Team DSI

Product Unboxing Playbook

United States Market. Last Updated June 2026



What to expect



One simple routine.
A lifetime of compounding results.

30 Minutes

CellSentials is **already being absorbed** into your bloodstream. **Your cells feel it before you do.**

1-2 Weeks

Small wins emerge: **sleep support**, a **balanced mood**, and **consistent energy**.*

One Month

See and feel ongoing benefits—**support for healthy skin** and **optimal recovery** after exercise.*

Three Months

Cellular transformation begins. **Nutrients reach optimal levels**. **Immune, digestive,** and **cardiovascular systems** are thriving.*

Beyond

You've built the foundation for **long-term health, energy,** and **resilience.** Your cells are working smarter so you can live better.*

*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.

MY WELLNESS BASELINE

How I feel BEFORE starting my supplements

Name: _____ Date Completed: _____

Why this matters: It can be hard to notice gradual improvements when we feel them every day. This snapshot of how you feel right now will be your reference point — so when things get better, you'll know exactly how far you've come!

⚡ Section 1: Energy Levels

Rate each area honestly — there are no right or wrong answers. Circle or mark the number that best describes your typical experience over the past 1–2 weeks.

How I Feel About...	**1** (Poor)	**2**	**3** (Okay)	**4**	**5** (Great)
My overall energy throughout the day	1	2	3	4	5
My morning energy when I wake up	1	2	3	4	5
My energy in the afternoon (2–4 PM)	1	2	3	4	5
My energy in the evening	1	2	3	4	5
My motivation to do things I enjoy	1	2	3	4	5
My ability to get through my daily tasks	1	2	3	4	5

How would you describe your energy in your own words?

On my best days my energy feels like:

On my worst days my energy feels like:

Check any that apply to you right now:

☐ Afternoon energy crash ☐ Relying on caffeine ☐ Feel wired but tired ☐ Hard to start tasks

☐ Fatigue after light activity ☐ Low motivation ☐ Feel energized most of the day

🌙 Section 2: Sleep Quality

How I Feel About...	**1** (Poor)	**2**	**3** (Okay)	**4**	**5** (Great)
How easily I fall asleep at night	1	2	3	4	5
How long I stay asleep (few/no wake-ups)	1	2	3	4	5
How rested I feel when I wake up	1	2	3	4	5
How consistent my sleep schedule is	1	2	3	4	5
My sleep quality overall	1	2	3	4	5

My sleep details:

I typically sleep about _____ hours per night. I go to bed around _____ and wake up around _____.

Check any sleep issues you currently experience:

☐ Trouble falling asleep ☐ Wake up during the night ☐ Wake too early ☐ Restless or light sleep

☐ Vivid/disturbing dreams ☐ Feel unrefreshed in the morning ☐ Snoring/sleep apnea ☐ None of the above

Anything else about your sleep you'd like to note:

💪 Section 3: Aches, Pains & Physical Comfort

How I Feel About...	**1** (Poor)	**2**	**3** (Okay)	**4**	**5** (Great)
My joint comfort (knees, hips, shoulders, etc.)	1	2	3	4	5
My muscle soreness or stiffness	1	2	3	4	5
My back and neck comfort	1	2	3	4	5
How quickly I recover after physical activity	1	2	3	4	5
My overall physical comfort day-to-day	1	2	3	4	5

Where do you feel discomfort most often? (circle or mark all that apply)

Neck • *Shoulders* • *Upper Back* • *Lower Back* • *Hips* • *Knees* • *Ankles/Feet* • *Hands/Wrists* • *Other:* _____

On a scale of 1–10, my average daily discomfort level is:

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 (circle one) No pain at all ←——————→ Worst imaginable

What physical discomforts affect your daily life the most?

😊 Section 4: Mood & Mental Wellness

How I Feel About...	**1** (Poor)	**2**	**3** (Okay)	**4**	**5** (Great)
My overall mood most days	1	2	3	4	5
My ability to handle stress	1	2	3	4	5
My mental clarity and focus	1	2	3	4	5
My sense of calm and relaxation	1	2	3	4	5
My overall outlook on life	1	2	3	4	5

Check any that describe your experience right now:

☐ Often feel stressed ☐ Brain fog or forgetfulness ☐ Mood swings ☐ Feel anxious or worried

☐ Feel flat or unmotivated ☐ Easily overwhelmed ☐ Generally feel good mentally

🎯 Section 5: Your Hopes & Goals

The #1 thing I most want to feel better about is:

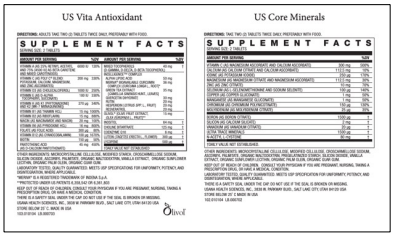
In 90 days, I'll know the supplements are working if:

Something I'd love to be able to do again (or do more of) when I feel better:

> **Remember:** Keep this document somewhere safe. Review it after 30, 60, and 90 days to celebrate your progress. Small improvements add up — and you deserve to notice them!

Explaining the CellSentials:




US Vita Antioxidant

SUPPLEMENT FACTS

US Core Minerals

SUPPLEMENT FACTS

IMPORTANT: Your new person should be looking at the CellSentials Graphics found on on pages 8-10 while you read this script below to explain everything. This is the best way to share the value of the CellSentials.

If they have the product in hand: Take out each bottle. Do you have them? **<WAIT FOR THEM TO GET THEM>** Ok, the best way to show you what's in the CellSentials is to send you our Product Unboxing Playbook that explains each tablet. It has the label enlarged so it's easier to read. I'm going to send it to you right now. **<KEYBOARD SHORTCUT: usp or http://usproduct.myteamwork.info >** Did you receive it? **<WAIT>** Ok perfect. Can you go to page 8 and tell me... do you see where it says "CellSentials with Incelligence Technology" at the top? **<WAIT>** Ok, the CellSentials is going to help with anti-aging, bone & joint health, brain & nerve health, better sleep quality, healthy radiant skin, and give you very high quality, bioavailable nutrients.

