

OPTIMUM HEALTH

for the ENTIRE FAMILY



Presented by Ani Black and Karen Ross 2013

OUR FOCUS

- optimum health for the whole family
and
- why do we need vitamin supplements?
 - why USANA supplements?
 - how to get started

If our cells are healthy, we are healthy



Healthy human cells in culture



Damaged cells after adding digested products from a typical fast-food meal



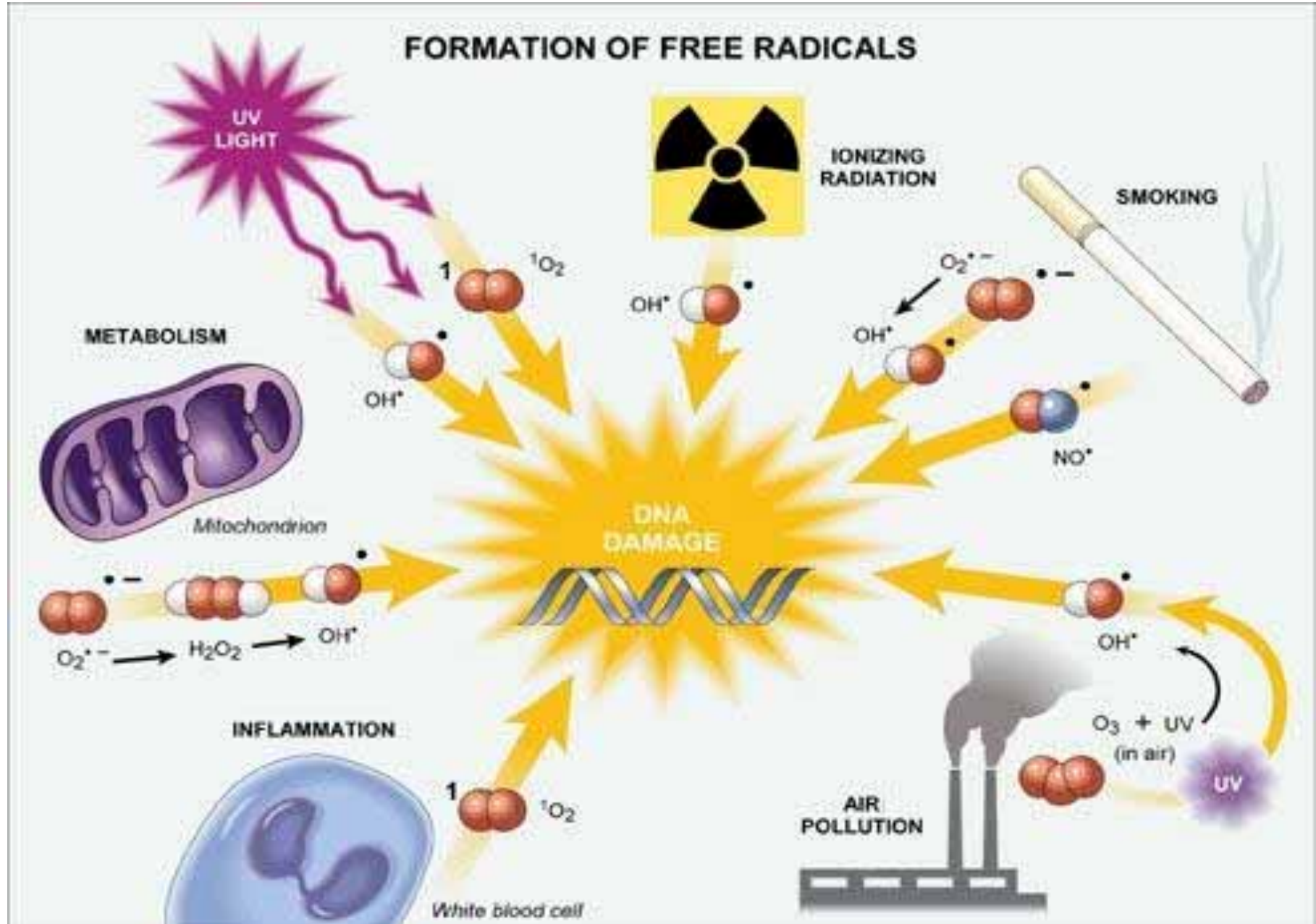
Similar cells when oxidation defense mechanisms are included

- Free radicals harm our cells and are caused by:
- Stress
- Radiation
- Pollution
- Sunshine
- Poor nutrition
- Toxins in the water and food supply



Are your cells receiving the nutrition they need to fight free radical damage?

