USANA

The Elements of Health

your **health.** your **life.** your **way.**™

THE USANA DIFFERENCE

YOU KNOW IT!

Supplements can be an important support to help you live a healthy, enjoyable life. You are unique and your health regimen should reflect that. You deserve personalized nutrition that addresses your overall macronutrient and micronutrient needs, as well as your individual physiological requirements. And if you want to think, act, and perform at your best, you need the best products out there.

World-renowned scientist Dr. Myron Wentz started USANA Health Sciences with a vision of freeing the world from pain and suffering. And he knew the only way to ensure that the supplements he recommended functioned properly at the cellular level and were the absolute best was to create them himself.*

It's his commitment to precise formulations, premium ingredients, and continued research that motivates the 60+ USANA scientists, chemists, and microbiologists around the world. They test every product—from the raw materials that enter our state-of-the-art manufacturing facilities to each finished product—to ensure they meet United States Pharmacopeia (USP) standards for identity, purity, strength, and composition. When you receive your USANA products, you can feel confident that what is on the label is what is in the bottle, and that it's made with the highest levels of excellence and integrity.

If you're questioning whether or not you should choose USANA when hundreds of cheap supplements line the shelves of any given discount store, ask yourself these questions: Are you willing to invest a few extra dollars to ensure that the products you and your family take are safe and effective? Is it worth spending a little more to feel certain that every ingredient, every formulation, every manufacturing practice is executed to the highest standards?

You've made an important decision to improve your health.

LET US TAKE IT FROM HERE.

WELCOME TO USANA!

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

What are the building blocks of GREAT HEALTH & VITALITY?

THE ANSWER IS SIMPLE.

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

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

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

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

IT'S BECOMING INCREASINGLY CLEAR...

that adding high-quality vitamin and mineral supplements to your diet is the easiest and least expensive way to support your health, vitality, and maintain your youthful appearance.*

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PERSONALIZED NUTRITION

USANA's **True Health Assessment** is an easy way for you to evaluate your health and lifestyle to determine what products fit into your nutritional and health needs. With questions about your diet, exercise, and lifestyle choices, you can get a personalized lifestyle report complete with specific results based on your gender, genetic traits, and even the region of world in which you live. It's the perfect opportunity for you to customize your nutrition in the most personal way possible.

Log on to **truehealthassessment.com**, or download the **FREE** app to your iPad by visiting **truehealthassessment.com/ipad** to get started!

THE ELEMENTS OF HEALTH

Good nutrition is one of the most important aspects of a healthy lifestyle. That's why USANA scientists work tirelessly to research the beneficial compounds in food, herbs, and other natural sources that our bodies need, and formulate them into USANA products. In the following pages, you will see some common sources of many of the nutrients identified as the elements of good health—the same elements you will find in many of our **Nutritionals, Diet & Energy,** or **Sensé™** products to help you support a happy, healthy life.

THE ESSENTIALS™

Your Foundation for Balanced Nutrition

item #102

item #103

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

THE NAME SAYS IT ALL

On the most basic, human level, there are certain nutrients everyone needs. While there is no replacement for a healthy diet, the **USANA® Essentials™** can help ensure you get the right amounts of all the right nutrients to help you feel your best every day.

item #103
MEGA ANTIOXIDANT

Provides essential vitamins that support good overall health and supplies a wide range of antioxidants to fight cell-damaging oxidative stress.*

PREFERRED PRICE: $37.95

item #102
CHELATED MINERAL

Supplies essential minerals that play many important roles in the body.

PREFERRED PRICE: $16.95

item #101
ESSENTIALS™

Order **Mega Antioxidant** and **Chelated Mineral** together and save more than 10 percent!

PREFERRED PRICE: $49.95

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HEALTHPAK™

Nutrition When & Where You Need It

item #100

HEALTHPAK™

Provides a full daily dose of the **USANA® Essentials™**, as well as **Active Calcium™** and USANA's unique **AO Booster™** for added antioxidant protection in convenient AM and PM packs.*

PREFERRED PRICE: $123.00

item #100

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

What's in your myhealthpak?