As you can see pictured below, the morning dosage is 2 Vita Antioxidant Tablets and 2 Core Mineral Tablets. On the left is the description I'm going to read for you right now. The Vita Antioxidants are the full range of vitamins & antioxidants that power your cells to signal and communicate optimally. Giving your cells maximum protection each day. On the right is the description of the Core Minerals. They are a premium blend of highly absorbable minerals, trace minerals, plus valuable amino acid and Vitamin C that helps balance and regulate your body chemistry.

As you can see, the evening dosage is also 2 Vita Antioxidant Tablets and 2 Core Mineral Tablets. It is important to take the full dosage in the morning and evening because your body will consume all of the micro-nutrients within 6 to 8 hours. You will need your second dosage to stay at optimal levels throughout the evening. Take with food. Each bottle has 112 tablets, so you can take 4 Vita Antioxidants per day (2 morning, 2 evening) and 4 Core Minerals per day (2 morning, 2 evening) for a 28 day supply of optimal nutrition.

Now let's go to page 9 to have a look at the label. This is where it gets exciting. Let's start with 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. **<CONTINUE ON THE NEXT PAGE>**

Explaining the CellSentials continued:

This is very good for your energy. But it's not just B12. Now look for B6, 900% of daily value. Do you see Riboflavin Vitaman B2, 1100% of daily value. And Thiamine Vitamin B1, 1250% 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>** Also look for Biotin, 500% of daily value. That's for your hair, nails and skin.

Now look for the words "Incelligence Complex" on the right side of the label. Do you see it? **<WAIT>** The Alpha Lipoic Acid helps with stress. The Meriva delivers nutrients into your cells 30 times more effectively than standard turmeric on the market. The Green Tea Extract helps eliminate toxins from your body. It's also decaffeinated so there's no caffeine in it. The Quercetin lowers inflammation. The Rutin & Hesperidin help the Vitamin C & Vitamin E to stay in your blood stream longer. The Resveratrol supports your heart, brain, liver and lowers inflammation. And the Olivol supports your heart health. USANA owns a patent on this combination of ingredients because they cause a high level of cell signaling. This means your cells are on high alert and work harder to defend you. You can't get this from anywhere else! 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.

Ok, now lets go to page 10 and 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.

Ok now it's time to open them! Go ahead and open the Vita Antioxidants first. Take out 2 tablets for the morning dosage and put them in a shot glass. Take out 2 tablets for the evening dosage and put them in a separate shot glass. If you don't have a shot glasses, put them in 2 other small glasses. **<WAIT FOR THEM TO DO IT>** Next, open the Core Minerals. Take out 2 tablets for the morning dosage and put them in the shot glass. Take out 2 tablets for the evening dosage and put them in the other shot glass. Now you are all set for your first day. Make sure you take them with food, either before or after you eat. Also, your pee will be turning bright yellow. That comes from Vitamin B2. When you take the CellSentials your body will have optimal levels of Vitamin B2 and the rest is peed out. This is a normal process when you have optimum levels of Vitamin B2 and is totally harmless. Ok you're all set! Let's schedule a time to talk in 3 weeks to see how you're doing and go over your online account so I can show you the discounts. I can call on **<DAY>** at **<TIME>**. Does that work? **<WAIT>** Ok now let's look at page 15 and go over any other products you have.

CellSentials with Incelligence Technology



- Anti-Aging
- Bone and Joint Health
- Brain and Nerve Health
- Better Sleep Quality
- Healthy Radiant Skin
- High Quality Bioavailable Nutrients

Morning Dosage: 2 Vita Antioxidant Tablets & 2 Core Mineral Tablets

Vita-Antioxidants
The full range of vitamins & antioxidants that power your cells to signal and communicate optimally. Giving your cells maximum protection each day.





Core Minerals
Premium blend of highly absorbable minerals, trace minerals, plus valuable amino acid and vitamin C. Helps balance & regulate your body chemistry.

Evening Dosage: 2 Vita Antioxidant Tablets & 2 Core Mineral Tablets

Vita-Antioxidants
The full range of vitamins & antioxidants that power your cells to signal and communicate optimally. Giving your cells maximum protection each day.





Core Minerals
Premium blend of highly absorbable minerals, trace minerals, plus valuable amino acid and vitamin C. Helps balance & regulate your body chemistry.

***It is important to take the full dosage in the morning and evening because your body will consume all of the micro-nutrients within 6-8 hours. You will need your second dosage to stay at optimal levels throughout the evening. Take with food. Each bottle has 112 tablets, so you can take 4 Vita Antioxidants per day (2 morning, 2 evening) and 4 Core Minerals per day (2 morning, 2 evening) for a 28 day supply of optimal nutrition.

US Vita Antioxidant

Directions: Adults take two (2) tablets twice daily, preferably with food.

Supplement Facts

Serving size: 2 Tablets
Servings per container: 56

Amount Per Serving		%DV
Vitamin A (as 25% [516 mcg] Retinyl Acetate and 75% [2700 mcg] as Beta Carotene, Mixed Carotenoids)	1804 µg RAE	200%
Vitamin C (as Poly C Blend: Potassium, Calcium, Magnesium, and Zinc Ascorbates)	200 mg	222%
Vitamin D3 (as Cholecalciferol)	25 µg	125%
Vitamin E (as D-alpha-Tocopheryl Succinate)	67 mg	447%
Vitamin K (as K1 [Phytonadione] 240 µg, and K2 MK-7 [Menaquinone] 30 µg)	270 µg	225%
Thiamine (Vitamin B1)	15 mg	1250%
Riboflavin (Vitamin B2)	15 mg	1154%
Niacin (as Niacin and Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl)	16 mg	941%
Folate (as 300 µg Folic Acid)	500 µg DFE	125%
Vitamin B12 (as Cyanocobalamin)	100 µg	4167%
Biotin	150 µg	500%
Pantothenic Acid (as D-Calcium Pantothenate)	45 mg	900%
Choline (as Choline Bitartrate)	51 mg	9%