We live in a toxic world



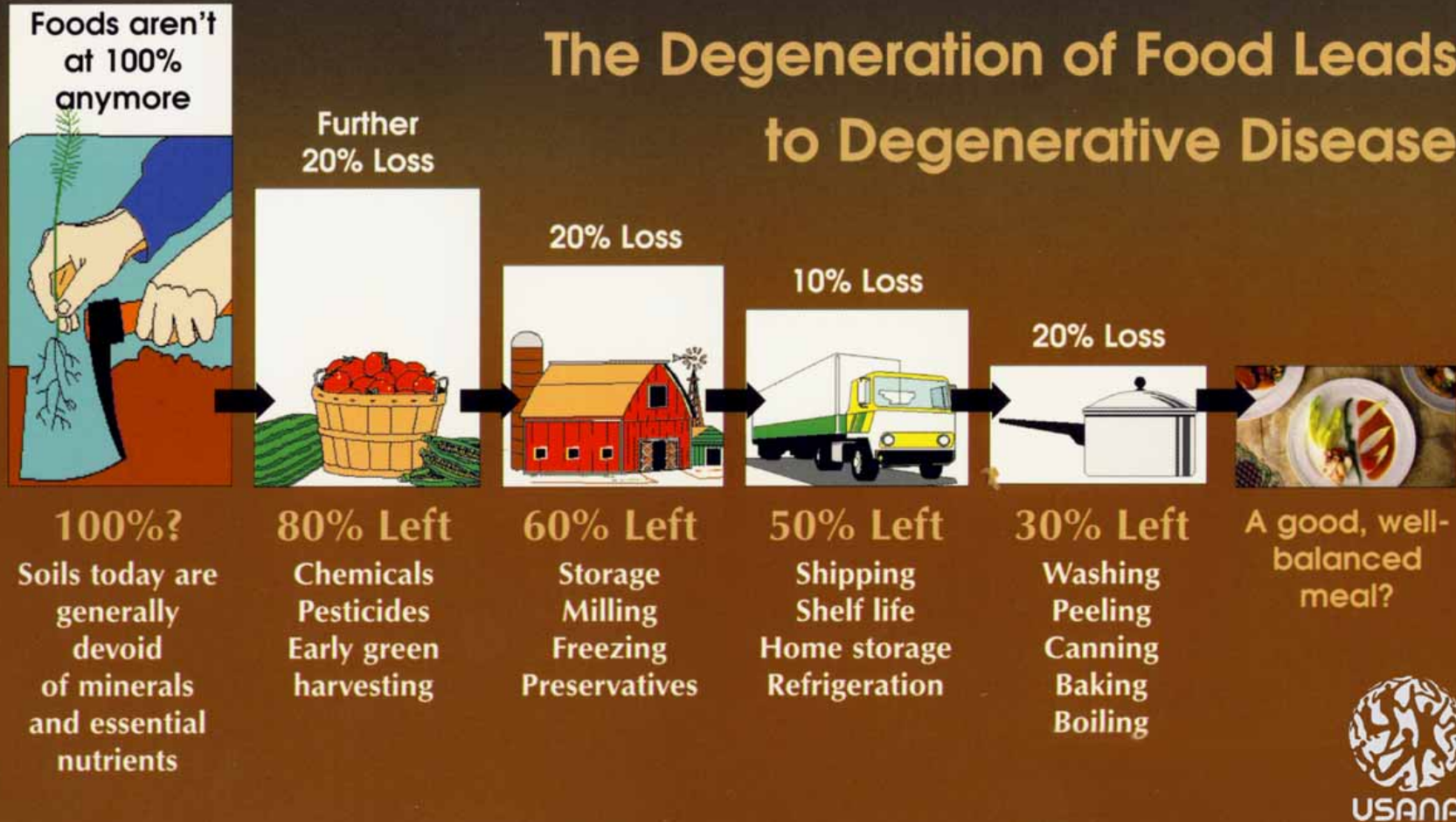
Our body is made of only 6 things

- Water
- Good fats
- Proteins
- Carbs
- Vitamins
- Minerals & co-factors



Nutrient Loss From Farm to Table

The Degeneration of Food Leads to Degenerative Disease



Am I receiving the nutrients I need?