SLOANE STEPHENS
USANA *WTA Ambassador*

MEGA ANTIOXIDANT
CHELATED MINERAL
AO BOOSTER™
ACTIVE CALCIUM™
BIOMEGA™

TRACY WENKMAN
USANA *Associate*

BIOMEGA™
ACTIVE CALCIUM™
PROFLAVANOL® C200
(Available exclusively in MyHealthPak)
COQUINONE® 100
(Available exclusively in MyHealthPak)
HEPASIL DTX™
PROCOSA®
VISIONEX® DS
(Available exclusively in MyHealthPak)
VITAMIN D

DR. JOHN CUOMO
USANA *Employee*

BIOMEGA™
PROFLAVANOL® C200
(Available exclusively in MyHealthPak)
HEPASIL DTX™
PROCOSA®
VISIONEX® DS
(Available exclusively in MyHealthPak)
VITAMIN D

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

Your Health, Your Way Starts with

MYHEALTHPAK™

item #107
MYHEALTHPAK™

Convenient customized nutrition, just for you. Design your own AM and PM packs tailored to suit your personal needs.

item #107

MYHP

CREATE YOUR CUSTOMIZED PACK TODAY AT USANAMHP.COM.
Products available exclusively for your very own, personalized MyHealthPak.

GENIE BOUCHARD

2013 WTA NEWCOMER OF THE YEAR

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

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

CELLULAR FUNCTION

The Science of Nourishing Healthy Cells

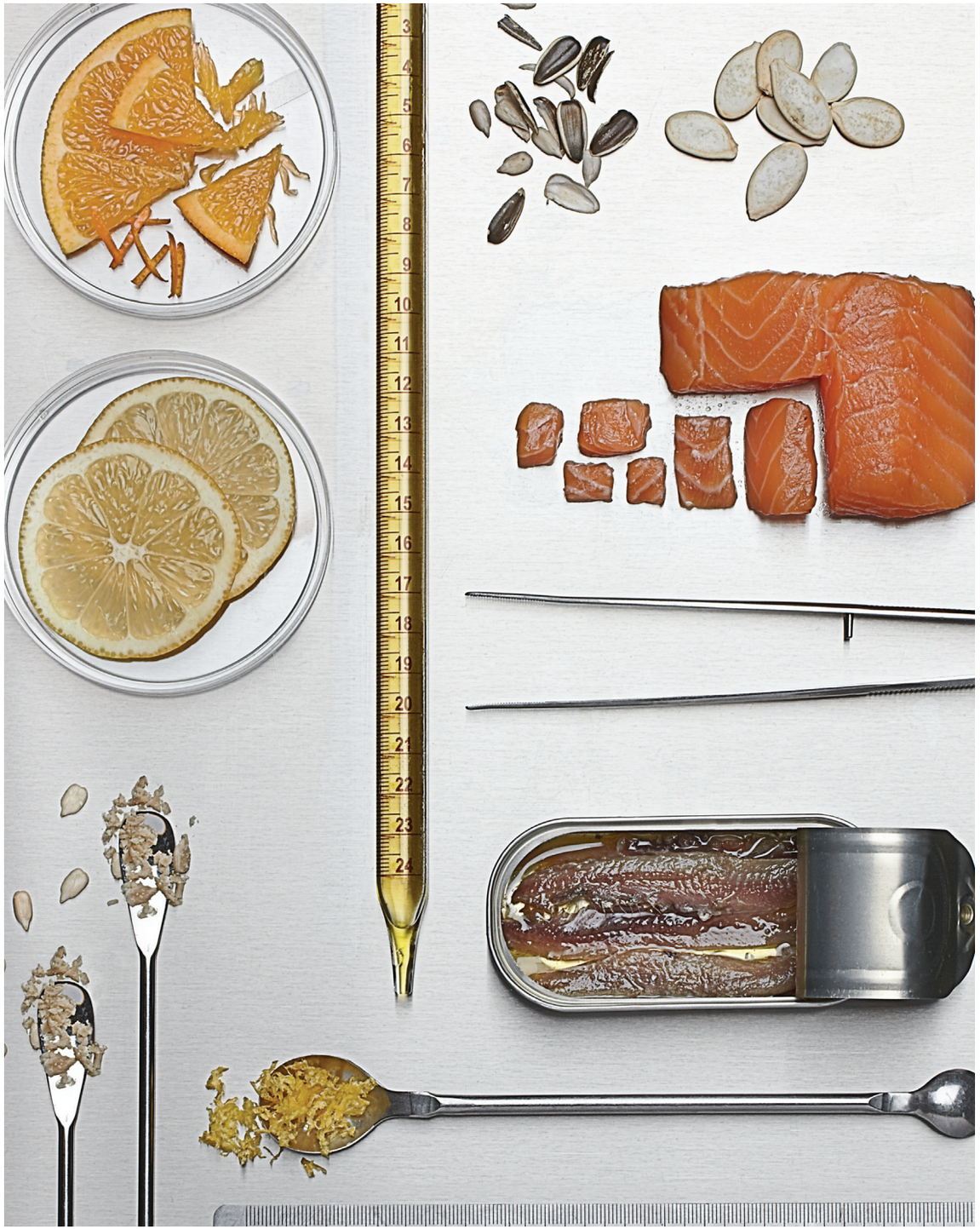
Citrus fruit, deep-sea fish, and nuts and seeds are packed with nutrients like vitamin C and essential fatty acids that can help keep your cells—the structural and functional units of all living organisms—healthy.

