Explaining the CellSentials:



16127 EU EN-DE Vita Antioxidant 200cc

Food Supplement
Vitamin E contributes to the protection of cells from oxidative stress.

Directions: Adults take two 2 tablets twice a day.

Ingredients: Bulking Agent (Microcrystalline Cellulose), Incelligence Complex [Alpha Lipoic Acid, Hesperidin, trans- resveratrol, Curcuma 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 Acid Succinate, Inositol, Bulking Agent (Cross-linked sodium carboxy methyl cellulose), Calcium D-Pantothenate, Phytomenadione, Anti-Caking Agents (Silicon Dioxide, Ascorbyl Palmitate), Beta-Carotene, Nicotinamide, Biotin, Maltodextrin, Riboflavin, Thiamine hydrochloride, Coenzyme Q-10, Lutein, Retinyl Acetate, Nicotinic Acid, Cholecalciferol, Lycopene, Pyridoxine hydrochloride, Phytomenadione, Menaquinone, Flavouring (Vanilla), Glazing Agents (Sunflower Lecithin), Palm Oil, Cyanocobalamin.

Nutritional information per daily dose: 400 mg Vitamin C (500% RI), 250 mg Choline Bitartrate, 134 mg Vitamin E (1117% RI), 128 mg Inositol, 100 mg Alpha-Lipoic Acid, 90 mg Pantothenic Acid (1500% RI), 70 mg Green Tea Extract, 60 mg Quercetin Dihydrate, 40 mg Rutin, 40 mg Hesperidin, 40 mg trans- resveratrol, 38 mg Vitamin B3 (237.5% RI), 30 mg Olive Fruit Extract, 30 mg Vitamin B2 (2143% RI), 30 mg Vitamin B1 (2727% RI), 20 mg Vitamin B6 (1429% RI), 13mg Curcumin, 12 mg Coenzyme Q-10, 2500 µg Lycopene, 2000 µg Lutein, 1490 µg Vitamin A (197% RI), 600 µg Folic Acid (300% RI), 540 µg Vitamin K (720 % RI), 300 µg Biotin (600% RI), 100 µg Vitamin B12 (4000% RI), 70 µg Vitamin D (1400% RI). (RI = Reference Intakes).

16126 EU EN/DE Core Minerals 200cc

Food Supplement
Magnesium contributes to normal, energy-yielding metabolism.

Directions: Take two 2 tablets twice a day.

Ingredients: magnesium salts of citric acid, calcium salts of citric acid, Bulking Agent (Microcrystalline Cellulose), Calcium L-Ascorbate, Magnesium L-Ascorbate, N-Acetyl L-Cysteine, Glazing Agent (Hydroxypropylcellulose), Zinc Citrate, Bulking Agent (Cross-linked sodium carboxy methyl cellulose), Anti-Caking Agent (Ascorbyl Palmitate), Maltodextrin, Starch, Anti-Caking Agent (Silicon Dioxide), Potassium Iodide, L-Selenomethionine, Sodium Selenite, Manganese Gluconate, Anti-Caking Agent (Calcium Silicate), Cupric Gluconate, Sodium Molybdate, Flavouring (Vanilla), Salt, Glazing Agent (Sunflower Lecithin), Chromium Chloride, Palm oil.

Nutritional information per daily dose: 621 mg Vitamin C (776% RI), 245 mg Magnesium (65% RI), 225 mg Calcium (28% RI), 20 mg Zinc (200% RI), 2 mg Manganese (100% RI), 2 mg Copper (200% RI), 500 µg Iodine (333.3% RI), 200 µg Selenium (364% RI), 250 µg Chromium (625% RI), 50 µg Molybdenum (100% RI).
(RI = Reference Intakes).