Amount Per Serving		%DV
Mixed Tocopherols (D-gamma, D-delta, D-beta Tocopherol)	40 mg	†
InCelligence Complex		
Alpha Lipoic Acid	50 mg	†
Meriva®** Bioavailable Curcumin Complex (*Curcuma longa* L., root)	36 mg	†
Green Tea Extract (*Camellia sinensis hunt.*, leaves)	35 mg	†
Quercetin Dihydrate	30 mg	†
Rutin	20 mg	†
Hesperidin (*Citrus spp. L.*, fruit)	20 mg	†
Resveratrol	20 mg	†
Olivol (Olive Fruit Extract, *Olea europaea L.*, fruit)	15 mg	†
PQQ (Pyrroloquinoline Quinone Disodium Salt)	5 mg	†
Inositol	64 mg	†
Coenzyme Q10	6 mg	†
Lutein (*Tagetes erecta L.*, flower)	300 µg	†
Lycopene	500 µg	†

†Daily Value (DV) not established.

Contact the person who shared this with you for the lowest prices & discounts!

US Core Minerals

Directions: Take two (2) tablets twice daily, preferably with food.

Supplement Facts

Serving size: 2 Tablets
Servings per container: 56

Amount Per Serving		%DV
Vitamin C (as Magnesium Ascorbate and Calcium Ascorbate)	300 mg	333%
Calcium (as Calcium Citrate and Calcium Ascorbate)	113 mg	9%
Iodine (as Potassium Iodide)	250 µg	167%
Magnesium (as Magnesium Citrate and Magnesium Ascorbate)	113 mg	27%
Zinc (as Zinc Citrate)	10 mg	91%
Selenium (as L-Selenomethionine and Sodium Selenite)	100 µg	182%
Copper (as Copper Gluconate)	1 mg	111%
Manganese (as Manganese Gluconate)	1 mg	43%
Chromium (as Chromium Polynicotinate)	150 µg	429%
Molybdenum (as Molybdenum Citrate)	25 µg	56%
Boron (as Boron Citrate)	1.5 mg	†
Silicon (as Calcium Silicate)	2 mg	†
Vanadium (as Vanadium Citrate)	20 µg	†
Ultra Trace Minerals	1.5 mg	†
N-Acetyl L-Cysteine	80 mg	†

†Daily Value (DV) not established.

Contact the person who shared this with you for the lowest prices & discounts!

Explaining the HealthPak:







IMPORTANT: Your new person should be looking at the HealthPak Graphic found on on pages 13-14 while you read this script below to explain everything. This is the best way to share the value of the HealthPak.

If they have the box in hand: Take out an AM/PM pack & rip it apart. Do you have it? **<WAIT FOR THEM TO GET IT>** Ok, the best way to show you what's in the HealthPak is to send you our Product Unboxing Playbook that explains each tablet. It has the label enlarged so it's easier to read. I'm going to send it to you right now, just a second. **<KEYBOARD SHORTCUT: usp or http://usproduct.myteamwork.info >** Did you receive it? **<WAIT>** Ok perfect. Can you go to page 13 and tell me if you see where it says "USANA HealthPak with Incelligence" at the top? **<WAIT>** Ok, as you can see, the HealthPak is going to help balance out your nutrition while supporting your bones, joints, brain, nerves, heart, and skin with high quality bioavailable nutrients. Now look at the diagram below.

The 2 Vita Antioxidants are the orange colored tablets which give your body the full range of vitamins and antioxidants that power your cells to signal at the highest level giving you maximum protection each day. Also the 2 Core Mineral Tablets which give you a premium blend of highly absorbable minerals, trace minerals, plus valuable amino acid & vitamin C. This helps balance & regulate your body chemistry.

The small brown tablet on the right is the CellSentials Booster. This is the most expensive tablet that USANA makes. Half of the price of the HealthPak is just for this pill. Why? Because of the raw ingredient called Pterostilbene. It is very expensive and hard to find. This ingredient helps to balance your blood sugar. It's great for everybody, but incredible for diabetics. This tablet also has Olivol which is the extract from the heart of the olive. You know how people in the Mediterranean live to be 100 years old and never have heart problems or high blood pressure? **<LET THEM ANSWER>** It's because of the high amount of olive oil that's in their diet. Olivol helps maintain a healthy heart and is patented by USANA. It is not available from any other company. The CellSentials Booster also has Alpha-Lipoic Acid for stress and Quercetin to lower inflammation. This tablet is incredible to protect your cells and support healthy aging.

Lastly, the white tablet is called MagneCalD. It is for strong and healthy bones. What makes this product different is the Magnesium & Vitamin D that's included, which helps the calcium get delivered into your bones. Most calcium never makes it into your bones because it lacks Magnesium & Vitamin D. This tablet 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.

Explaining the HealthPak continued:

As you can see, the evening packet is identical. Take 1 packet in the morning with food. After 6 to 8 hours your body will have used up all of the nutrients and you will need to take another dosage. Take 1 more packet in the evening with food. Your body needs this twice per day to nourish your cells optimally. Now go to page 14 and I'm going to point out some of the benefits on the label.

HealthPak Label: Do you see Vitamin B12? **<WAIT>** Do you see how it has over 4000% of daily value? **<WAIT>** You know how people pay lots of money 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 Riboflavin B2, 1100% of daily value. And Thiamine B1, 1250% of daily value. Do you see those? **<WAIT>** And when you combine that with the high levels of Vitamin A, C, D, E, & K, it creates a synergistic effect while feeding your cells. **<PAUSE>** Also look for Biotin, 500% of daily value. That's for your hair, nails and skin. **<PAUSE>** Ok, now look for the combination of iodine, zinc, magnesium, selenium and the others. **<WAIT>** Those are all of the Core Minerals that your cells need to function at their highest level. **<PAUSE>**

Now look for the words "Incelligence Complex" toward the bottom of the label. Do you see them? **<WAIT>** The Alpha Lipoic Acid helps with stress. The Quercetin lowers inflammation. The Meriva is a more bioavailable form of turmeric that delivers nutrients into your cells 30 times more effectively than standard turmeric on the market. The Green Tea Extract is caffeine free and helps eliminate toxins from your body. The Olivol supports your heart health. The Resveratrol supports your heart, brain, liver and lowers inflammation. The Rutin & Hesperidin help the Vitamin C & Vitamin E to stay in your blood stream longer. The PQQ expands your energy output, and supports your brain and heart. The Pterostilibene balances your blood sugar. USANA owns a patent on this combination of ingredients because they cause a high level of cell signaling. This means your cells are on high alert and work harder to defend you. You can't get this from anywhere else. 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.

