manufactured with equipment that also processes products containing wheat, milk, soy, egg, peanuts, and tree nuts.

# USANA® MySMART™ Shakes

One serving of each USANA MySmart Protein Base (2 scoops, 39g) contains:

- 18g protein • 161 or less calories • Sweetened with stevia • High in fibre • Sea salt



## USANA MySmart™ Shake Soy

INGREDIENTS: **SOY** PROTEIN ISOLATE 48%, GLUTEN FREE OAT BRAN, ORGANIC AGAVE INULIN, SUGARCANE FIBRE, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, THICKENER (GUM ARABIC), STABILISER (XANTHAN GUM), THICKENER (GUAR GUM), SEA SALT, ANTI-CAKING AGENT (POTASSIUM PHOSPHATE), NATURAL VANILLA FLAVOUR, SWEETENER (STEVIOL GLYCOSIDES), STABILISER (SUNFLOWER LECITHIN), LIQUORICE EXTRACTS.

## USANA MySmart™ Shake Plant

INGREDIENTS: PEA PROTEIN 31%, GLUTEN FREE OAT BRAN, POTATO PROTEIN ISOLATE 17%, ORGANIC AGAVE INULIN, SUGARCANE FIBRE, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, THICKENER (GUM ARABIC), ANTI-CAKING AGENT (POTASSIUM PHOSPHATE), NATURAL VANILLA FLAVOUR, THICKENER (GUAR GUM), STABILISER (XANTHAN GUM), SEA SALT, STABILISERS (SUNFLOWER LECITHIN), LIQUORICE EXTRACTS. OF THE TOTAL: PLANT PROTEIN 48%. CONTAINS TRACE AMOUNTS OF SOY.

## USANA MySmart™ Shake Whey

INGREDIENTS: WHEY PROTEIN CONCENTRATE (**MILK**) 52%, GLUTEN FREE OAT BRAN, ORGANIC AGAVE INULIN, SUGARCANE FIBRE, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, THICKENER (GUM ARABIC), ANTI-CAKING AGENT (POTASSIUM PHOSPHATE), STABILISER (XANTHAN GUM), THICKENER (GUAR GUM), SEA SALT, NATURAL VANILLA FLAVOUR, SWEETENER (STEVIOL GLYCOSIDES), LIQUORICE EXTRACTS.

### DIRECTIONS

Combine 2 scoops (39g) with 290 - 350 ml of cold water. Add a flavour optimiser and a booster to customise. Blend thoroughly and enjoy.

Protein+ booster (2 TBSP, 12g) contains:

- 10g whey protein concentrate • 50 calories

## USANA MySmart™ Shake Protein+

INGREDIENTS: WHEY PROTEIN CONCENTRATE. CONTAINS: **MILK**.

### DIRECTIONS:

For an additional 10 grams of high-quality protein, add 2 TBSP of MySmart Shake protein + booster.



Item n° 208

CONTAINS LIQUORICE – PEOPLE SUFFERING FROM HYPERTENSION SHOULD AVOID EXCESSIVE CONSUMPTION. FOR ALLERGENS, SEE INGREDIENTS IN **BOLD**.  
NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. MANUFACTURED WITH EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING MILK, EGGS, FISH, SHELLFISH, TREE NUTS, WHEAT, GLUTEN, SOY, AND SESAME.

NUTRITION DECLARATION	MySmart Shakes SOYA		MySmart Shakes PLANT		MySmart Shakes WHEY		MySmart Shakes PROTEIN+	
	100g	39g	100g	39g	100g	39g	Per 2 Tbsp (12g)	
Energy	1696 kJ/ 406 kcal	657 kJ/ 157 kcal	1690 kJ/ 410 kcal	660 kJ/ 160 kcal	1676 kJ/ 401 kcal	674 kJ/ 161 kcal	209 kJ/ 50 kcal	
Fat	16g	6g	15g	6g	15g	6g	0.5g	
of which saturates	13g	5.1g	10g	4g	12g	4.8g	0.5g	
Carbohydrate	10g	3.8g	31g	12g	12g	4.8g	1g	
of which sugars	0.8g	0g	0g	0g	0.7g	0g	1g	
Fibre	19g	8g	20g	8g	19g	8g	0g	
Protein	46g	18g	46g	18g	45g	18g	10g	
Salt	1.8g	0.7g	2g	0.77g	1.3g	0.51g	0.04g	



# USANA® MySMART™ Flavour optimiser

Each flavour optimiser contains natural flavours.

**Individual packages, ideal for customising your shakes when you feel like it!**

Don't hesitate to add some fruit, green vegetables or any other healthy ingredient or USANA® product such as USANA® Probiotic.



## Banana

INGREDIENTS: SWEETENER (ERYTHRITOL), NATURAL BANANA FLAVOUR, ANTI-CAKING AGENT (POTASSIUM CITRATE), NATURAL VANILLA FLAVOUR, SWEETENER (STEVIOL GLYCOSIDE), MEDIUM CHAIN TRIGLYCERIDES, COLOUR (ANNATO), RICE BRAN.

## Cappuccino

INGREDIENTS: SWEETENER (ERYTHRITOL), COFFEE EXTRACT (CAMELLIA SINENSIS L.), MEDIUM CHAIN TRIGLYCERIDES, NATURAL CAPPUCCINO FLAVOUR, RICE BRAN

## Chocolate

INGREDIENTS: SWEETENER (ERYTHRITOL), COCOA POWDER, LIQUORICE EXTRACTS, RICE BRAN, SWEETENER (STEVIOL GLYCOSIDE), MEDIUM CHAIN TRIGLYCERIDES.