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

FOOD FOR THOUGHT

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

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



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

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CELLULAR FUNCTION

item #122

item #109

item #122
BIOMEGA™

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

PREFERRED PRICE: $22.95

item #109
VITAMIN D

An easy way to get 2,000 IU of maximum strength vitamin D to support bone mineralization and cellular health.*

PREFERRED PRICE: $20.45

item #143

item #143
BOOSTER C 600

(28 servings)

A delicious lemon-berry flavored powder that can be taken straight or mixed with water, **Booster C 600** comes in convenient single-serving stick packs, so your personal immunity support can be carried with you wherever you go.

PREFERRED PRICE: $32.95

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CARDIOVASCULAR HEALTH

The Fundamental Ingredients for Staying Young at Heart

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

FOOD FOR THOUGHT

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

item #110
PROFLAVANOL® C100

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

With a delicious grape-flavored coating!

PREFERRED PRICE: $40.45

item #123
COQUINONE® 30

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

PREFERRED PRICE: $36.95

item #123

CoQuinone® 100 is available exclusively in MyHealthPak.

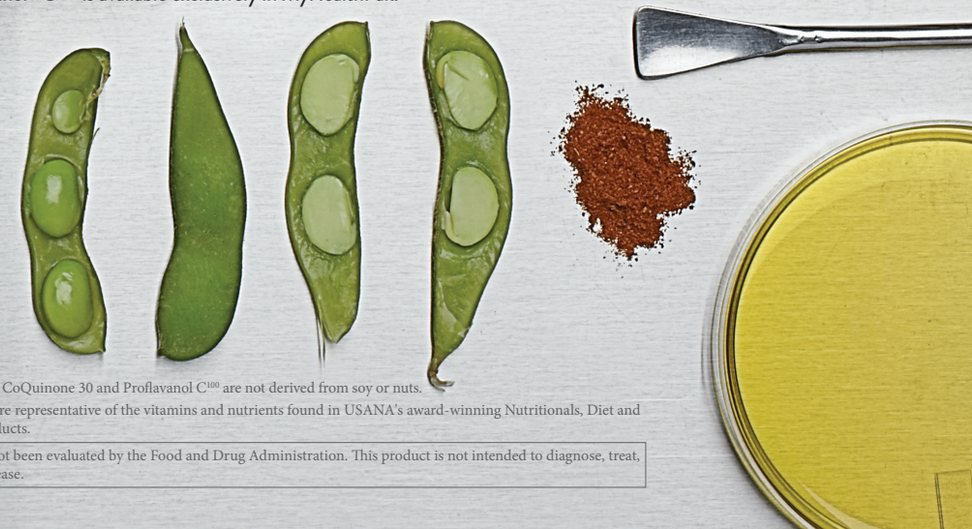
MY HP

HYBRID

item #110

MY HP

Proflavanol® C200 is available exclusively in MyHealthPak.



The active ingredients in CoQuinone 30 and Proflavanol C100 are not derived from soy or nuts.