Make Sure They Have Their Custom Link Open: Look beneath the blue “Add to Cart” button for a link that says “Learn More.” Do you see it? **<WAIT>** Ok click on ”Learn More” and scroll down. Now look for a blue link that says “Download Supplement Facts.” It’s below the video. Do you see it? **<WAIT>** Ok click on “Download Supplement Facts” in blue & tell me when you see the label. **<WAIT>** Ok now zoom into the left and look for Vitamin B12…

Explaining the Vita-Antioxidant Label: Do you see Vitamin B12? **<WAIT>** Do you see how it has over 4000% of daily value? **<WAIT>** You know how people pay around $50 dollars for Vitamin B12 shots? **<WAIT>** This is like having a Vitamin B12 shot everyday. And this is JUST the AM dosage listed on the label, so you are getting another 4000% with the PM dosage as well. This is very good for your energy. But it’s not just B12. Now look for B6, 1400% of daily value. Do you see B2, 2100% of daily value. And B1, 2700% of daily value. Do you see those? **<PAUSE>** And when you combine that with the high dosages of Vitamin A, C, D, E, and K, it creates a synergistic effect while feeding your cells. **<PAUSE>**

Now look for the words “Incelligence Complex.” Do you see them? **<WAIT>** So this is a process patent that USANA owns. These are specific ingredients at specific amounts that trigger receptors in your cells to think they are under attack, even though they are not. This causes your cells to work harder to defend themselves and protect your body more effectively against harm. Normally, your cells are NOT on high-alert, but with the Incelligence Complex they are! This causes them to work harder to protect you at their full potential. This is also patented, so you cannot get this process anywhere but from USANA.

Ok, so now look at the Core Minerals Label: Do you see the combination of iodine, zinc, magnesium, selenium and the others? **<WAIT>** These are all of the minerals that your cells need to function at their highest level. **<PAUSE>** When you combine the ultra-rich Vita-Antioxidant product with the Core Minerals, your cells are being fully nourished. And with the Incelligence Complex, your cells are on high alert working at their maximum potential. It’s very exciting. If you have healthy cells, you have healthy organs. If you have healthy organs, you have healthy systems. And if you have healthy systems, you have a healthy body. Take 2 of each bottle in the am. Take 2 of each bottle in the pm. **<WAIT>** Ok now go back to the previous website link so I can explain the other products listed in your recommendation. Tell me when you get there. **<GO BACK TO THEIR USANA CUSTOM LINK PAGE>**

Explaining the HealthPak:



EU HEALTHPAK BOX

FOOD SUPPLEMENT 56 PACKETS - NET WEIGHT: 245 g

Your Health Made Easy

USANA's HealthPak™ makes it easy to support your nutritional needs with pre-packed daily doses of USANA® food supplements:

Each packet contains:

- **USANA Vita-Antioxidant (1)**
- **USANA Core Minerals (1)**
- **USANA MagneCal (1)**
- **USANA CellSentials Booster (2)**

NUTRITIONAL INFORMATION PER DAILY DOSE: 190 mg CALCIUM (23.75% RI), 190 mg MAGNESIUM (50.67% RI), 180 mg VITAMIN C (225% RI), 175 mg ALPHA-LIPOIC ACID, 135 mg QUERCETIN DIHYDRATE, 100 mg MALOBAR KINO EXTRACT, 75 mg CHOLINE BITARTRATE, 40 mg ACETYLCYSTEINE, 32 mg INOSITOL, 29,8 mg α-TE* VITAMIN E (250% RI), 27,5 mg OLIVE FRUIT EXTRACT, 18 mg PANTOTHENIC ACID (300% RI), 17,5 mg GREEN TEA EXTRACT, 10 mg RUTIN, 10 mg VITAMIN B3 (62,50 % RI), 10 mg HESPERIDIN, 10 mg RESVERATROL, 5 mg ZINC (50% RI), 4,8 mg VITAMIN B2 (342,85 % RI), 4,2 mg VITAMIN B1 (381,8 % RI), 4 mg COENZYME Q-10, 3,25 mg CURCUMIN, 2 mg VITAMIN B6 (142,86% RI), 0,5 mg COPPER (50% RI), 0,5 mg MANGANESE (25% RI), 800 µg RAE** VITAMIN A (100% RI), 250 µg LYCOPENE, 200 µg FOLIC ACID (100% RI), 150 µg LUTEIN, 125 µg IODINE (83,33% RI), 75 µg BIOTIN (150% RI), 50 µg SELENIUM (91% RI), 25 µg CHROMIUM (63% RI), 25 µg VITAMIN K (33,33 % RI), 13 µg MOLYBDENUM (26% RI), 5 µg VITAMIN D (100% RI), 3 µg VITAMIN B12 (120% RI) (*RI= REFERENCE INTAKES).