## Strawberry

INGREDIENTS: SWEETENER (ERYTHRITOL), COCONUT WATER POWDER, STRAWBERRY FLAVOUR, BEETROOT JUICE, SEA SALT, CARAMELIZED SUGAR, SWEETENER (STEVIOL GLYCOSIDES), MEDIUM CHAIN TRIGLYCERIDES.

## DIRECTIONS

Flavoured sweetener preparation specially designed to be exclusively added to USANA shake bases. Tear open one flavour packet and add content to your USANA MySmart Shake Protein Base to add flavour and enjoy.

WARNING: EXCESSIVE CONSUMPTION MAY PRODUCE LAXATIVE EFFECTS. CONTAINS LIQUORICE – PEOPLE SUFFERING FROM HYPERTENSION SHOULD AVOID EXCESSIVE CONSUMPTION. NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. MANUFACTURED WITH EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING MILK, EGGS, FISH, SHELLFISH, TREE NUTS, WHEAT, GLUTEN, SOY, AND SESAME.

NUTRITION DECLARATION	USANA Flavour optimisers Banana		USANA Flavour optimisers Cappuccino		USANA Flavour optimisers Chocolate		USANA Flavour optimisers Strawberry	
	100g	10g	100g	10g	100g	10g	100g	10g
Energy	2481 kJ/ 590 kcal	236 kJ/ 56 kcal	2079 kJ/ 494 kcal	205 kJ/49 kcal	2306 kJ/ 549kcal	209 kJ/ 50 kcal	2237 kJ/ 531 kcal	216 kJ/ 51 kcal
Fat	0,5g	0g	0,8g	0g	1,7g	0,1g	0g	0g
of which saturates	0,5g	0g	0,7g	0g	1,1g	0,1g	0,2g	0g
Carbohydrate	84g	8,4g	68g	6,8g	74g	7,4g	83g	8g
of which sugars	0g	0g	0g	0g	0g	0g	6g	0,6g
Polyols	93g	9,3g	76g	7,6g	82g	8,2g	72g	7g
Fibre	13g	1,3g	-	-	-	-	-	-
Protein	0g	0g	4,1g	0,4g	3,6g	0,3g	0,6g	0g
Salt	0g	0g	0,03g	0g	0,23g	0,02g	0,89g	0,09g

# Getting started the SMART way

The 28-day USANA MySmart™ Transform programme is an easy and convenient way to tackle your fitness goals. Every day, you'll consume your choice of tasty USANA MySmart™ shakes, some fruit and veggies, and one low-glycaemic impact meal of your choice (we even provide you with a list of foods to help you get the best results). On top of this, we recommend our supplements - our USANA CellSentials® to be taken during the programme to make sure you get your amount of nutrients.

## THE TRANSFORM KIT GUIDELINES, use the following as your daily guideline:

• Drink 2 USANA MySmart™ Shakes (with your choice of flavour optimisers) • Eat 1 low-glycaemic impact meal • Take a vitamin, antioxidant and mineral food supplement, CellSentials®: Vita-Antioxidant with InCelligence™ Complex (1 tablet) and the Core Minerals (1 tablet).

**Or for 28 days:** • One box of USANA CellSentials® • 4 bags of your choice of protein base • 4 packs of flavour optimisers • 1 brochure.

**SMARTips:** • Stay hydrated by drinking water every day 4–6 glasses in addition to the water used to make your shakes • Avoid strenuous exercise during the programme • Eat 2–3 servings of fruit (a great addition to your shakes) and 2–3 servings of vegetables (as part of your low-glycaemic impact meal) from the recommended list each day • Walk for 20–30 minutes each day (about 3,000 steps).

### Fruits

**Eat 2–3 servings each day**

**SMARTips:** • 1 fist = approximately 1 cup • Try adding fruit to your shakes for a delicious variety.

### Vegetables

**Eat 2–3 servings each day**

**SMARTips:** • You could always mix your vegetables with lettuce to make a flavourful large salad as part of your low-glycaemic impact meal • For best results, we suggest you eat your low-glycaemic impact meal for lunch, but it can also be eaten for dinner.

### Protein

**Eat 1 serving each day** (for women) and **2 servings** (for men) as part of your low-glycaemic impact meal.

**Smart Tips:** • 113 grams approximately corresponds to the palm of your hand by the thickness of your little finger.

## A COUPLE OF EXTRAS:

Feel free to indulge in a low calorie salad dressing if making a salad. Using 1 tablespoon once a day of mustard, curry, basil, chives, chili powder and horseradish.

*Low-glycaemic impact meal recommendations and a comprehensive list of fruit, vegetables and proteins on [bit.ly/mysmarttools](http://bit.ly/mysmarttools).*

## MAINTENANCE PHASE

This phase is designed to help you achieve the optimal ratio of macronutrients and build a healthier lifestyle.

**Recommendations per day:** • Drink 1 USANA MySmart™ Shake • Eat 2 low-glycaemic impact meals. • Eat 2 to 3 portions of fruit • Eat 2 to 3 portions of vegetables • Continue a moderate workout programme • Take USANA CellSentials® or HealthPak™.