Make sure you take them with food, either before or after you eat. Also, your pee will be turning bright yellow. That comes from Vitamin B2. When you take the HealthPak your body will have optimal levels of Vitamin B2 and the rest is peed out. This is a normal process when you have optimum levels of Vitamin B2 and is totally harmless. Ok you're all set! Let's schedule a time to talk in 3 weeks to see how you're doing and go over your online account so I can show you the discounts. I can call on **<DAY>** at **<TIME>**. Does that work? **<WAIT>** Ok now let's look at page 15 and go over any other products you have.

USANA Healthpak with Incelligence



- Balanced Health
- Bone and Joint Health
- Brain and Nerve Health
- Heart Health
- Skin Health
- High Quality Bioavailable Nutrients

2 Vita Antioxidant Tablets (Morning & Evening)

The full range of vitamins & antioxidants that power your cells to signal at the highest level giving you maximum protection each day.

2 Core Mineral Tablets (Morning & Evening)

Premium blend of highly absorbable minerals, trace minerals, plus valuable amino acid and vitamin C. Helps balance & regulate your body chemistry.

Evening Packet is identical



1 CellSentials Booster Tablet (Morning & Evening)

Contains Pterostilbene to help balance your blood sugar, Alpha-Lipoic Acid for stress, Olivol to maintain a healthy heart, and Quercetin to lower inflammation. Protects your cells to support healthy aging.

1 MagneCalD Tablet (Morning & Evening)

Thoughtfully balanced magnesium, calcium and Vitamin D supplement to support your brain, heart, muscles, & energy metabolism.

USAGE: Take one packet in the morning with food. Take one packet in the evening with food.

28 Day Retail Price: $153.95 (Box)
28 Day Preferred Customer Price: $139.95 (Box)
5 Day Trial: $30

Contact the person who shared this with you for the lowest prices & discounts!

US HealthPak

DIRECTIONS: TAKE ONE (1) PACKET IN THE MORNING AND ONE (1) PACKET IN THE EVENING, PREFERABLY WITH FOOD.

Supplement Facts

Serving size: 1 Packet
Servings per container: 56

Amount Per Serving		%DV
Vitamin A (as 25% [516 mcg] Retinyl Acetate and 75% [2700 mcg] as Beta Carotene, Mixed Carotenoids)	1804 µg RAE	200%
Vitamin C (as Magnesium, Calcium, Potassium, and Zinc Ascorbates)	500 mg	556%
Vitamin D3 (as Cholecalciferol)	31 µg	155%
Vitamin E (as D-Alpha Tocopheryl Succinate)	67 mg	447%
Vitamin K (as K1 [Phytonadione] 240 µg, and K2 [MK-7 Menaquinone] 30 µg)	270 µg	225%
Thiamin (Vitamin B1)	15 mg	1250%
Riboflavin (Vitamin B2)	15 mg	1154%
Niacin (as Niacin and Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl)	16 mg	941%
Folate (as 300 µg Folic Acid)	500 µg DFE	125%
Vitamin B12 (as Cyanocobalamin)	100 µg	4167%
Biotin	150 µg	500%
Pantothenic Acid (as D-Calcium Pantothenate)	45 mg	900%
Choline (as Choline Bitartrate)	51 mg	9%
Calcium (as Calcium Citrate, Carbonate, and Ascorbate)	243 mg	19%
Iodine (as Potassium Iodide)	250 µg	167%
Magnesium (as Magnesium Citrate, Carbonate, and Ascorbate)	243 mg	58%
Zinc (as Zinc Citrate)	10 mg	91%
Selenium (as L-Selenomethionine and Sodium Selenite)	100 µg	182%
Copper (as Copper Gluconate)	1 mg	111%
Manganese (as Manganese Gluconate)	1 mg	43%
Chromium (as Chromium Polynicotinate)	150 µg	429%
Molybdenum (as Molybdenum Citrate)	25 µg	56%
Mixed Tocopherols (D-Gamma, D-Delta, D-Beta Tocopherol)	40 mg	†
Inositol	64 mg	†
N-Acetyl L-Cysteine	80 mg	†
Coenzyme Q10	6 mg	†
Lutein	300 µg	†
Lycopene	500 µg	†
Silicon (as Calcium Silicate)	4.25 mg	†
Boron (as Boron Citrate)	1.83 mg	†
Vanadium (as Vanadium Citrate)	20 µg	†
Ultra Trace Minerals	1.5 mg	†
InCelligence Complex and CellSentials Booster		
Alpha-Lipoic Acid	125 mg	†
Quercetin Dihydrate	90 mg	†
Meriva®** Bioavailable Curcumin Complex (*Curcuma longa* L., Root)	36 mg	†
Green Tea Extract (*Camellia sinensis hunt.*, Leaves)	35 mg	†
Olivol (Olive Fruit Extract, *Olea europaea* L., Fruit)	25 mg	†
Resveratrol	20 mg	†
Rutin	20 mg	†
Hesperidin (*Citrus spp.* L., Fruit)	20 mg	†
PQQ (Pyrroloquinoline Quinone Disodium Salt)	5 mg	†
Pterocarpus Marsupium Extract [containing Pterostilbene (*Pterocarpus marsupium*, Wood)]	50 mg	†

†Daily Value (DV) not established.

Explaining the Other Products in Their Recommendation

Ok, so now I'm going to explain each of the other products that you have. Which one do you see next?