*ALPHA-TOCOPHEROL EQUIVALENTS

**RETINOL ACTIVITY EQUIVALENTS



<u>If they have the box in hand</u>: Take out an AM/PM pack & rip it apart. I'm going to explain what each tablet is. Do you see the 2 orange colored tablets? Those are Vita-Antioxidants, which is the multivitamin with Incelligence Complex. Next, do you see the 2 smaller white-bluish tablets? Those are the Core Minerals. Next, do you see the bigger white tablet? That's MagneCal D for strong & healthy bones. It also helps with mood and allergies. Lastly, do you see the smaller brown tablet? That's the Booster pill which activates network pathways in your cells and helps balance your blood sugar. All of these work together to do some amazing things in your body, but the best way to understand is to look at the label.

<u>Explaining the HealthPak Label</u>: Do you see Vitamin B12? **<WAIT>** Do you see how it has over 4000% of daily value? **<WAIT>** You know how people pay around $50 dollars for Vitamin B12 shots? **<WAIT>** This is like having a Vitamin B12 shot everyday. And this is JUST the AM dosage listed on the label, so you are getting another 4000% with the PM dosage as well. This is very good for your energy. But it's not just B12. Now look for B6, 900% of daily value. Do you see B2, 1100% of daily value. And B1, 1250% of daily value. Do you see those? **<PAUSE>** And when you combine that with the high doses of Vitamin A, C, D, E, and K, it creates a synergistic effect while feeding your cells. **<PAUSE>**

Now look for the words "Incelligence Complex." Do you see them? **<WAIT>** So this is a process patent that USANA owns. These are specific ingredients at specific amounts that trigger receptors in your cells to think they are under attack, even though they are not. This causes your cells to work harder and defend themselves to protect your body more effectively against harm. Normally, your cells are NOT on high-alert, but with the Incelligence Complex they are! This causes them to work harder to protect you at their full potential. This is patented, so you cannot get this process anywhere but from USANA.

Ok, so now look for the combination of iodine, zinc, magnesium, selenium and the others? **<WAIT>** These are all of the Core Minerals that your cells need to function at their highest level. **<PAUSE>** When you combine the ultra-rich Vita-Antioxidant product with the Core Minerals, your cells are being fully nourished. And with the Incelligence Complex, your cells are on high alert working at their maximum potential. It is very exciting. If you have healthy cells, you have healthy organs. If you have healthy organs, you have healthy systems. And if you have healthy systems, you have a healthy body. Take with food. 1 packet in the am, 1 packet in the pm.

Explaining the Other Products in Their Recommendation

Ok, so now I'm going to explain each of the other products in your recommendation. Which one do you see next? **<ONLY EXPLAIN THE PRODUCTS IN THEIR RECOMMENDATION, SKIP THE REST>**



Ok, so **BiOmega** is the second most important product that we make. Your body does not make omega-3 on it's own. If you are not eating salmon everyday, your body isn't getting it the essential omega-3 fatty acid that it really needs. This is for your hair-nails-and-skin & your brain-joints-and-heart. What makes USANA's fish-oil different is that it's sourced from small fish. Small fish have shorter life spans, so they are lower in contaminants. Most fish oil on the market is sourced from cheap large fish with long life spans, which means they are much more likely to be contaminated. The best part is that USANA also uses a molecular distillation process which removes all contaminants and provides you a completely pure version of Omega-3 Fish Oil. No Fish Burp. 1am & 1pm.



Next is **ProflavanolC200**. This product is for inflammation, combining Vitamin C & Grapeseed Extract together which raises the levels of Vitamin C in your body for a longer period of time. Anywhere you could have inflammation, this product will help. Including allergies, your veins, heart, joints and brain. It also supports your body in producing its own collagen, which improves your skin's elasticity & firmness. They call this product face-lift-in-a-bottle because it's so good for your skin. Available in 100mg 200mg tablets. Take 1am & 1pm.