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SKELETAL SYSTEM

A Measured Approach to Keeping Your Bones and Joints Healthy

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

FOOD FOR THOUGHT

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

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

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

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item #121
ACTIVE CALCIUM™ CHEWABLE

Your personal bone health formula in a chewable tablet for adolescents and adults. Also works great as an antacid for occasional heartburn.*

PREFERRED PRICE: $25.95

item #120
ACTIVE CALCIUM™

USANA's comprehensive bone health formula for adults.*

PREFERRED PRICE: $19.95

item #131
PROCOSA®

Delivers vegetarian glucosamine HCl to help maintain healthy cartilage and joints.*

PREFERRED PRICE: $31.95

"I felt a difference in my energy levels right away after taking USANA supplements. They help me train harder with more strength and endurance. I felt so strong in the ring that I was starting to become afraid of myself!"

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

TIMOTHY BRADLEY
FIVE-TIME WORLD CHAMPION
RECORD: 33-1-1 WITH 13 KOS

DIGESTION/DETOX

Getting to the Core of Good Health

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

ARE YOU ONE OF THE FEW AMERICANS who get the recommended 21–38 grams of fiber in your daily diet? If you are, perhaps you're aware of how great it is for your digestive tract, or maybe you've found that it leaves you feeling full, making it easy to skip unhealthy snacks. If you're not, whether it's for a slimmer figure or pure digestive health, discover for yourself why fiber is fantastic.

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DIGESTION/DETOX

item #111
DIGESTIVE ENZYME

A broad range of enzymes to support efficient digestive health and help with occasional stomach discomfort after a large meal.*

PREFERRED PRICE: $29.95

item #135
HEPASIL DTX™

Patent-pending antioxidant supplement specifically designed to support healthy liver function and your body's natural detoxification processes.*

PREFERRED PRICE: $34.95

item #108
USANA® PROBIOTIC

(14 servings)

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

PREFERRED PRICE: $26.95

item #226
FIBERGY® PLUS

(28 servings)

Fibergy Plus is a flavor-free fiber blend that is perfect for mixing in nearly any liquid, providing 12 grams of fiber per serving to support digestive health.

PREFERRED PRICE: $30.95

†Trademarks are the property of their respective owners.

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ENDOCRINE SYSTEM

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

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

FOOD FOR THOUGHT

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

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

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ENDOCRINE SYSTEM

item #128
PALMETTO PLUS™
Designed for men concerned with maintaining healthy prostate function.*

PREFERRED PRICE: $26.95

item #129
PHYTOESTRIN™
Mood swings, hot flashes, and night sweats. If that sounds familiar, it may be time to try a supplement to help smooth the transition into menopause.*

PREFERRED PRICE: $21.95

item #141
PURE REST™
This fast-acting, orange-flavored melatonin supplement is designed to give you the rest you so greatly deserve.*

PREFERRED PRICE: $16.45

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NERVOUS SYSTEM

Feed Your Network to Stay Sharp and Focused

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

item #126

item #134

MYHP
Visionex® DS is available exclusively in MyHealthPak.

item #134
VISIONEX®

Designed to help maintain healthy visual performance and protect the delicate tissues of the eye from photo-oxidation, a key factor in age-related visual impairment.*

PREFERRED PRICE: $31.95

item #126
GINKGO-PS™

Designed to support acute memory function and cognition.*

PREFERRED PRICE: $33.95

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MEAGHAN MIKKELSON

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

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

MOTHER & CHILD

The Science of Feeding Your Family

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

The **USANA BabyCare Prenatal Essentials**™ pack is a convenient dosage of essential, top-quality vitamins and minerals, making it easy for you to start making the right choices for your health and the health of your future children.

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

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MOTHER & CHILD

item #151
BABYCARE PRENATAL ESSENTIALS™

Includes **BabyCare Prenatal Mega Antioxidant** and **Chelated Mineral** with iron.

PREFERRED PRICE: $49.95

item #104
BODY ROX™

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

With a tasty fruit-flavored coating!

PREFERRED PRICE: $22.95

item #105
USANIMALS™

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

Kids will love the delicious wild berry flavor!

PREFERRED PRICE: $14.45

item #144
BIOMEGA™ JR.