A perfectly tasty, convenient, and nutritious protein shake.

- High in protein (GMO free) • Contains 8 grams of dietary fibre per serving\*
- Gluten free • Natural flavour and sweeteners • Low-glycaemic index

## Dutch Chocolate Nutrimeal - Item #210



- 15 grams of soy, whey, and other vegetarian proteins per serving.

**INGREDIENTS:** FRUCTOSE, SOY PROTEIN, SUNFLOWER OIL, WHEY PROTEIN, MALTODEXTRIN, COCOA, SOY FIBRE, SUGAR CANE FIBRE, VEGETABLE PROTEIN, THICKENER (GUM ARABIC), OLIGOFRUCTOSE (FRUCTOOLIGOSACCHARIDES), MILK CHOCOLATE FLAVOR, PRUNE POWDER (PRUNUS DOMESTICA), SODIUM CASEINATE, THICKENER (CELLULOSE GUM), SODIUM CHLORIDE, POTASSIUM PHOSPHATE, THICKENER (XANTHAN GUM), INULIN, THICKENER (DIPOTASSIUM PHOSPHATE), EMULSIFIER (SOY LECITHIN), ANTICAKING (SILICON DIOXIDE), MIXED TOCOPHEROLS, MASKING FLAVOR, CALCIUM CARBONATE, RETINYL PALMITATE, CREAM FLAVOR, SWEETNESS FLAVOR, MAGNESIUM OXIDE, VANILLA FLAVOUR, CARAMEL FLAVOUR, L-ASCORBIC ACID, D-ALPHA TOCOPHERYL ACETATE, ALMOND FLAVOUR, ZINC GLUCONATE, FERROUS FUMARATE, NIACINAMIDE, CHOLECALCIFEROL, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, PTEROYLMONOGLUTAMIC ACID, POTASSIUM IODIDE, CYANOCOBALAMIN.

**QUANTITY SUPPLIED BY DAILY DOSE:** 352 µg VITAMIN A (44% RDA), 2.5 µg VITAMIN D (50% RDA), 3.5 MG VITAMIN E (29.1% RDA), 0.3 MG VITAMIN B1 (27.2% RDA), 0.46 MG VITAMIN B2 (32.8% RDA), 2.7 MG VITAMIN B3 (16.8% RDA), 0.4 MG VITAMIN B6 (28.5% RDA), 68 µg FOLIC ACID (34% RDA), 0.52 µg VITAMIN B12 (20.8% RDA), 338 MG CALCIUM (42.2% RDA), 107 MG MAGNESIUM (28.5% RDA), 3.8 MG ZINC (38% RDA), 40.6 µg IODINE (27% RDA), 600 MG POTASSIUM (30% RDA), 3 MG IRON (21.4% RDA). (RDA = RECOMMENDED DAILY ALLOWANCE).

**NUTRITIONAL INFORMATION:** AVERAGE ANALYSIS PER 100 G: ENERGY 434 KCAL (1814 KJ), PROTEIN 25 G, CARBOHYDRATE 54 G OF WHICH SUGARS 31 G, FAT 12.4 G OF WHICH SATURATES 1.7 G, FIBRE 13.7 G, SODIUM 0.69 G. PER SERVING: ENERGY 256 KCAL (1070 KJ), PROTEIN 15 G, CARBOHYDRATE 32 G OF WHICH SUGARS 18 G, FAT 7.3 G OF WHICH SATURATES 1 G, FIBRE 8.1 G, SODIUM 0.41 G.

## French Vanilla NUTRIMEAL - Item #211



- 15 grams of soy, whey, and other vegetarian proteins per serving.
- Formulated for those with lactose intolerance.

**INGREDIENTS:** SOY PROTEIN, FRUCTOSE, SUNFLOWER OIL, MALTODEXTRIN, SOY FIBRE, SUGAR CANE FIBRE, OLIGOFRUCTOSE (FRUCTOOLIGOSACCHARIDES), THICKENER (GUM ARABIC), VANILLA FLAVOR, CALCIUM CARBONATE, PRUNE POWDER (PRUNUS DOMESTICA), SODIUM CASEINATE, POTASSIUM PHOSPHATE, THICKENER (XANTHAN GUM), INULIN, THICKENER (DIPOTASSIUM PHOSPHATE), EMULSIFIER (SOY LECITHIN), ANTI-CAKING AGENT (SILICON DIOXIDE), MIXED TOCOPHEROLS, THICKENER (CELLULOSE GUM), CALCIUM CARBONATE, RETINYL PALMITATE, CARAMEL FLAVOR, MILK FLAVOR, SODIUM CHLORIDE, MAGNESIUM OXIDE, L-ASCORBIC ACID, D-ALPHA TOCOPHERYL ACETATE, ZINC GLUCONATE, FERROUS FUMARATE, NIACINAMIDE, CHOLECALCIFEROL, RIBOFLAVINE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, PTEROYLMONOGLUTAMIC ACID, POTASSIUM IODIDE, CYANOCOBALAMIN.