To get the recommended 400 IU of vitamin E every day
you could take **USANA Essentials**
or consume many servings Vitamin E:

TO OBTAIN 400 IU

<u>FOOD</u>	<u>CUPS</u>
Wheat germ	13.8
Almonds	7.5
Spinach	72.6
Safflower Oil	3.6



Vitamin E is just 1 of 60 essential nutrients for health

Do you take nutritional supplements?

Are all vitamin products created equal?

Are you getting what you pay for?

54% of vitamin supplements tested in a Canadian pharmaceutical study did not disintegrate properly.

Disintegration – a basic indicator of product quality and is a major concern for dietary supplements.¹

1.Löbenberg R, Steinke W. Investigation of vitamin and mineral tablets and capsules on the Canadian market. 2006. J Pharm Pharmaceut Sci 9(1):40-9.



Only 3 of 9 prescription prenatal vitamin brands dissolved.

University of Maryland, November 1997

VITAMINS ABSOLUTELY DOCTOR APPROVED

June 2002, The Journal of the American Medical Association (JAMA) after reviewing more than 30 years of scientific papers on vitamins in relation to chronic diseases, published their findings.

“Sub-optimal levels of vitamins are associated with increased risk of chronic diseases including cardiovascular disease, cancer and osteoporosis.

*A large proportion of the general population has less-than-optimal intakes of a number of vitamins exposing them to increased disease risk.
It appears prudent for all adults to take vitamin supplements.”*



JAMA 2002; 287:3116-3126 and JAMA 2002; 287:3127-3129

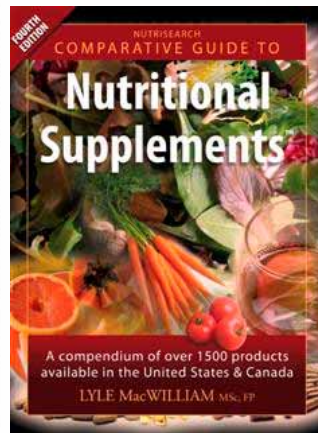
Science has proven vitamins are needed, but which brand?



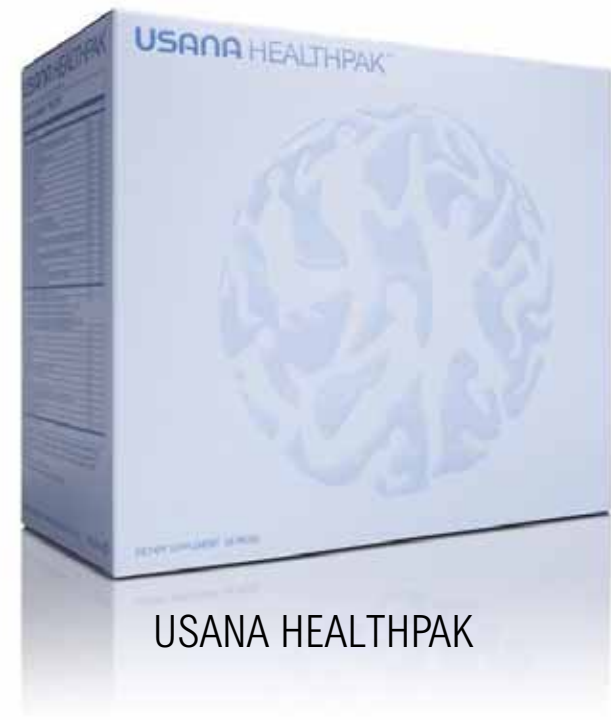
USANA Health Sciences
#1 best vitamins in over
2000 brands surveyed!