(14 servings)

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

Delectable orange-pineapple gel fortified with vitamin D!
For best results, store in the refrigerator and serve cold.

PREFERRED PRICE: $17.45

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

DIET & ENERGY

A Personalized Approach to Healthy Eating

Everyone wants to eat healthy, but it's often hard to fit quality nutrition into your diet. USANA scientists have selected the most delicious and nutritious ingredients and used them to create high-quality shakes, energy drinks, and bars to suit your individual needs. USANA **MySmart™Foods** are the convenient and personalized way to add proper nutrition to your lifestyle—the S M A R T way. Each product has been formulated to provide a beneficial *macronutrient* base with a precise balance of carbohydrates, proteins, and beneficial fats. Combine **MySmartFoods** with USANA's **Essentials**—a precise blend of *micronutrients*—and you have everything you need to maintain a healthy lifestyle.

FOOD FOR THOUGHT

MySMARTFOODS are formulated using beneficial fats from coconut oil loaded with MCT (medium-chain triglycerides), which have many proven health benefits.

REV3 ENERGY® DRINK is flavored with pomegranate and other natural flavors.

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item #207

WHEY SHAKE BASE

Not genetically engineered
Gluten free† and soy free†

PREFERRED PRICE: $35.95

item #206

PLANT SHAKE BASE

Not genetically engineered
Gluten free† and dairy free†

PREFERRED PRICE: $37.95

USANA MySMART™ SHAKES

STEP ONE — CHOOSE YOUR PROTEIN BASE

USANA's creamy and delicious **MySmartShakes** are packed with the goodness of complete, high-quality protein.

Each base is rich in dietary fiber and contains an optimal balance of proteins, fiber, and natural fat from coconut oil.

item #205

SOY SHAKE BASE

Not genetically engineered
Gluten free† and dairy free†

PREFERRED PRICE: $35.95

†No gluten-containing ingredients are used in this product. However, all USANA food products are manufactured on equipment that also processes products containing milk, egg, peanuts, soy, tree nuts, wheat, and gluten.

MySMART™ FLAVOR OPTIMIZERS

STEP TWO — PICK A DELICIOUS FLAVOR

Personalize your MySmartShake with the choice of five delicious flavors. It's the ultimate way to achieve personalized nutrition.

item #289

item #289
ORANGE CREAM FLAVOR OPTIMIZER

Add a creamy, citrus blast to your shake with this low-calorie stick pack.

PREFERRED PRICE: $6.95

item #288
CAPPUCCINO FLAVOR OPTIMIZER

Give your shake a rich cappuccino flavor with this low-calorie stick pack.

PREFERRED PRICE: $6.95

item #282
BANANA FLAVOR OPTIMIZER

Add this fruity boost of flavor with less than 10 calories.

PREFERRED PRICE: $6.95

item #280
DARK CHOCOLATE FLAVOR OPTIMIZER

Satisfy your chocolate cravings by adding a tasty boost of chocolatey flavor with less than 10 calories.

PREFERRED PRICE: $6.95

item #281
PEACH MANGO FLAVOR OPTIMIZER

Tantalize your taste buds by adding this tropical peach mango flavor with less than 10 calories to your favorite base.

PREFERRED PRICE: $6.95

item #288

item #282

item #280

item #281

MySMART™ BOOSTERS

STEP THREE — THROW IN A BOOSTER

Add an extra boost to the protein base of your choice to make your shake exactly what you want and need.

item #208

PROTEIN PLUS BOOSTER

This booster contains an additional 10 grams of whey protein that is free from additives and fillers. It's the perfect way to get the extra protein your body needs to help satisfy your active lifestyle.

PREFERRED PRICE: $21.95

item #226

FIBERGY® PLUS BOOTSER

Kick your shake up a bit with an extra 12 grams of fiber.

PREFERRED PRICE: $30.95

IT'S YOUR PERFECT SHAKE, JUST THE WAY YOU LIKE IT!

item #208

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MySMART™ BARS

These delectable, gluten–free† bars give you all the indulgence you crave without the guilt. These on-the-go snacks provide a powerful punch of high-quality protein.

item #237
DARK CHOCOLATE BAR

Packed with high-quality protein, these sweet bars offer an excellent source of fiber and produce a low–glycemic response. Full of rich cocoa powder and dark chocolate chunks, this bar is the ideal way to satisfy your sweet tooth.