**QUANTITY SUPPLIED BY DAILY DOSE:** 354 µg VITAMIN A (44.2% RDA), 2.5 µg VITAMIN D (50% RDA), 3.5 MG VITAMIN E (29.1% RDA), 0.28 MG VITAMIN B1 (25.4% RDA), 0.46 MG VITAMIN B2 (32.8% RDA), 2.6 MG VITAMIN B3 (16.2% RDA), 0.4 MG VITAMIN B6 (28.5% RDA), 80.8 µg FOLIC ACID (40.4% RDA), 0.52 µg VITAMIN B12 (20.8% RDA), 312 MG CALCIUM (39% RDA), 92 MG MAGNESIUM (24.5% RDA), 3.4 MG ZINC (34% RDA), 40.5 µg IODINE (27% RDA), 464 MG POTASSIUM (23% RDA), 5 MG IRON (36% RDA). (RDA = RECOMMENDED DAILY ALLOWANCE).

**NUTRITIONAL INFORMATION:** AVERAGE ANALYSIS PER 100 G: ENERGY 439 KCAL (1834 KJ), PROTEIN 25 G, CARBOHYDRATE 56 G OF WHICH SUGARS 31 G, FAT 12.5 G OF WHICH SATURATES 1.4 G, FIBRE 14.1 G, SODIUM 0.53 G. PER SERVING: ENERGY 259 KCAL (1082 KJ), PROTEIN 15 G, CARBOHYDRATE 33 G OF WHICH SUGARS 18 G, FAT 7.4 G OF WHICH SATURATES 0.8 G, FIBRE 8.3 G, SODIUM 0.31 G.

**DIRECTIONS:** TAKE ONE SERVING (60 G) PER DAY. COMBINE 3 SCOOPS (60 G) WITH 290 ML-340 ML OF COLD WATER TO TASTE, AND THOROUGHLY MIX IN A BLENDER OR BLENDERBOTTLE® FOR 45 SECONDS.

**TERMS OF USE:** STORE AT A TEMPERATURE BELOW 25° C. DO NOT EXCEED THE RECOMMENDED DAILY DOSE. DOES NOT REPLACE A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. DO NOT USE IF BAG IS TORN OR BROKEN. APPROXIMATELY 9 SERVINGS PER CONTAINER.

CONTAINS SOY LECITHIN, SOY FIBRE AND SOY PROTEIN: INGREDIENT DERIVED FROM SOY.

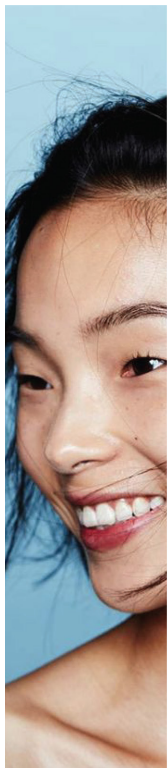
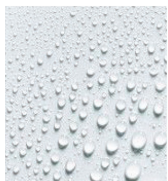
NET WEIGHT: 540 G

Nutrimeal contains vitamin B2 (riboflavin), calcium, and magnesium, which contribute to a normal energy metabolism. \* One serving equals three scoops, or 60 grams of product.

# CELAVIVE™

## USANA'S BREAKTHROUGH, HIGH-PERFORMANCE SKINCARE LINE

Formulated with **USANA® InCelligence™** technology, Celavive™ contains key nutrients and powerful peptides that support your skin's natural renewal processes, delivering results that perfectly fit your unique skincare needs.





Switch up your skincare regimen with Celavive. Swap out your old products for cutting-edge formulas and discover how easy transitioning your skincare routine can be.

## IDENTIFY YOUR SKIN TYPE

The first step in choosing a skincare system that works for you is understanding your skin type. If you have dry or sensitive skin, it's best to use richer, more hydrating products. If you have oily or combination skin, stick with lighter, fluid-based formulas that can help balance excess oil. Picking a product that fits your skin type will deliver the best results.

### Understanding your skin type

#### Dry/Sensitive

- Dry or red patches and more visible lines
- Can flake or get easily irritated
- Appears rough or dull

#### Oily/Combination

- Prone to acne, blackheads and pimples
- Excess oil in t-zone area
- Large pores

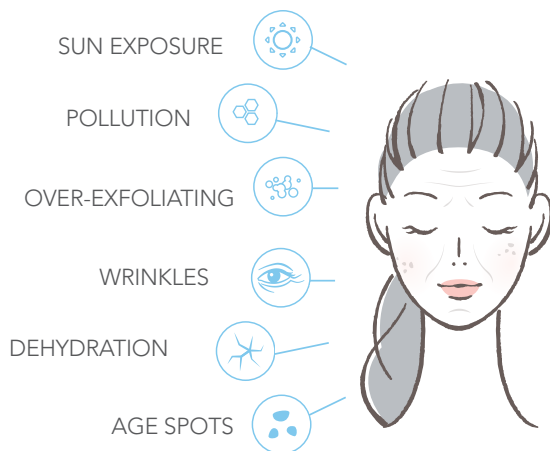
## EXPERT TIPS

### Perform a patch test

If you have sensitive skin and are prone to irritation, it's helpful to test new products on the inside of your elbow or wrist prior to applying to your face.

### Give it time

It might take your skin a few days to adjust to a new regimen. Stay consistent and stick to it to see beautiful results.



USANA's high-performance skincare products deliver benefits that are unique to your individual beauty needs. 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, photodamage, discolouration, and texture.

To customize your Celavive routine, contact your local independent USANA Associate or learn more at [celavive.com](https://celavive.com).