Next is **USANA Probiotic**. This is for your gut health. It gives your gut the healthy bacteria that it needs for good digestion and nutrient absorption. It also supports your immune system bigtime. It contains a unique mixture of two of the most studied probiotic strains that survive through the stomach's harsh, acidic environment. Many probiotics on the market don't survive the harsh, acidic stomach environment. That's why USANA Probiotic is different. It makes a huge improvement with your digestive health & immunity. Take 1 every other morning.



Next is **MagneCal D**. It is for strong and healthy bones. What makes this product different is the Magnesium & Vitamin D that's included. This helps the calcium get delivered into your bones. Most calcium on the market never makes it into your bones because it lacks Magnesium & Vitamin D. This also helps with mood, sense of well-being, sleep, allergies, keeping strong-mineral rich bones & teeth, healthy muscle & nerve function, energy, metabolism, and heart health. 1am & 1pm.



Next is **Hepasil DTX**. It is great for your liver and detoxification support. It also really helps with energy, endurance, recovery, and removal of fat, toxins, and waste products. Hepasil is NOT a liver cleanse. When your liver is healthy, it doesn't need an extreme cleanse to detoxify. Hepasil uses milk thistle to keep your liver cells healthy. It also has an ingredient to help your body make its own glutathione, which helps your body build and repair tissue. Glutathione also helps reduce symptoms of Parkinson's disease. Hepasil is not a cure or treatment, but provides very powerful antioxidants for your body. 2am & 1pm.



Next is **Body Rox**. Made specifically for the unique needs of a teenager. Provides essential vitamins & minerals during this critical stage of growth and development. Supports healthy immune function, energy production, metabolism, collagen production, and healthy brain activity. Reduces mental tiredness and helps regulate mood. Increases skin health and healthy skin appearance. What makes this product different is USANA's Antioxidant Phytonutrient Complex, which defends the body's cells and helps compensate for teen's erratic eating habits. 1am & 1pm.

Explaining the Other Products (continued):



Next is **Proglucamune**. It is huge for helping with stress & building your immune system. It has beta glucans which prime your cells for much faster immune response than they normally have. Most beta glucan products on the market only offer one source, but this product offers multiple sources from reishi & shiitake mushrooms, and bakers yeast. It also has plenty of zinc which is very important for your immune response. This product is very beneficial for your immune system. 1am & 1pm.



Next is **Procosa**. This is a pharmaceutical grade, vegetarian glucosamine combined with a special form of turmeric that makes it 30 times more bioavailable than other glucosamines on the market. Once the cartilage on your bone caps is gone, it's gone. That's why it's important to focus on preserving what you have. As you age, the level of hydration in your joints will naturally decline. Procosa helps your body maintain healthy cartilage, keeping your joints lubricated and healthy. It also helps your body produce its own collagen & glutathione, which helps with your skin health, joint pain, and inflammation. It's a wonderful product! 2am & 1pm.



Next is **Metabolism Plus**. With high levels of green tea extract, Metabolism Plus supports your body's ability to burn stored fat into energy. 25mg of caffeine derived from natural green tea in each tablet. It also supports healthy cholesterol levels and healthy metabolic rate. Maintain energy that lasts all day long and support your metabolism to work more optimally for you. Ideal for any adult looking to reach or maintain a healthy weight. Take up to 3 tablets daily, preferably before food.



Next is **Poly C**. Vitamin C contributes to the maintenance of good health throughout the body. USANA's Poly C's advanced formula offers a unique blend of mineral ascorbates to help make vitamin C available in the body's blood stream for longer. Formulated to complement USANA's CellSentials, Poly C provides extra vitamin C when you really need it. And that's not all. It also contains citrus bioflavonoids, which support overall health and wellness. 1am & 1pm.



Next is **Vitamin D**. Also known as the sunshine vitamin, this product is very important for your immune system and mood. It's high potency Vitamin D3 that's also high in Vitamin K2, which protects your heart. It also helps keep strong & healthy bones, plus joint mobility & muscle recovery after intense workouts. If you have achy bones & joints, or you're feeling down-and-out, you may be low on Vitamin D levels. People who are overweight also need more Vitamin D. Maintaining a healthy Vitamin D level is important for overall balance & functioning of your immune system. 1am & 1pm.