PROTEIN: 9 g
CALORIES: 150
FAT: 7 g

PREFERRED PRICE: $33.50

item #236
PEANUT BUTTER BAR

This delicious bar is loaded with high-quality protein and plenty of fiber. Topped with crunchy peanut pieces and a chocolaty drizzle, this bar is the perfect sweet treat to help satisfy your hunger without the empty carbohydrates.

PROTEIN: 11 g
CALORIES: 150
FAT: 6 g

PREFERRED PRICE : $33.50

item #239
COCONUT CASHEW BAR

This satisfying bar is made with delicious cashew butter and sweet, flaky coconut and is topped with a chocolatey drizzle. It offers an excellent source of protein, fats, and fiber to help curb cravings between meals.

PROTEIN: 10 g
CALORIES: 130
FAT: 6 g

PREFERRED PRICE: $33.50

item #238
BERRY NUTTY™ NUTRITION BAR

Finally—the whole foods bar you have been dreaming about. From raw almonds and cashews to delicious dried cherries and cranberries, this little bar delivers big flavor. And the best part? It's made with natural ingredients.

Gluten free†
Soy free††
Dairy free††

PROTEIN: 4 g
CALORIES: 160
FAT: 8 g

PREFERRED PRICE: $39.95

††Berry Nutty is manufactured on equipment that also processes products containing peanuts, soy, tree nuts, eggs, dairy, wheat, sesame, shellfish, and gluten.

†No dairy or gluten-containing ingredients are used in this product. However, all USANA food products are manufactured on equipment that also processes products containing milk, egg, peanuts, soy, tree nuts, wheat, and gluten.

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MySMART™START

USANA **MySmartFoods** are formulated with natural ingredients to provide an optimal balance of macronutrients (carbohydrates, proteins, and fats). USANA MySmartShakes and MySmartBars are the perfect way to support your fitness goals in an easy and convenient way.

Start your fitness journey with the seven-day MySmartStart, which provides quality nutrition with a seven-day supply of MySmartFoods and USANA Healthpak™ packets. Combine that with one low-glycemic meal and three servings of fruits and vegetables every day, and you have everything you need to allow your body to break free from unhealthy habits.

After your seven-day MySmartStart program, continue working toward your goals with the 28-day **Transform phase**, which can help you develop new habits and achieve lasting results.

Once you've met your fitness goals, you can begin the **Maintain phase** to help support your overall nutrition for the long-term.*

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item #251

MySMARTSTART KIT

This delicious variety pack includes:

14 servings of MySmartShake base
10 MySmartBars
14 MySmart Flavor Optimizers
7 HealthPak packets
1 MySmartStart program guide
1 MySmartStart bracelet

PREFERRED PRICE: $123.00

Contact your local Associate to learn how to create and customize your **Transform** and **Maintain kits.**

The MySmartStart fitness system lowers your daily calorie intake and recommends moderate exercise for best results. It is suggested that you take these products to your physician and secure their advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. Children under the age of 18 should not participate in the MySmartStart program, except on the advice of their health-care professional.

*These statements have not been evaluated by the Food and Drug Administration. The components of the MySmart™Start program are foods and are not intended to diagnose, treat, cure, or prevent any disease. As with any health or fitness program, a sensible eating plan and regular exercise are required to achieve long-term results. Results will vary.

REV3 ENERGY®

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

item #139
REV3 ENERGY® SURGE PACK
(14 stick packs with free chalk bag)

PREFERRED PRICE: $32.45

item #139
REV3 ENERGY® SURGE PACK REFILL
(28 stick packs)

PREFERRED PRICE: $53.45

WHAT SEPARATES REV3 FROM OTHER ENERGY DRINKS?