<ONLY EXPLAIN THE PRODUCTS THEY HAVE, 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 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. Take 1 in the morning with food & 1 in the evening with food.



Next is **ProflavanolC 100 or 200**. 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 your arteries, veins, heart, joints, and brain. It also helps with allergies and supports your body in producing it's 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 tablets & 200mg tablets. Take 1 in the morning with food & 1 in the evening with food.



Next is **USANA Probiotic**. This is for your gut health. It gives your gut the good bacteria that it needs for healthy digestion, immune function, and nutrient absorption. It also supports your immune system bigtime. It contains 12 billion CFU (Colony Forming Units) of LGG and BB12, which are the best probiotic strains to survive the harsh, acidic stomach environment. Many probiotics on the market don't survive the harsh, acidic stomach environment. That's why USANA Probiotic is different. Take 1 stickpack in the morning with food. Use scissors to cut open the stickpack, pour the powder on your tongue, and chase with water.



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. Take 2 in the morning with food & 2 in the evening with food.



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, joint mobility & muscle recovery after intense workouts, thyroid and adrenal health. 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. Take 1 in the morning with food & 2 in the evening with food.

Explaining the Other Products (continued):



Next is **Proglucamune**. This is a super immune booster beta glucan product. It is huge for building your immune system & helping with stress. The beta glucans prime your cells for much faster immune response than normal. 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. Take 1 in the morning with food & 1 in the evening with food.



Next is **CoQuinone 30 or 100**. This is for heart health and energy. It contains 30mg or 100mg of CoQ10 plus Alpha Lipoic Acid. 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. This product 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. Available in 30mg capsules & 100mg capsules. Take 1 in the morning with food & 1 in the evening with food.



Next is **Hepasil**. This is a liver support formula. 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 it's 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. Take 2 in the morning with food & 1 in the evening with food.



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 decrease inflammation. Take 2 in the morning with food & 1 in the evening with food.



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 evening with food.



Next is **Vitamin K2**. This 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 evening with food.

Explaining the Other Products (continued):



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 provides hormone support, healthy cholesterol levels and a 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 with food.



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 is a nootropic (brain health) formula that 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 1 in the morning with food & 1 in the evening with food.



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 phyto-estrogens 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. Take 1 in the morning with food & 1 in the evening with food.



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 only 1 in the morning with food.



Next is **Iron**. Long periods of intense exercise require lots of oxygen to maintain peak performance. Iron ensures that oxygen is readily available throughout your body. USANA Iron is 100% vegan, making it ideal for those with specialized diets. Promotes healthy oxygen levels. Contributes to cellular energy production. Supports healthy pregnancy. Ideal for those who live an active or busy lifestyle. Take only 1 in the evening with food.

Explaining the Other Products (continued):



Next is **Glow**. This is an anti-oxidant rich skin supplement that supports even skin pigmentation, helps reduce fine lines and wrinkles, and promotes skin clarity. Key ingredients are Rose Extract, Melon SOD Extract, Acerola Cherry Vitamin C, Asaxanthin (red algae), and Grapeseed Oil Extract. Take 1 capsule daily with food. For best results, use for 3 months consistently. In clinical studies, 65% enhanced pigmentation lightening and skin-tone uniformity after 3 months. 40% increase in skin radiance after three months.



Next is **Pure Rest**. This fast-acting melatonin supplement helps with deep and restful sleep. Each tablet contains 2 milligrams of pure melatonin from non-animal sources. Pure rest is not a sleeping pill and it is non-habit forming. Simply take 1-2 tablets of sub-lingually (under your tongue) about an hour before bed and sleep like a teenager.



Next is **Stress Relief**. This product supports the GABA receptors in your brain that help regulate your mood. It contains ashwagandha, saffron, and lemon balm which have shown in extensive research to support your mental and emotional well-being. Studies have found that taking 30mg of saffron daily was just as effective as Prozac in alleviating mild to moderate depression. Stress Relief gives you 30mg of saffron, 400mg of ashwagandha, and 300mg of lemon balm extract in 2 tablets daily. It is seriously awesome for your brain. Take only 2 in the evening with food.



Next is **Rest Complete**. Rest easy with the science. The advanced formula in Rest Complete combines science-backed ingredients shown to support multiple concerns around sleep. Calm the mind and prepare your body for rest each night—and sync up to your natural circadian rhythm. The formulation includes L-theanine which contributes to sleep quality, GABA for calming effect, Melatonin that signals the brain and body that its time to sleep, and Ashwagandha for stress relief. Adults take one (1) tablet as needed one hour before bedtime.



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.



Next is **Oral Probiotic**. This is probiotic tablet is made specifically for healthy teeth and gums. It replenishes the microflora in your mouth and helps you wake up without morning breath. Lactose, sugar, and gluten free. Teens & adults, place one tablet in mouth after brushing teeth at night. Move tablet around teeth and gums for 3-5 minutes, then go to sleep. Do not eat or drink afterwards or you will wash it all away. Allow Oral Probiotic to do it's magic while you sleep.

Explaining the Other Products (continued):



Next is **Rev3 Stickpacks**. This ready-to-mix stick pack has a refreshing citrus flavor with a healthy source of caffeine from green, white, and black tea. You get 80mg of caffeine per stick pack. About the same as a cup of coffee. It increases your metabolism & energy production without the crash. It also has Korean Ginseng & Rhodiola extract to keep you at your mental best. Mix 1 stick pack with 14-16 ounces of water and ice. Enjoy.



Next is **Rev3 Cans**. This is a cleaner, smarter, and stronger energy drink. It has a glycemic index that is 3 to 4 times lower than a Red Bull or Monster. Rev3 gives you the energy you need in a safe and effective way. You get 130mg of caffeine per can from green & white tea blends, which are healthier than synthetic caffeine found in most energy drinks. It helps with metabolism, energy, and has a refreshingly light pomegranate flavor.