## HEALTHY-LOOKING SKIN STARTS FROM WITHIN

Your skin cells - or keratinocytes - are responsible for creating a healthy barrier that keeps pollutants out and hydration in. They preserve the soft elastic tissues that boost the skin's plump appearance from the inside. Every day, you experience stress from environmental and lifestyle factors, and as you get older, your natural preserving functions slow down. This causes wrinkles and discolouration to appear.

Celavive™, powered by **USANA® InCelligence™** technology, contains exclusive powerful peptides and botanical extracts to support your natural ability to fight the visible signs of ageing.

## CELAVIVE™ COMPLEX

One of the key communication hubs of your skin cells is the DOR receptor. This exclusive complex contains powerful peptides that help support the natural activity of DOR receptors - promoting the communication process that governs healthy skin cell activity so your skin will always look radiant and youthful.

Celavive™ complex, powered by **USANA® InCelligence™** technology, contains **two bioactive peptides** (palmitoyl tripeptide-38 and hexapeptide 48 HCl), as well as **two botanical extracts** (southernwood extract/artemisia abrotanum extract and coffee seed extract). They work together to support your skin's barrier system and activate your body's natural youth-preserving functions to reduce the appearance of wrinkles, uneven skin tone and large pores, while also producing a healthy glow.



### CELAVIVE™ COMPLEX found in:

Perfecting Toner, Hydrating Eye Essence, Vitalizing Serum, Replenishing Night Cream, Replenishing Night Gel

## OLIVOL® BOTANICAL BLEND

Olivol® is derived from USANA's exclusive olive oil extraction process, with watermelon, apple and lentil fruit extract to provide intense moisturising effects that have been clinically shown to increase moisture levels of the skin after just one application.

### OLIVOL® BOTANICAL BLEND found in:

Gentle Milk Cleanser, Creamy Foam Cleanser, Perfecting Toner, Protective Day Cream, Protective Day Lotion, Replenishing Night Cream, Replenishing Night Gel

## BOTANICAL EXTRACTS

The Celavive products also deliver a blend of seven botanical extracts (Paeonia Albiflora Root Extract, Paeonia Suffruticosa Root Extract, Lilium Candidum Bulb Extract, Origanum Majorana Leaf Extract, Alpina Speciosa Leaf Extract, Oenothera Biennis Seed Extract, Geranium Robertianum Extract). This unique blend of botanical extracts is rich in antioxidants and contains essential oils that preserve skincare products without the use of harsh chemicals.

## CLEANSE



### Conditioning Makeup Remover (all skin types)

Effectively dissolves even the toughest long-wear and waterproof makeup to leave your skin feeling soft and supple  
*Coming soon*

### Creamy Foam Cleanser (combination/oily skin types)

Creates a rich lather to remove dirt and oil while gently exfoliating surface cells for refreshingly smoother, younger-looking skin

### Gentle Milk Cleanser (dry/sensitive skin types)

Effortlessly removes dirt and impurities while locking in your skin's natural moisture



## TONE

### Perfecting Toner (all skin types)

Gently purifies your complexion and helps balance pH levels for beautiful skin



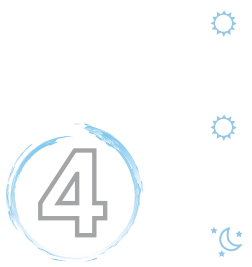
## ENHANCE

### Hydrating Eye Essence (all skin types)

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

### Vitalizing Serum (all skin types)

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



## HYDRATE

### Protective Day Lotion SPF 30 (combination/oily skin types)

Protects your skin from harmful UVA/UVB rays that can lead to signs of premature skin ageing while providing hydration in a lightweight lotion

### Protective Day Cream SPF 30 (dry/sensitive skin types)

Defends against harmful UVA/UVB rays that can lead to signs of premature skin ageing while delivering rich moisture in a luxurious cream formula

### Replenishing Night Gel (combination/oily skin types)

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

### Replenishing Night Cream (dry/sensitive skin types)

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



# Cleanse

1



## CONDITIONING MAKEUP REMOVER ☁

*Paraben free & dermatologically tested*  
*Suitable for all skin types*

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 moisturising 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  
Preps skin for cleansing  
No oily residue

Coming soon

### USAGE

Apply generously to a cotton pad 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 ☀+☁

*Paraben free & dermatologically tested*  
*Suitable for combination/oily skin types*

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. 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  
Gently exfoliates dull, dry skin  
Cleanses while balancing and hydrating the skin

\*Study was completed in a two-week timeframe on nine subjects aged 45-58 using a Wilcoxon Test.

### 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 (Aqua), 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, Alpha-Glucan, Tetrasodium Edta, Hydrogenated Starch Hydrolysate, Butylene Glycol, Fragrance (Parfum).



CELAVIVE





## GENTLE MILK CLEANSER ☀️🌙

*Paraben free & dermatologically tested  
Suitable for dry/ sensitive skin types*

Gently removes dirt and impurities without stripping the skin of its natural moisture with this creamy, everyday cleanser.

### KEY BENEFITS

Features a gentle formula to wash away dirt and impurities

Locks moisture into your skin

Instantly leaves your skin perfectly cleansed, softened, and radiant

### USAGE

Apply 2–3 pumps of Gentle Milk Cleanser over the entire face and neck in a circular motion. Rinse thoroughly with lukewarm water and pat dry. Follow with Celavive Perfecting Toner.