USANA ESSENTIALS



Comparative Guide



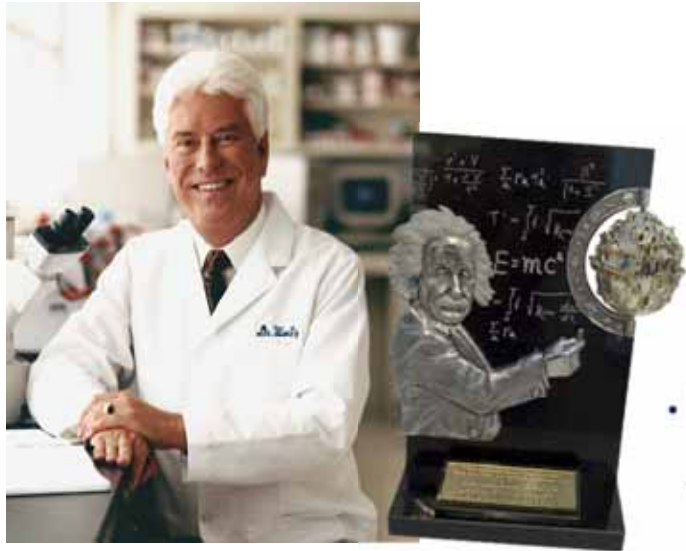
USANA HEALTHPAK



“In over 1,600 nutritional supplements evaluated, the USANA’s Essentials™ and USANA HealthPAK™ continue to set the gold standard, earning the NutriSearch Gold Medal of Achievement™ for proven product excellence.”

Lyle MacWilliam, BSc, MSc, FP - former Canadian Member of Parliament and Member of the Legislative Assembly for British Columbia

USANA Health Sciences - One Man's Vision

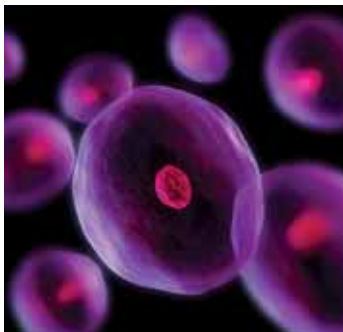


Dr. Myron Wentz, Ph.D.

Microbiology, Immunology

Recipient of the Albert Einstein Award for
Outstanding Achievement in the Life Sciences, June 2007

- **Founded Gull Laboratories in 1972**
world leader in human-cell culture and medical-diagnostic tech



- **Expert in Growing Human Cells**
science-based understanding of the needs of the human cell
- **Shifted from Disease Diagnostics to Health Focus**
- **Founded USANA Health Sciences in 1992**

Mission Statement of USANA HEALTH SCIENCES

To manufacture the highest quality, science-based products that people around the world can trust — what is on the label is what is in the bottle — providing maximum bioavailability and better health, giving everyone the opportunity for a better quality of life.

Am I Receiving the Nutrients I Need?

YOU'D HAVE TO EAT APPROXIMATELY 22,000 CALORIES AND SPEND MORE THAN \$33 A DAY TO GET THE SAME AMOUNT OF NUTRIENTS FOUND IN A DAILY DOSE OF THE ESSENTIALS.

18.5 medium oranges
Vitamin C (1300 mg)

85 medium bananas
B6 (32 mg)

44 large eggs
Vitamin D (1800 IU)

4.3 cups cooked spinach
Folate (1000 mcg)

7 oz. cooked clams
B12 (200 mcg)

1 lb. bag sunflower seeds
and quart corn oil
Vitamin E (400 IU)

3 oz. olive oil
Oliveol® (30 mg)



10 whole chicken breasts
Zinc (20 mg)



1 serving of yogurt
Calcium (270 mg)



2 cups cooked spinach
Magnesium (300 mg)



9 oz. of baked cod
Iodine (300 mg)



IS SUPPLEMENTATION A SOLUTION?

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.

Nutrition for 2 = BabyCare



BabyCare ESSENTIALS™



Based on Science, NOT Baby Talk

- optimum nutrition is critical – before conception, during pregnancy and while breast feeding
- pre-natal supplements ensure mother and baby get the essential vitamins, anti-oxidants and minerals not obtainable from diet alone
- the CORE FOUR = healthy baby and mother