Next is **Mind + Body Balance**. Maintain a positive mood and relax with Mind + Body Balance, USANA's daily mood-support supplement. This dynamic formula contains extensively researched herbal ingredients—ashwagandha, saffron, and lemon balm—to promote feelings of ease and peace. Designed to nurture a healthy emotional response and resilience. Helps the body adapt to feelings of mild and occasional stress and nervousness. 1am & 1pm.



Next is **Toothpaste Featuring ADP-1**. This innovative fluoride free, whitening toothpaste is scientifically proven to whiten teeth. ADP-1 is a post biotic that attracts impurities in your mouth for a clean, polished brighter smile with fewer surface stains. No artificial colors, flavors or sweeteners. Contains naturally derived ingredients and menthol for fresh breath. Great for both adults and children.

Explaining the Other Products (continued):



Next are **Dutch Chocolate Nutrimeal Shakes**. Giving you 15 grams of high quality soy & whey protein blend per serving, these are low-glycemic meal replacement shakes that keep your blood sugar in normal range. Safe for diabetics. Supports healthy digestion and keeps you feeling full with 8g of dietary fiber. They have 240 calories per shake and can be used to lose weight or just for a healthy breakfast. They provide an optimal ratio of low-glycemic carbs, fiber, protein, and healthy fats in a delicious chocolate or strawberry flavor. Gluten Free. Non-GMO. 9 shakes per bag. 3 level scoops = 1 shake. For best results use blender with 12 oz of water & 5-6 ice cubes. Or you can also use cold water & shake it up yourself in a blender bottle.



Next are **French Vanilla Nutrimeal Shakes**. Giving you 15 grams of only high quality soy protein per serving, these are low-glycemic meal replacement shakes that keep your blood sugar in normal range. Safe for diabetics. Supports healthy digestion and keeps you feeling full with 8g of dietary fiber. They have 240 calories per shake and can be used to lose weight or just for a healthy breakfast. They provide an optimal ratio of low-glycemic carbs, fiber, protein, and healthy fats in a delicious vanilla flavor. Gluten Free. Non-GMO. 9 shakes per bag. 3 level scoops = 1 shake. For best results use blender with 12 oz of water & 5-6 ice cubes. Or you can also use cold water & shake it up yourself in a blender bottle.

Explaining the Skincare Products:



Next is **Gentle Milk Cleanser**. For dry/sensitive skin. Gently removes dirt and impurities without stripping your skin's natural moisture as a creamy, everyday cleanser. Features **Olivol®** Botanical Blend, fruit extracts that provide hydration & support skin's natural repair process. Key ingredients are Glycerin, which pulls moisture to support a healthy look. Squalane, a plant based natural moisturizer. And Sodium Lactate, a form of lactic acid that gently exfoliates the skin. Apply 2-3 pumps over the entire face & neck in a circular motion. Rinse with lukewarm water & pat dry. Follow with Perfecting Toner. Paraben Free.



Next is **Creamy Foam Cleanser**. For oily, combination, or breakout prone skin. This creamy cleanser creates a rich lather that lifts away dirt & oil while gently exfoliating dull, dry skin. Featuring **Olivol®** Botanical Blend, fruit extracts that provide hydration & support skin's natural repair process. Key ingredients are Lauric Acid, to gently exfoliate and promote better looking skin tone. Glycerin, which pulls moisture from the air to support a healthy look. And Palmitic Acid, to soften the skin & add moisture retention. Apply a cherry-sized amount to damp face & neck in circular motion. Add water to create a rich lather. Rinse thoroughly & pat dry. Follow with Perfecting Toner.



Next is **Perfecting Toner**. For all skin types. This is an essential step to balance the PH levels of your skin to absorb the benefits of the serum & moisturizers to follow. Featuring USANA's **InCelligence™** technology to decrease the appearance of fine lines & wrinkles. Includes: **Olivol®** Botanical Blend, fruit extracts that provide hydration & support skin's natural repair process. Peptides, amino acids that hydrate and reveal visibly firm, younger looking skin. After cleansing, apply 3-4 drops to a cotton pad. Sweep gently over face and neck. Do not rise. Follow with Serum, Eye Essence, or Moisturizers. Dermatologically Tested. Paraben Free.