Next is **Citrus Berry**. This is an on-the-go energy drink mix with B Vitamins, ginseng, and caffeine from green tea. It has a citrus berry flavor and also includes L-Taurine to help sustain energy, focus and performance when you need it most. Simply mix with ice and water, let it fizz, and enjoy this fresh alternative to the typical energy drink. It has 60 mg of caffeine which is the same as an average cup of tea or a small cup of coffee. Gluten free and Non GMO.



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 is **Advanced Collagen**. This product is formulated with a blend of Type 1 & Type 3 bovine collagen, biotin, hyaluronic acid, and vitamin C. It supports healthy collagen production, healthy joints, ligaments, muscle fibers, hair, nails, and skin. It also supports healthy metabolism, muscle mass, and provides a good source of antioxidants. The best part is the pomegranate citrus flavor. Mix 1 scoop with 12 ounces of water and ice. Shake in a blender bottle and enjoy.



Next is **Watermelon Electrolytes**. This tasty watermelon flavored ready-to-mix stick pack gives you all of the electrolytes of Gatorade, but without the sugar. It also has essential minerals to support hydration and water balance in the body. It reduces muscle cramps after exercise, supports endurance, and power. It also sustains energy and mental clarity throughout the day. Caffeine free.

Explaining the Other Products (continued):



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 Vita Antioxidants & 2 Core Minerals in the morning with food. After 6 to 8 hours your body will have used up all of the nutrients and you will need to take another dosage. Take 2 more Vita Antioxidants & 2 more Core Minerals in the evening with food. Your body needs this twice per day to nourish your cells optimally.



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.



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.

Explaining the Other Products (continued):



Next are **Vanilla Nutrimeal Active Shakes**. These are low-glycemic meal replacement shakes that keep your blood sugar in normal range, they are safe for diabetics. They give you 20 grams of high quality whey protein per serving. 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. 14 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 **Chocolate Nutrimeal Active Shakes**. These are low-glycemic meal replacement shakes that keep your blood sugar in normal range, so they are safe for diabetics. They give you 20 grams of high quality whey protein per serving. Supports healthy digestion and keeps you feeling full with 9g 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 flavor. Gluten Free. Non-GMO. 14 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 **Vanilla Nutrimeal Free Active Shakes**. These shakes give you 20 grams of complete plant protein per serving. They are low-glycemic meal replacement shakes that keep your blood sugar in normal range, so they are safe for diabetics. Supports healthy digestion and keeps you feeling full with 9g 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. 14 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 **Dutch Chocolate & 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 the Other Products (continued):



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.



Next is **Detox Tea**. Digestive support tea designed to optimize digestion after eating a big meal. Active ingredients include licorice root, peppermint extract, dandelion root, cinnamon, and ginger. Relieves occasional feelings of bloating and gas. Maintains the health of your gut microbiome. Supports regularity and healthy digestion. Calms occasional nausea. Sip this detox tea after eating a big meal to support your digestion and feel great. Caffeine free. Stimulant free. Non GMO. Gluten Free.

Explaining the Other Products (continued):



Next is **Whey Protien Isolate**. 25 grams of whey protein isolate from grass-fed cows with zero sugar for lean muscle growth, retention, and recovery. USANA's Whey Protein Isolate is micro-filtered for easy digestion and provides a high-quality source of protein to support your body's ability to build lean muscle mass, grow and repair cells, maintain a healthy immune system, and balance hormone production. It's the smarter solution for active adults, athletes, aging individuals, or anyone looking to improve their overall health. Add two (2) scoops to 4–6 ounces of water, shake, and enjoy.



Next is **Marine Liquid Collagen Peptides**. Add 4.8 grams of high-quality bioavailable Marine Collagen Peptides to your daily routine. Each ready-to-drink, single-serving sachet delivers a boost of hair, nail, and joint support—and the confident glow of smooth, hydrated skin.. Each 4.8 gram serving helps to replenish the collagen in your skin to optimize its appearance. Plus, it also supports joint elasticity to keep a bounce in your step.. Adults, shake well and drink immediately. More sachets can be taken if desired. Serve chilled for the best experience.



Next is **Circulate +** . Circulate+ is a nitric oxide (NO) support powder supplement formulated to support cardiovascular function and circulation. Formulated with L-arginine and antioxidants, Circulate+ targets *both* essential pathways for nitric oxide production, delivering more holistic health benefits. Supports circulatory, cardiovascular, and cellular health; Helps support immune health, a key factor in overall wellness; Designed to aid normal, healthy blood flow. Add one stick pack to 8–10 oz. of water, mix well, and enjoy your delicious, all-natural supplement drink. Use more or less water to adjust the taste.



Next is **Core Aminos**. Standing apart from common amino acid supplements, Core Aminos incorporates all nine essential amino acids and a clinically significant dose of HMB (beta-hydroxy-beta-methylbutyrate), a muscle health powerhouse and metabolite of the amino acid leucine. Supports protein synthesis in the body to support muscle retention. Supports lean muscle mass and helps reduce muscle breakdown. Delivers the full spectrum of EAAs your body can't make on its own. Add one scoop to 8–10 oz. of water, mix thoroughly, and enjoy your amino acid supplement drink. Use more or less water to adjust the taste.

Celavive Cellular Skincare Products



Next is **Conditioning Makeup Remover**. For all skin types. Conditioning Makeup Remover features micellar water: a combination of purified water, moisturizers, and gentle surfactants, which form tiny molecules called “micelles” that gently draw impurities away from skin. Removes daily buildup of makeup and dirt without causing irritation; Clears pores of excess oil, supporting acne-prone skin, Prepares skin surface for a deeper, more effective second cleanse and future skincare steps. Has 66% more product in each bottle and is now fragrance-free, reducing irritation for acne-prone and sensitive skin.



Next is **Celavive Bi-Phase Makeup Remover: Daily clean.** For all skin types. This soothing, lightweight face makeup remover packs two stages for your skincare routine into one: Cleanse and Condition. Gentle emollients melt away makeup and remove grime, while plant-derived complexes cool and hydrate skin. Ideal for sensitive or acne-prone skin. Moisturizes on multiple levels, leaving skin visibly hydrated. Attracts and retains moisture, preventing dry, rough and flaky skin.