BabyCare Essentials USANA Actical BiOmega Vitamin D

USANA - 1st in PERSONALIZED SUPPLEMENATION



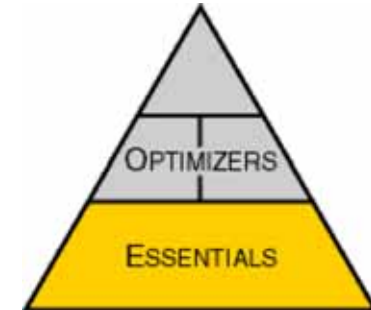
HealthPAK since July 2001



MYHealthPak since 2007

Optimize Your Health

USANA Optimizers are food supplements



Heart & Cardio Health – Liver Health – Bone Health – Joint Health – Eye Health

Specialized products for your individual needs

USANA listed in PDR and CPS



Digestion and Detoxification



PROBIOTIC PLUS

- age, stress, drugs, poor diet, sugar and alcohol upset good gut bacteria
- 80% of immune cells in the intestines

DIGESTIVE ENZYMES

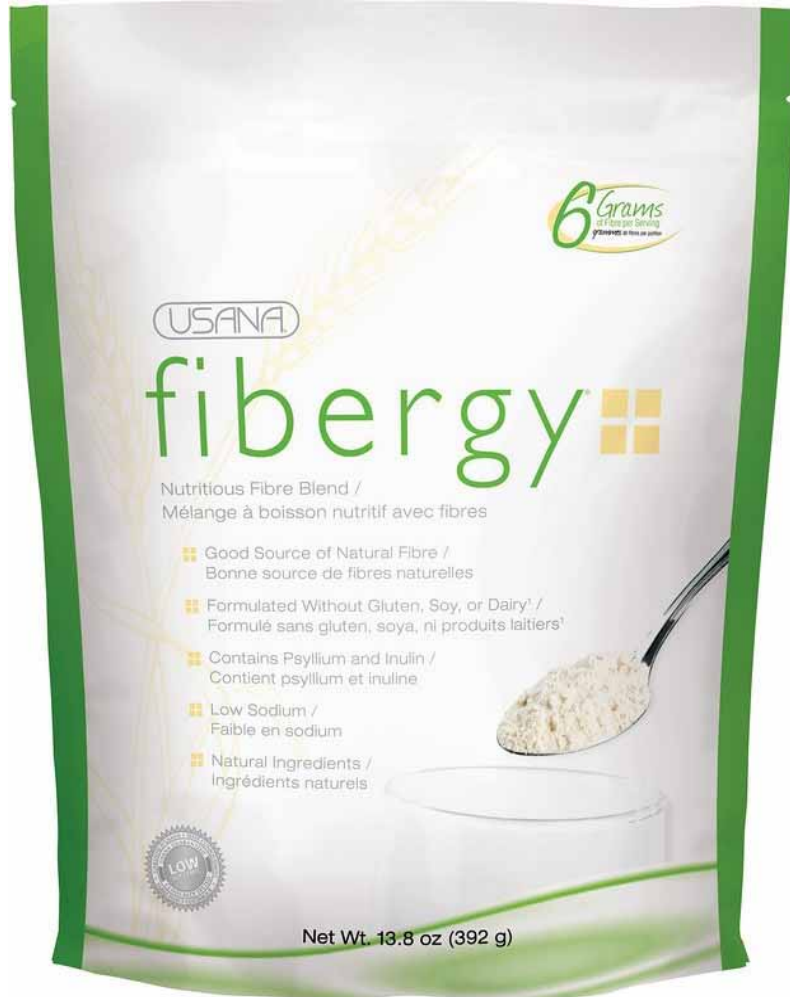
- digest more nutrients from your food
- supports enhanced removal of toxins



HEPAPLUS

- your liver is your toxin filtration plant
- optimum LIVER SUPPORT formula

FIBER – the DETOX ESSENTIAL



FIBERGY

- sweep the toxins from the body
- keeps colon healthy
- maintains healthy cholesterol levels
- 12 grams per serving
- 35 grams of fiber needed daily
- **promotes healthy bacteria**

USANA FOODS – a healthy choice

- super balanced approach to nutritional meal replacements
- delicious - easy-to-use bars and shakes
- healthy ratio of carbs, proteins and beneficial fats
- **Certified low glycemic** – delivers sustained energy and controls hunger
- helps all age groups maintain optimal health and ideal weight

DETOXIFY and LOSE WEIGHT with the TRANSFORM PROGRAM!

- cleanse liver, release fat, improve digestive issues, eliminate toxins
- gain energy, vitality, increase circulation **BETTER** health = **BETTER** LIFE



320 lbs lost - thanks to USANA



Hattie Montgomery – HEALTHY weight loss with USANA!