Next is **Vitalizing Serum**. For all skin types. Clinically proven for younger looking skin. Referred to as "Liquid Gold in a Bottle", our best-selling powerhouse serum dramatically reduces the appearance of fine lines and wrinkles, discoloration, large pores, & loss of elasticity. Preserve your skin's natural beauty with this breakthrough formula. It features USANA's **InCelligence™** technology which counteracts lifestyle stress aging like the appearance of fine lines & wrinkles. Moisturizes to create dramatically younger skin. After applying Perfecting Toner, apply 2-3 pumps of Vitalizing Serum evenly across face & neck in an upward, outward motion. Follow with Hydrating Eye Essence or moisturizer of your choice.



Next is **Hydrating Eye Essence**. For all skin types. Lightweight, ultra-hydrating eye serum for sensitive skin under the eyes. Combines peptides, avocado oil, apricot fruit extract and gingko biloba extract to diminish the look of visible dark circles, puffiness, and crows feet. Brightens, lifts, and smooths the look of eyes. After applying Perfecting Toner and Vitalizing Serum, use applicator to massage product around the eye area. Then use clean ring finger to gently pat the product into skin. Follow with moisturizer of your choice.

Explaining the Other Products (continued):



Next is **Protective Day Cream SPF 30**. For dry/sensitive skin. Begin each day beautifully by protecting your skin from the leading cause of premature skin aging. This moisturising cream protects and provides rich hydration for healthy-looking skin. Dermatologist tested, paraben free and features the **Olivol™** Botanical Blend.



Next is **Protective Day Lotion SPF 30**. For oily, combination, or breakout prone skin. Begin each day beautifully by protecting your skin from the leading cause of premature skin aging. This lightweight lotion protects and hydrates for healthy-looking skin. Dermatologist tested, paraben free and features the **Olivol™** Botanical Blend.



Next is **Replenishing Night Cream**. For dry/sensitive skin. This rich cream promotes hydrated, radiant skin with a luxurious blend of natural botanicals and powerful peptides designed to fight the appearance of wrinkles and restore the youthful look of your complexion overnight. Dermatologist tested, paraben free and features **InCelligence™** technology and the **Olivol®** Botanical Blend. Apply a pearl-size amount over face and neck in upward and outward motions after Toner or Vitalising Serum and Hydrating Eye Essence.



Next is **Replenishing Night Gel**. For oily, combination, or breakout prone skin. 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. Dermatologist tested, paraben free and features **InCelligence™** technology and the **Olivol®** Botanical Blend. Apply a pearl-size amount over face and neck in upward and outward motions after Toner or Vitalising Serum and Hydrating Eye Essence.



Next is **Exfoliating Scrub & Mask**. For all skin types. Dual-action, scrubbing formula gently exfoliates with a pollution-fighting charcoal to help remove stubborn impurities, visibly promote better skin tone, and reduce the appearance of pores. Features **Olivol®** Botanical Blend comprised of fruit extracts clinically shown to provide rich hydration after just one application. Exfoliates using charcoal and gentle hydrogel beads to polish and protect against the visible effects of pollution. Smooths and brightens the appearance of skin. Replenishes moisture and absorbs excess oils and impurities. Detoxifies pores and makes them appear smaller. Dermatologically tested. Apply to face in gentle, circular motions and rinse for even exfoliation. For additional purifying benefits and to deeply detoxify your pores, leave on for 10—15 minutes before rinsing.



Next is **Hydrating & Lifting Sheet Mask**. For all skin types. This luxurious, at-home beauty treatment gives your skin intense hydration to reveal a more youthful-looking, radiant complexion. Features our exclusive Celavive Complex plus key botanicals known to hydrate, lift, firm, and smooth the appearance of tired-looking skin. Includes three individually wrapped masks. Dermatologically test. Features **InCelligence™** technology. Remove mask from foil packaging and gently unfold before applying it to a clean, dry face. Remove mask after 20 minutes and massage any excess product into skin in upward and outward motions.

Explaining Products in NFR:



Next are **Prenatal CellSentials**. A perfect blend of safe, effective levels of vitamins and minerals essential for a healthy pregnancy and baby. Supports energy & immunity, healthy fetal growth from the first trimester through birth, and ensures essential nutrient delivery while breastfeeding. Provides an excellent source of folic acid, which reduces risk of brain and spinal cord defects. Excellent source of biotin, vitamin A & magnesium. What makes this different from other prenatals on the market are the Incelligence Complex Ingredients, which activate your cells to protect & renew at their highest potential. This is also passed down to the baby. This patented formulation can only be found in USANA. Take 2 of each in the AM, 2 of each in the PM.