**INGREDIENTS :** Water (Aqua), Butylene Glycol, Triethylhexanoin, Glycerin, Pentylene Glycol, Glyceryl Stearate SE, Stearic Acid, Polyglyceryl-10 Stearate, Diphenylsiloxy Phenyl Trimethicone, Citrullus Lanatus (Watermelon) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Lactobacillus/Soybean Extract Ferment Filtrate, Glycine Soja (Soybean) Seed Extract, Olea Europaea (Olive) Fruit Extract, Squalane, Glucosyl Ceramide, Sodium Lactate, Sodium PCA, Hydrolyzed Corn Starch, Alpha-Glucan, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Fragrance (Parfum).



# Tone



## PERFECTING TONER ☀️🌙

*Paraben free & dermatologically tested  
Suitable for all skin types*

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. This toner helps prepare your complexion to receive the maximum benefits of treatments and moisturisers that follow. Celavive Perfecting Toner increases the skin's hydration capacity by 180%\* within 30 minutes of application to diminish the appearance of fine lines and wrinkles for a youthful, vibrant look. This product also sustains higher levels of hydration up to 6 hours after application.\*

### KEY BENEFITS

Maintains proper moisture levels

Gently removes lingering impurities

Maximizes the benefits of your skincare routine

Improves elasticity and firmness

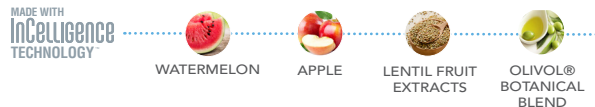
Alcohol-free toning lotion which stimulates and refreshes the skin

### USAGE

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

**INGREDIENTS :** Water (Aqua), 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).

\*Study was completed in a two-week timeframe on nine subjects aged 45–58 using a Wilcoxon Test.





## HYDRATING EYE ESSENCE ☀️🌙

*Paraben free & dermatologically tested  
Suitable for all skin types*

As a staple product in your routine, this lightweight yet ultra-hydrating formula features a combination of powerful 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 revitalise the delicate skin around your eyes.

### KEY BENEFITS

- Lightweight consistency
- Lessens the appearance of dark circles and puffiness
- Brightens, lifts, and smooths the eye contour
- Provides intense hydration

MADE WITH  
InCelligence  
TECHNOLOGY



ROSA  
CANINA OIL



HIBISCUS  
ESCULENTUS  
EXTRACT



AVOCADO  
OIL



APRICOT  
KERNEL OIL



GINGKO  
BILOBA

### 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 (Aqua), Dipropylene Glycol, Dimethicone, Cyclopentasiloxane, Polymethyl Methacrylate, Pentylene Glycol, Glycerin, Butylene Glycol, Albizia Julibrissin Bark Extract, Artemisia Abrotanum Extract, Coffea Arabica (Coffee) Seed Extract, Pisum Sativum (Pea) Extract, Palmitoyl Tripeptide-38, Hexapeptide-48 Hcl, Hexapeptide-33, Oligopeptide-6, Hexapeptide-9, Hydrolyzed Hibiscus Esculentus Extract, Rosa Canina Fruit Oil, Persea Gratissima (Avocado) Oil, Prunus Armeniaca (Apricot) Kernel Extract, Helianthus Annuus (Sunflower) Seed Oil, Ginkgo Biloba Leaf Extract, Glucosyl Hesperidin, Ceteth-10, Glycerylamidoethyl Methacrylate/Stearyl Methacrylate Copolymer, Hydroxypropyl Cyclodextrin, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Hydroxyethyl Acrylate/ Sodium Acryloyldimethyl Taurate Copolymer, Potassium Hydroxide, Cyclodextrin, Natto Gum, Dextrin, Fragrance (Parfum).



## VITALIZING SERUM ☀️🌙

*Paraben free & dermatologically tested  
Suitable for all skin types*

Dramatically reduce the appearance of fine lines and wrinkles, discolouration, large pores and loss of elasticity to restore a healthy, youthful radiance. After just one application, skin is noticeably younger-looking. Featuring natural botanicals, powerful peptides and CoQ10, this breakthrough, water-based formula supports your skin's natural beauty-preserving functions. Celavive Vitalizing Serum creates two times greater skin firmness, boosts the skin and provides a noticeable improvement of overall skin complexion within 3 hours after application.\*

### 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 ageing

MADE WITH  
InCelligence  
TECHNOLOGY



GRAPE  
(VITIS VINIFERA)



MELISSA  
OFFICIALIS



HIBISCUS  
ESCULENTUS  
EXTRACT



PEA  
EXTRACT



ACEROLA  
FRUIT  
EXTRACT

### USAGE

After applying Perfecting Toner, apply 2-3 pumps of Vitalizing Serum evenly across face and neck in upward and outward movements. Follow with moisturiser of your choice.

**INGREDIENTS :** Water (Aqua), 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 Officialis Leaf Extract, Thymus Vulgaris (Thyme) Flower/Leaf Extract, Squalane, Ubiquinone, Tocopherol, Tocopheryl Acetate, Caprylyl Glycol, Lauryl PCA, Menthyl PCA, Carrageenan, Lecithin, Dextrin, Cyclodextrin, Hydroxypropyl Cyclodextrin, Citric Acid, Aminomethyl Propanediol, 1,2-Hexanediol, Glycerylamidoethyl Methacrylate/Stearyl Methacrylate Copolymer, Fragrance (Parfum).