Before - 530 pounds

After - 210 pounds

REV3 – SMART ENERGY – Rev 3 Surge Pack



REV3 Carbonated Can – REV3 Surge Pack

LOW GLYCEMIC
Virtually NO CALORIES

Anti Fatigue – SAFE IMMUNE BOOSTING FORMULAS

Energy Boost and No Crash

Healthy - includes
vitamins, minerals
and antioxidants

CLEANER
SMARTER
STRONGER
DELICIOUS!

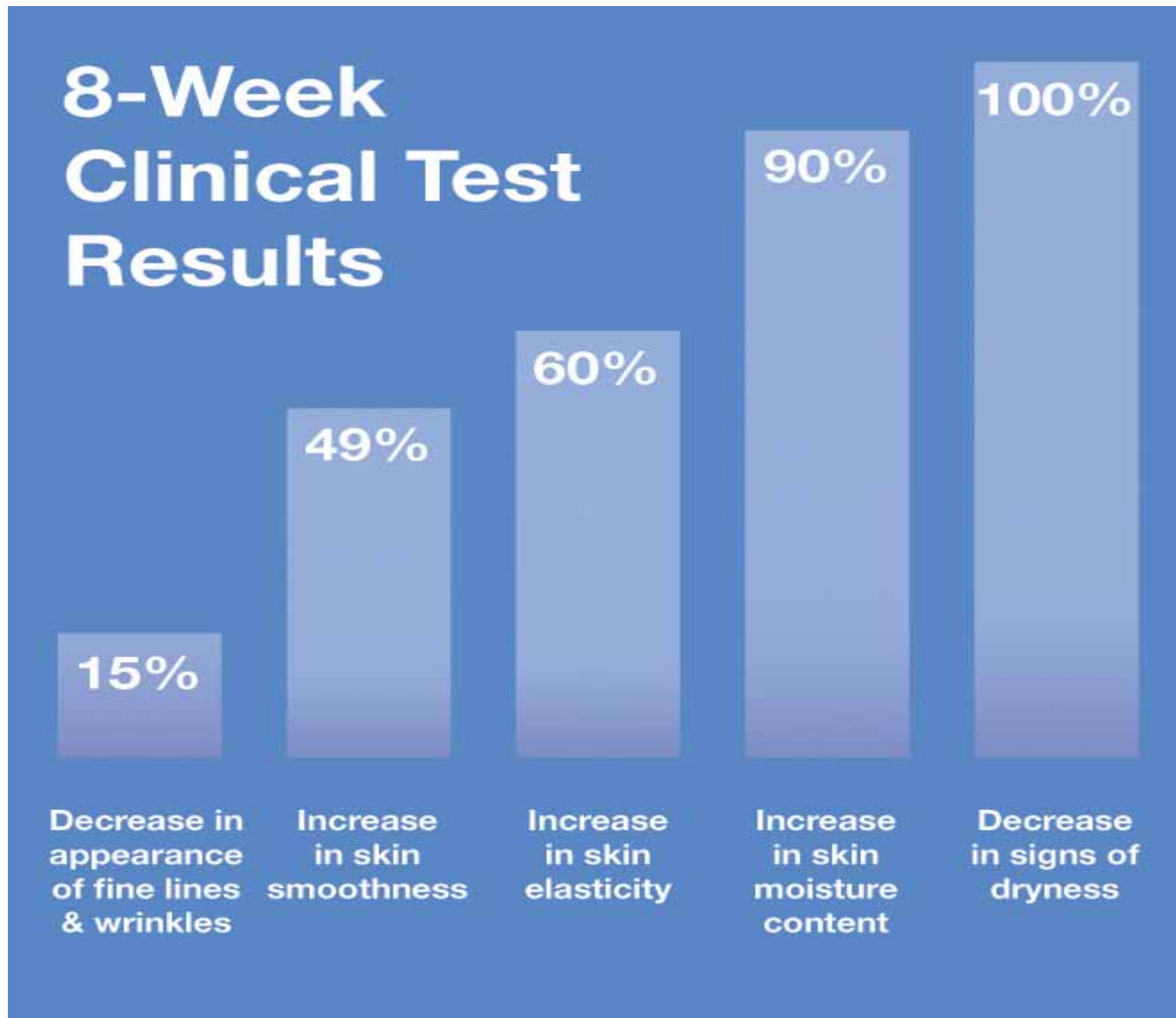
SENSÉ Beautiful Science Facial, Hair & Body Care