Next is **Usanimals**. Excellent nutritional support for growing children ages 2 through 12. Easy- to-eat chewables in wild-berry flavor stamped with fun animal shapes. This product lays the foundation for a lifetime of optimal health, immune system support, bone health and brain health. Includes the right amount of iron for energy & cellular growth. What makes this product different is USANA's Antioxidant Phytonutrient Complex, which defends the body's cells and helps compensate for children's erratic eating habits. Children 2-4, chew 1 tablet per day. Children 4-12, chew 2 tablets per day (1 in AM, 1 in PM). Preferably with a meal.



Next is **Biomega Jr**. A highly bioavailable source of omega-3s for your child's diet in a tasty orange-pineapple flavored gel. Supports your child's healthy brain development, immune system, skin, eyes, heart, bones and teeth. Impacts attention, concentration, behavior & mood. Ages 4-12, take 1 packet every-other-day with or without food. Serve chilled for an even better taste.



Next is **CoQuinone30**. This is for heart health and energy. You know how kids bounce off the walls with energy? It's because their cells have lots of ATP, which produces energy. As we age, we lose our ATP. But CoQ30 helps your cells produce more ATP again. Every cell needs ATP. The organs that need it the most are your kidneys, liver, pancreas, spleen, lungs, adrenal glands, brain, and muscles. Including your most important muscle, your heart. It also helps maintain healthy cholesterol levels by preventing the LDL bad cholesterol from being oxidized. Oxidized LDL is the root cause of heart disease. This product does so much! 1am & 1pm.



Next is **CoQuinone100**. This is for heart health and energy. You know how kids bounce off the walls with energy? It's because their cells have lots of ATP, which produces energy. As we age, we lose our ATP. But CoQ100 helps your cells produce more ATP again. Every cell needs ATP. The organs that need it the most are your kidneys, liver, pancreas, spleen, lungs, adrenal glands, brain, and muscles. Including your most important muscle, your heart. It also helps maintain healthy cholesterol levels by preventing the LDL bad cholesterol from being oxidized. Oxidized LDL is the root cause of heart disease. This product does so much! 1am & 1pm.

Explaining Products in NFR (continued):



Next is **Digestive Enzyme**. This product helps digest your food when you have a meal. It supplies enzymes to support absorption and digestion. It also helps relieve occasional stomach discomfort, indigestion, and the sense of over-fullness that may occur after eating a large meal. It also supports the body's ability to digest lactose properly. Take 1 while eating your biggest meals of the day.



Next is **CopaPrime**. This product impacts your mental acuity and sharpness. CopaPrime contains a potent blend of American Ginseng, Bacopa, & Coffee Cherry extract that helps with focus, information processing, reaction times, memory function, and learning. These ingredients also support having a positive mood and ability to handle stress. It is incredible nutrition for your brain. Take 2 in the am.



Next is **EstroPro**. This is for hot flashes, night sweats, difficulty sleeping, fatigue, and mood swings experienced during menopause. It is also great for pre-menopause & post-menopause. It provides phytoestrogens that communicate with estrogen receptors to assist in your well-being during this transition. It supports healthy function of hormones in menopausal women, helps maintain healthy bone mass, heart health, and skin-health after menopause as well. 1am & 1pm.



Next is **Palmetto Plus**. This product is for prostate health. There is lots of research showing that men who consume saw palmetto have a healthier prostate. Lycopene is another ingredient linked to prostate health and immune function. USANA is one of the few major manufacturers to combine saw palmetto with lycopene in a single product. It is incredible for your prostate health. Take 1 in the am.



Next is **Visionex**. This product has the ingredients to keep your eyes healthy. Especially from stress and fatigue after hours of looking at computer screens and cell phones. It protects your retina with lutein & bilberry extract and helps maintain the structure and integrity of the lens of your eye. The ingredients in Visionex also support your brain with cognition, learning, and memory. Visionex does a lot! Take only 1 in the pm.