\*Study was completed in a two-week timeframe on nine subjects aged 45-58 using a Wilcoxon Test

# Hydrater



## PROTECTIVE DAY LOTION BROAD SPECTRUM SPF 30

*Paraben free & dermatologically tested  
Suitable for combination/oily skin types*

Begin each day beautifully by protecting your skin from the leading cause of premature skin ageing. Formulated with four UV filters that offer broad-spectrum protection, ceramides and botanicals. This lightweight lotion protects and hydrates for healthy-looking skin.

### KEY BENEFITS

Advanced protection from UVA/UVB rays

Lightweight lotion formula

Helps strengthen your skin's natural moisture barrier

Protects the skin and prevents the formation of age spots, sagging and wrinkles

Provides 24 hours of rich hydration after just one application



OLIVOL®  
BOTANICAL  
BLEND



WATERMELON



APPLE



LENTIL FRUIT  
EXTRACTS



GINSENG



GLYCINE  
SOJA



ROSA



SHEA BUTTER

### USAGE

Shake well and apply a pearl-sized 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 :** Water (Aqua), Homosalate, Ethylhexyl Methoxycinnamate, Butylene Glycol, Butyl Methoxydibenzoylmethane, Octocrylene, Isopropyl Lauroyl Sarcosinate, Pentyleneglycol, Mica, Ethylhexyl Palmitate, Cetearyl Alcohol, Dimethicone, Polysorbate 60, Ocimum Basilicum Hair 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, Glycine Soja (Soybean) Protein, Butyrospermum Parkii (Shea) Butter, Rosa Multiflora Fruit Extract, Ceramide NP, Sodium PCA, Glycerin, Sodium Lactate, Ceteth-10 Phosphate, Dicapryl Phosphate, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Carbomer, Silica, Hydrolyzed Corn Starch, Citric Acid, Potassium Hydroxide, Fragrance (Parfum).



OLIVOL®  
BOTANICAL  
BLEND



WATERMELON



APPLE



LENTIL FRUIT  
EXTRACTS



GINSENG



GLYCINE  
SOJA



ROSA



SHEA BUTTER

### USAGE

Shake well and apply a pearl-sized 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 :** Water (Aqua/Eau), Butylene Glycol, Homosalate, Ethylhexyl Methoxycinnamate, Tribehenin Peg-20 Esters, Isopropyl Lauroyl Sarcosinate, Pentyleneglycol, Butyl Methoxydibenzoylmethane, Octocrylene, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Isodecyl Neopentanoate, Cyclopentasiloxane, Ocimum Basilicum Hair 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, Glycine Soja (Soybean) Protein, 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 (Parfum).



## PROTECTIVE DAY CREAM BROAD SPECTRUM SPF 30

*Paraben free & dermatologically tested  
Suitable for dry/sensitive skin types*

Defend against the leading cause of premature skin ageing with this ultra-hydrating cream designed to protect your skin while offering intense moisture for a healthy-looking complexion.

### KEY BENEFITS

Advanced protection from UVA/UVB rays

Rich cream formula

Helps strengthen your skin's natural moisture barrier

Protects the skin and prevents the formation of age spots, sagging and wrinkles

Provides 24 hours of rich hydration after just one application



## REPLENISHING NIGHT CREAM

*Paraben free & dermatologically tested*  
*Suitable for dry/sensitive skin types*

This rich cream promotes hydrated, radiant skin with a luxurious blend of natural botanicals and Powerful Peptide Complex designed to fight the appearance of wrinkles and restore the youthful look of your complexion overnight. Celavive Replenishing Night Cream reduces the loss of skin moisture by up to 70% within 30 minutes of application for younger-looking skin with visibly fewer wrinkles.\* This product also retains moisture within the skin up to 6 hours after application.

### KEY BENEFITS

Rich cream formula

Promotes hydration for a plumping, youthful-looking effect

Upon waking, skin appears smoother, softer and firmer

Dramatically reduces the visible signs of skin ageing including fine lines, tone, texture and pores

### USAGE

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

**INGREDIENTS :** Water (Aqua/Eau), Glycerin, Propanediol, Macadamia Ternifolia Seed Oil, Stearic Acid, Pentylen 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).

\*Study was completed in a two-week timeframe on nine subjects aged 45-58 using a Wilcoxon Test.

MADE WITH  
InCelligence  
TECHNOLOGY



PEARL  
POWDER



GLYCINE  
SOJA



MACADAMIA  
OIL



OLIVOL®  
BOTANICAL  
BLEND



## REPLENISHING NIGHT GEL

*Paraben free & dermatologically tested*  
*Suitable for combination/oily skin types*

This lightweight gel formula enriches your skin with natural botanicals and powerful peptides to moisturise and revitalise the look of skin overnight for long-lasting, visible improvements in your skin's natural radiance.