- **Rev3 Energy** is a vitamin- and antioxidant-enhanced beverage with a proprietary energy complex that is safe and effective.
- **Rev3** has a glycemic index that is three to four times lower than traditional energy drinks.
- Contains no artificial flavors, artificial sweeteners, or artificial colors.
- Contains all-natural caffeine from antioxidant-rich green and white tea.
- Replaces vitamins B1, B2, and B6, which may be depleted during exercise.

item #138

item #138
REV3 ENERGY® DRINK
(12 cans)

PREFERRED PRICE: $32.45

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

SENSÉ™ BEAUTIFUL SCIENCE®

Capture the Glow of Health

Dedicated to those looking to enhance their health *and* beauty, USANA created **Sensé Beautiful Science**, a comprehensive approach to skin care. Made from purified botanical extracts and topical nutrition complexes, **Sensé** is formulated to revitalize individual cells—where healthy skin begins. When cells are properly nourished and protected, you can expect beautiful results.

Each product is developed with groundbreaking, patented Self-Preserving Technology. With regular use, skin is visibly transformed.

FOOD FOR THOUGHT

GRAPE SEED EXTRACT is the core ingredient of USANA's proprietary Proflavanol-T® topical antioxidant.

ALOE in Daytime Protective Emulsion is soothing and hydrating.

PAPAYA ENZYMES help naturally exfoliate the skin in Rice Bran Polisher.

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

THE BASICS

item #300
GENTLE DAILY CLEANSER

This mild, soap-free formula washes away surface dirt and impurities without drying or irritating the skin.

PREFERRED PRICE: $16.95

item #301
HYDRATING TONER

After cleansing, restore skin's pH balance with this gentle, revitalizing toner.

PREFERRED PRICE: $14.45

item #302
DAYTIME PROTECTIVE EMULSION

Restore and protect against the visual signs of aging with this lightweight moisturizer enriched with light-activated Regenisomes™.

PREFERRED PRICE: $36.45

item #303
NIGHT RENEWAL CRÈME

Mend the look of aging and wake up to hydrated skin with this overnight treatment.

PREFERRED PRICE: $34.45

item #351
BASIC PACK

Get all of the Sensé basics in one convenient pack with the Basic Pack.

PREFERRED PRICE: $83.00

item #350
DELUXE PACK

The Deluxe Pack includes: **Gentle Daily Cleanser, Hydrating Toner, Daytime Protective Emulsion, Night Renewal Crème, Eye Nourisher, Rice Bran polisher, Nutritious Crème Masque,** and your choice of **Perfecting Essence** or **Serum Intensive**.

PREFERRED PRICE: $165.00

THE ENHANCERS

item #307
RICE BRAN POLISHER

Exfoliate dead skin cells and keep your complexion looking radiant with this gentle scrub.

PREFERRED PRICE: $14.95

item #307

item #308
NUTRITIOUS CRÈME MASQUE

This powerful facial treatment is designed to deliver intense moisture while drawing excess oils and impurities from the skin.

PREFERRED PRICE: $16.95

item #308

item #306

item #306
EYE NOURISHER

Give special care to the delicate skin around the eyes with this lightweight moisturizing complex.

PREFERRED PRICE: $22.95

item #304
SERUM INTENSIVE

This age-defying serum dramatically minimizes the appearance of fine lines and wrinkles, and helps retexturize skin's surface.

PREFERRED PRICE: $40.45

item #304

item #305

item #399

item #305
PERFECTING ESSENCE

Fight the appearance of aging and reduce uneven skin tone and texture with this acid-free refining treatment.

PREFERRED PRICE: $47.45

item #399
NATURAL WHITENING TOOTHPASTE

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

PREFERRED PRICE: $8.45

SENSE™ BODY CARE

item #354
HAIR & BODY PACK

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

PREFERRED PRICE: $76.50

item #311
ENERGIZING SHOWER GEL

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

PREFERRED PRICE: $15.95

item #312
REVITALIZING SHAMPOO

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

PREFERRED PRICE: $15.95

item #313
NOURISHING CONDITIONER

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

PREFERRED PRICE: $16.95

item #315
INTENSIVE HAND THERAPY

Moisturize dry skin and combat the damaging effects of the environment with this concentrated hand cream. Smooth rough skin and keep cuticles soft for happy, healthy hands.

PREFERRED PRICE: $13.95

item #314
FIRMING BODY NOURISHER

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

PREFERRED PRICE: $22.45

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

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

CAROLINE WOZNIACKI

25 CAREER WTA TITLES

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For more information about the USANA products and opportunity, contact your Independent USANA Associate.

USANA

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