Next is **Vitamin K2**. This is product helps your body's calcium to keep moving in the right direction. It helps keep your arteries free-and-clear from calcium buildup and ensures that the calcium is deposited into your bones. It also helps maintain healthy blood vessels, circulation, and healthy blood pressure. Take only 1 in the am.

Explaining Products in NFR (continued):



Next is **Fibergy Active**. This is a fiber powder with probiotics that you can mix with any liquid to have a nice fiber drink each day. It goes nicely with USANA shakes or smoothies as well. It has soluble and insoluble fiber for optimal gut health & regularity. It feeds and sustains your gut microbiome. It also helps with weight loss, heart health, and balancing your blood sugar. It was the second product USANA created over 30 years ago. It is still one of our most important products.



Next is **Booster C 600**. This product is for when you have a scratchy throat or flu-like symptoms. It is not for daily use, but it boosts your immune system up-a-notch when you really need it. It has high levels of Vitamin C, Zinc, Elderberry, and Echinacea. It comes in a stick-pack from and can be mixed with water, or sprinkled on your tongue and chased with water. It was designed to be used no more than 2 weeks at-a-time when you are having a scratchy throat or flu-like symptoms.



Next are **Wild Strawberry Nutrimeal Shakes**. Giving you 15 grams of high quality soy & whey protein blend per serving, these are low-glycemic meal replacement shakes that keep your blood sugar in normal range. Safe for diabetics. Supports healthy digestion and keeps you feeling full with 8g of dietary fiber. They have 240 calories per shake and can be used to lose weight or just for a healthy breakfast. They provide an optimal ratio of low-glycemic carbs, fiber, protein, and healthy fats in a delicious chocolate or strawberry flavor. Gluten Free. Non-GMO. 9 shakes per bag. 3 level scoops = 1 shake. For best results use blender with 12 oz of water & 5-6 ice cubes. Or you can also use cold water & shake it up yourself in a blender bottle.

Explaining Products in NFR (continued):



Next is **Energizing Shower Gel**. Create an invigorating shower experience with Sensé Energizing Shower Gel. This soap-free cleanser purifies your skin as it cleans, hydrates, and revitalizes. And its energizing tangerine fragrance will take your ordinary shower to the next level. (For ultimate convenience, try it with our handy pump dispenser.) It's a soap-free cleanser which revitalizes skin with invigorating fragrance.



Next is **Revitalizing Shampoo**. When it comes to your luscious locks, you need the purest, nutrient-rich shampoo to keep your hair looking great. With a unique **Proteo-C** and **Proflavanol-T** Antioxidant Complex—combined with vitamins, plant extracts, and amino acids—you have the perfect shampoo to leave your hair soft, shiny, and full of body. Gently cleanses and conditions scalp. Ideal for color-treated or chemically processed hair.



Next is **Nourishing Conditioner**. No shampoo treatment is finished if it isn't followed up with a next-level conditioning experience. With **Sensé** Nourishing Conditioner, you can instantly moisturize and nourish your hair with this rich emollient of vital nutrients and botanical extracts. Lightweight, moisturizes, leaving hair soft, shiny, and smooth. Protects hair against styling damage. Safe for color-treated or chemically processed hair.



Next is **Firming Body Nourisher**. Pamper your body from head to toe with this luxurious, hydrating body lotion designed to soothe, firm, and replenish essential moisture in your skin. With **Proteo-C** and **Proflavanol-T** Antioxidant Complexes—along with moisturizing shea butter—you have everything you need to give your whole body a glow of youthful radiance. Lightweight. Soothes, hydrates, softens, nourishes, and firms for beautiful-looking skin. Contains a unique, self-preserving formula with no added chemical preservatives



Next is **Intensive Hand Therapy**. Renew your youthful suppleness with Sensé Intensive Hand Therapy. Your hands do a lot of the hardest work for you, so give them a little love with this rejuvenating boost of intense moisture. The beneficial cream infuses dry, cracked skin with powerful hydrating and soothing ingredients like aloe, beeswax, and soy. Moisturizes, soothes, and rejuvenates skin. Contains calming fragrance of lavender. Utilizes a unique, self-preserving formula with no added chemical preservatives to hydrate and nurture dry skin.