### KEY BENEFITS

Lightweight gel formula

Promotes hydration for a plumping, youthful-looking effect

Fights the visible signs of skin ageing including lines, tone, and texture

Upon waking, skin appears smoother, softer and firmer

Restores, renews, revitalises and recharges the skin

### USAGE

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

**INGREDIENTS :** Water (Aqua/Eau), Butylene Glycol, Cetyl Ethylhexanoate, Pentylen Glycol, Dimethicone, Glycerin, Peg-20 Sorbitan Cocoate, Artemisia Abrotanum Extract, Coffea Arabica (Coffee) Seed Extract, Macadamia Ternifolia Seed Oil, Citrullus Lanatus (Watermelon) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Lens Esculenta (Lentil) Fruit Extract, Glycine Soja (Soybean) Seed Extract, Gardenia Florida Fruit Extract, Olea Europaea (Olive) Fruit Extract, Hexapeptide-48 HCL, Palmitoyl Tripeptide-38, Palmitoyl Tripeptide-5, Glucosyl Ceramide, Dextrin, Sodium Lactate, Sodium PCA, Carbomer, Hydroxypropyl Cyclodextrin, Hydrolyzed Corn Starch, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Potassium Hydroxide, Fragrance (Parfum).

MADE WITH  
InCelligence  
TECHNOLOGY



GARDENIA



GLYCINE  
SOJA



MACADAMIA  
OIL



OLIVOL®  
BOTANICAL  
BLEND





**Simi Zhao & Kaijin Lei**  
United Kingdom

*"This is a revolutionary product and I believe it will become essential in my daily skincare routine."*

*"This is the future of skincare because it's designed to target your specific beauty needs."*



**Sara Rees**  
United Kingdom

*"Soon, people began commenting on how radiant, smooth, and even my skin looked, I started to wear less makeup because I preferred how the natural skin looked underneath."*



**Claudia Rollersbroich**  
Belgium

*"I've been using Celavive for a short time; I love the results: my skin has a healthy glow and I no longer need to wear makeup."*



**Joyce Oyedele**  
United Kingdom

*"My favourite product is the Gentle Milk Cleanser, the texture is amazing and it leaves my skin feeling so clean and soft."*



**Nienke Stoop**  
Netherlands

*"I love the routine of using Celavive, it's become a meditative experience for every morning and evening and reminds me of the importance of gentle self-care."*



**Therése Marais**  
United Kingdom

*"I've been using Celavive for 2 months and I can honestly say this is the best my skin has ever been. I wake up in the morning with hydrated skin and during the day my makeup stays fresh until the evening."*

# CELAVIVE™

## Ambassadors





## AUTOMATIC ORDERING SYSTEM.

*Made-to-order health care.*

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ENJOY 10% OFF YOUR  
USANA PRODUCTS.\*

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With our AUTOMATIC ORDERING SYSTEM, your products are automatically delivered every four weeks. Not only is it practical, but you will never have to pay full price ever again!

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ENJOY 10% OFF THE PREFERRED PRICE\* WITH EVERY AUTOMATIC ORDER.\*



# Your life-changing business opportunity is within your reach!

USANA® Health Sciences, an established leader in the health and wellness industry, develops nutritional supplements, nutritional foods, and personal care products. USANA products are known worldwide for their effectiveness, safety and unequalled purity and are championed by more than 1000 professional athletes - including Olympic gold-medal winners. World-renowned scientist Myron Wentz founded USANA in 1992. USANA has been voted “**#1 Distributor’s Choice**” for **best Network Marketing Company** by *MLM Insider* for 16 consecutive years.

**Embrace the opportunity to join a dynamic group in the fast-growing fields of wellness and network marketing. If you’re willing to learn and have a passion to help others, USANA is the right fit for you to become your own boss.**

- **Become a USANA independent associate.**

Discover the benefits of USANA products. Talk about it around you. This is not just a job, it's a pleasant way to fulfil your desire to help people around you.

- **Learn as you earn**

You'll have unlimited access to helpful tools, tips, training, downloads, conference calls, events, that will help you to grow your business.

- **Your business, your way**

Build your business with limitless potential, take control of your success, and become an entrepreneur with proven leadership skills.

- **Promote health**

Rather than just recommending a product, you promote an healthy life style to your customers.

- **Teach success**

Develop your team with the proper management, training, and motivation.

- **Become an inspiring leader**

Develop your interpersonal skills, as well as your potential to inspire, coach, and coordinate a network.

## Benefits

- **A professional activity which fits into your lifestyle, your routine.**
- **Unlimited income potential, proportional to your ambition and your involvement.**
- **Easy to start:** no need for a degree, very low start-up costs.
- **Follow up and support** provided by our teams and your sponsor on a regular basis.
- **A professional structure to support you** (no stock or product delivery management, online tools available...). USANA is a member of the UK Direct Selling Association.
- **Possibility for international development of your business.**

More information from your Independent Associate or from the person who gave you this brochure.



in partnership with

## Alex Bublea

2016 ROAR COMBAT LEAGUE WORLD CHAMPION  
MUAY THAI, 52 FIGHTS, 36 VICTORIES

Alexandru Ioan Bublea took up kickboxing to boost his self-confidence at the age of 14.

After 8 years of competing in kickboxing, he moved to London and switched to Muay Thai under the guidance of Christian Knowles at the Knowlesy Academy. With a growing strength of purpose and a brutal "no excuses" work ethic, became a vanguard fighter for both Romania and the UK. Currently chasing the dream of becoming the best stand up fighter that has ever lived.



*I have used USANA CellSentials vitamins for many years and now taking it a step further with the Sportspak. Thank you USANA !*

Alex Bublea



**USANA**  
THE CELLULAR NUTRITION COMPANY

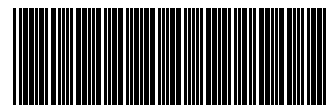




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