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. The Perfecting Toner balances the skins pH while building skin barrier resilience.. As of 2025, the percentage of actives in our Perfecting Toner has increased from 3% to 10%. The formula now includes enhanced BioPeptide-CS and Olivol24. Combines signaling peptides, blue light and pollution protection, skin-firming extracts, and a superfood adaptogen hydration complex to nourish and fortify your skin’s barrier



Next is **Vitalizing Serum**. For all skin types. This daily serum targets visible aging at the source—your cells—using the power of cellular skincare to support a healthy, vibrant-looking complexion. Beyond hydration, our science-backed formula actively promotes cell turnover, giving your skin a radiant, youthful look and forming a barrier to support you from environmental stressors. Now includes enhanced BioPeptide-CS and Olivol24, as well as our Superfood Complex, Coenzyme Q10, and Encapsulated Liposomal Bakuchiol, for fewer wrinkles and fine lines and a healthy skin moisture barrier.



Next is **Resurfacing Serum**. Supports Skin Texture + Diminished Look of Pores + Addresses Uneven Skin Tone + Reduced Appearance of Fine Lines and Wrinkles. The 4-in-1 Resurfacing Serum is formulated to visibly transform the look of your skin with a powerful blend of alpha/beta hydroxy acids, niacinamide, peptides, and bakuchiol—a naturally derived retinol alternative. Expect skin to feel softer and smoother with an immediate glow after just one use. Use morning and night after toning. Apply 1-2 pumps to entire face and neck avoiding the eye area. May tingle upon application. Allow to absorb then follow with moisturizer.



Next is **Triple Action Eye Cream**. For all skin types. This triple-action formula delivers near-clinical results by visibly depuffing, softening, and brightening the delicate skin around the eyes, mouth, and chin—without irritation. Our revitalizing eye and mouth wrinkle cream is thoughtfully formulated to support the appearance of healthy, youthful-looking skin. With well-studied ingredients like Matrixyl Morphomics®, brightening Haloxyl®, and the gentle retinol alternative Bakuchiol, our exclusive blend helps visibly improve key signs of aging.



Next is **Contouring Face & Neck Cream**. Made with Feminage—a superingredient that boosts skin elasticity—this daily cream lifts, firms, and smooths the face and neck, all while minimizing visible signs of aging. With a high concentration of actives, our targeted formula protects and strengthens skin for results that last longer than typical anti-aging creams. Enhanced skin elasticity and firmness, Supports a stronger skin moisture barrier, Reduction in visible wrinkles and fine lines.



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 **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 **Radiant Facial Oil**. For all skin types. Drench your skin with 15 super botanical oils in our unique, lightweight hybrid face oil Super botanical oils in our lightweight, antioxidant-rich Radiant Facial Oil absorb quickly for skin that feels soothed and hydrated while improving the appearance of discoloration and visible skin aging. Features a unique Cell-Signaling Complex designed to provide superior moisture and soothe dry skin. Radiant Facial Oil can be used by itself or combined with other moisturizers or serums in your regimen. Massage 3–5 drops of oil gently onto face, neck, and decolletage. Follow with USANA Celavive moisturizer..



Next is **Postbiotic Barrier Balm**. Good for Dry or Sensitive Skin + Improved Moisture Barrier + Blemish-Prone Skin. Barrier Balm is an ultra-hydrating cream that acts like a second skin to replenish your skin's moisture barrier. The formula features postbiotic Lactobacillus Ferment, cupuacu butter, and five different ceramides to promote a happy and balanced complexion. Postbiotics lock in moisture, replenish the skin's moisture barrier, and defend against environmental irritants. USANA's postbiotic skincare works in harmony with your skin to promote a happy, well-balanced complexion. Can be used morning and night. Apply to clean face and neck, or other areas of skin that are dry, flaking, or irritated.



Next is **Postbiotic Calming Cleanser** Micro-foaming cleanser, powered by postbiotics and hydrating Sweet Almond Oil, to gently dissolve dirt and impurities. Nourishes and cleanses with ingredients that leave skin feeling soft and smooth—never stripped or visibly irritated. This lightweight micro-foaming cleanser gently dissolves dirt while postbiotics help to balance and support your skin's natural moisture barrier. Apply to damp skin, massage onto face and neck, and rinse with warm water



Next is **Postbiotic Rescue Serum** Lightweight serum made with marine postbiotic to promote visibly balanced skin with fewer noticeable blemishes. This lightweight, non-comedogenic, cooling moisturizer is ultra hydrating and contains powerful postbiotic technology to nourish your skin and reduce the appearance of redness. Good for Problematic-Looking Skin + Visibly Stressed or Blemish-Prone Skin + Impaired Moisture Barrier + Redness Due to Dryness or Sensitivity. After serum, apply to face and neck. Follow with Celavive Postbiotic Barrier Balm for more hydration.



Next is **Postbiotic Soothing Moisturizer** Hydrates blemish-prone skin for a beautiful-looking, balanced complexion. This calming daily serum helps to visibly reset and balance the appearance of stressed-out, blemish-prone skin. Good for Problematic Skin + Stressed or Blemish-Prone + Breakouts + Impaired Moisture Barrier + Redness or Sensitivity. After serum, apply to face and neck. Follow with Celavive Postbiotic Barrier Balm for more hydration.



Next is **Luminous Moisture Cream**. Restore the look of your natural glow with this smooth, illuminating moisturizer. This opulent formula helps to visibly reduce pigmentation as it brightens, hydrates, and softens. Use it under your daily moisturizer with sunscreen to shine bright all day. Visibly brightens and corrects the appearance of dark spots; Restores moisture and luster to skin; Suitable for all skin types; Paraben-free, no harsh chemicals; Reduction in visible wrinkles and fine lines.



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.



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.



Next is **Foaming Hand Wash**. A foaming hand wash with naturally derived ingredients and is paraben free for a foamy, gentle cleanse that washes away germs while it soothes and moisturizes your skin. Enjoy a decadent lemon crème scent to subtly refresh and energize your home. Ideal as a safe, effective, family friendly addition to your everyday living essentials.