Advanced Patented Self-Preserving Technology Collection

- Helps reduce fine lines and wrinkles
- Reduces uneven skin tone and texture
- Exclusive anti-aging natural botanical formulas
- Radiant, healthier looking skin
- Rejuvenates complexion after environmental exposure



Outstanding Sensé Clinical Results



Sensé Total Hair & Body Health



- non-bar soap-free revitalizing body gel ideal for washing hands too!
- total body – firming body moisturizer
- intensive hand and foot therapy crème
- color safe shampoo and conditioner

- natural fluoride-free whitening toothpaste



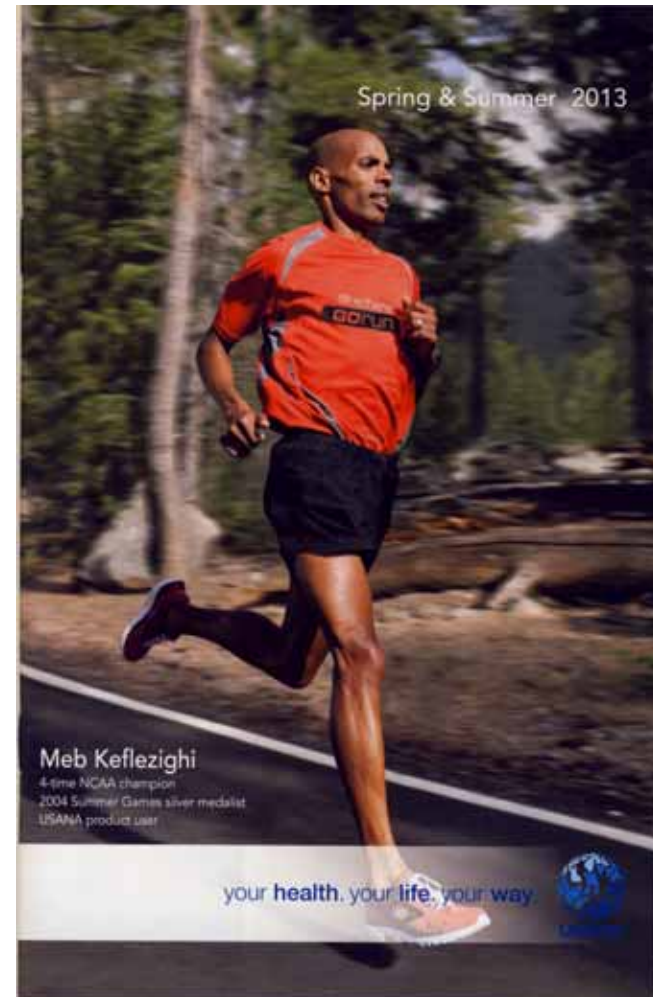
How do I get these products?

3 options to choose from worldwide:

- become a **Retail** customer
- become a **Customer** member – low prices
- become a Lifetime **Business** Member
 - lowest prices and all USANA options in 22+ countries

Catalogue shopping

- publishes twice a year
- check online for specials
- always get the lowest price
- Choose your products and place your order:
- Call toll free 1-888-950-9595
Mon - Fri or
- Make orders 24/7 online



Business or Customer members

Compile your order and provide:

- Your Full Name
- Shipping address
- Phone number
- Credit card details

...to get your account started

AUTOSHIP is **THE BEST** deal!

Huge \$SAVINGS\$

- save \$11 / month with the A/S price
- every year get almost 3 months



The Essentials™—Item #101

When taken together, **Mega Antioxidant** and **MultiMineral Plus** build a superior nutritional foundation for a healthy lifestyle. Order the **Essentials** together and save more than 10 per cent!

Retail \$63.54

Wholesale \$58.83

Autoship \$52.95



Want to get your USANA products paid for?
Want to get paid to take USANA products?

Join us for a few moments for a brief business membership overview

Call in to the same call in number

Follow the slides at — www.5starhealth.biz

Please speak to the person who invited you to this presentation