Welcome to Your RESET PLUS!







For best results, do your RESET PLUS on a Monday through Friday to avoid the weekend temptations. Before you begin, weigh yourself on an empty stomach first thing in the morning (use bathroom first). Keep a log of your weight every morning & watch the pounds go down.

*** CellSentials – Take 2 of each in AM. 2 of each in the PM (4 tablets total in AM, 4 tablets total in PM). You have a 28 day supply of award winning supplements.**

*** 28 Single Serve Nutrimeal Shakes – Consume 3 shakes per day over the next 5 days. You will have 13 extra to share or consume afterwards to keep your momentum.**

The Plan Each Day

- Within 1 hour of waking up take your 1st shake, AM Vitamins (4 tablets total).

- 2 hours later, 1st healthy snack (see page 2)

- 2 hours later, veggie (see page 2)

- 2 hours later, 2nd shake

- 2 hours – fruit (see page 2)

- 2 hours – 2nd healthy snack

- 2 hours – last shake for dinner & PM Vitamins (4 tablets total).

Tips to Succeed

- Drink at least 64 ounces of water everyday & avoid strenuous exercise during the program.

- Walk 20-30 minutes each day. Coffee, tea & caffeine are ok to have, but avoid sugary Starbucks type drinks.

- Get 7 hours of sleep per night minimum, 8 is ideal. Optimal sleep is critical to your success.

- Eat an additional serving of fruits or veggies if you feel lightheaded. Even a little chicken breast or .5 cup of black beans is fine, but do your best to stick to the program.

- For best results, make your shakes with ice in a blender. Watch this video: http://makeshake.myteamwork.info

Cleanse/ Detoxification Response: The RESET has high levels of fiber & nutrition. Frequent trips to the bathroom or even slight headaches may occur (to about 10% of clients). If this happens, it's a good thing because it means your body is detoxing all the built up chemicals in your system. If you experience too much detoxing at once, cut your vitamin dosage in half for a few days, then go back up to the full dosage after that. Also, your urine will be turning bright yellow due to the potency of the vitamins which give your cells MAXIMUM nutrition.

Final RESET PLUS TIPS

Healthy Snack List- Look for Low Glycemic Whole Food Snacks (150-200 calories)

- Lara Bars (all varieties- roughly 200 calories per bar, great mainstream option)
- Kind Bars (all varieties- roughly 200 calories per bar, great mainstream option)
- 1/4 cup of Raw Almonds (a closed fist full)
- 1/2 cup of Cottage Cheese
- 2 Large Hard Boiled Eggs



Recommended Veggies

- Organic baby carrots
- 4 oz. Raw or cooked broccoli
- 4 oz. Raw or cooked cauliflower
- 8 oz. cooked green beans
- 1 whole tomato
- 3 to 4 stalks of celery
- 1 whole pepper (all varieties)

8 oz. Cooked Spinach

Recommended Fruits

- 1 large apple
- 1 large grapefruit
- 1 large orange
- 6 oz. of berries (all varieties)
- 7 oz. cantaloupe or honeydew
- 20 fresh cherries
- 4 ounces of grapes (all varieties)

What comes after RESET PLUS: If your goal is to lose more than 4-5 pounds, you can continue with the Transform Phase to lose 10 pounds per month until you hit your goal. Since you already have your CellSentials vitamins for the month and 12 extra shakes, you can immediately follow the Transform Phase for the next 6 days outlined at http://transform.myteamwork.info This plan includes 2 shakes per day, 1 healthy meal, and healthy snacks. Most people continue the Transform phase immediately after their RESET PLUS to keep their momentum going.

What we normally do is schedule a time for us to talk towards the end of your RESET PLUS. What day will you be starting? _____ Ok, so day 5 would be _____. It's best to talk on day 5 so I can get you set up for a successful day 6 through 28. On that day 5 I can talk at **<TIME>** or **<TIME>** which is best for you? _____. Perfect. When we talk next week we will go over your results and review the Transform Phase document link above. This will help us make a plan to achieve your total weight loss goal. And if you are happy with your results and feeling comfortable, we can do your order for the extra Transform Phase products you would need to keep your momentum going. Also let's text every day during your 5 days to keep the communication strong. Let me know if you have any questions or concerns along the way. I expect you to do awesome on your RESET PLUS. Talk to you on *DAY* at *TIME*!

Nutritional Info

US Vita Antioxidant

Directions: Adults take two (2) tablets twice daily, preferably with food.

Supplement Facts

Serving size: 2 Tablets
Servings per container: 56

Amount Per Serving		%DV
Vitamin A (as 25% [516 mcg] Retinyl Acetate and 75% [2700 mcg] as Beta Carotene, Mixed Carotenoids)	1804 µg RAE	200%
Vitamin C (as Poly C Blend: Potassium, Calcium, Magnesium, and Zinc Ascorbates)	200 mg	222%
Vitamin D3 (as Cholecalciferol)	25 µg	125%
Vitamin E (as D-alpha-Tocopheryl Succinate)	67 mg	447%
Vitamin K (as K1 [Phytonadione] 240 µg, and K2 MK-7 [Menaquinone] 30 µg)	270 µg	225%
Thiamine (Vitamin B1)	15 mg	1250%
Riboflavin (Vitamin B2)	15 mg	1154%
Niacin (as Niacin and Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl)	16 mg	941%
Folate (as 300 µg Folic Acid)	500 µg DFE	125%
Vitamin B12 (as Cyanocobalamin)	100 µg	4167%
Biotin	150 µg	500%
Pantothenic Acid (as D-Calcium Pantothenate)	45 mg	900%
Choline (as Choline Bitartrate)	51 mg	9%

Amount Per Serving		%DV
Mixed Tocopherols (D-gamma, D-delta, D-beta Tocopherol)	40 mg	†
InCelligence Complex		
Alpha Lipoic Acid	50 mg	†
Meriva®** Bioavailable Curcumin Complex (*Curcuma longa* L., root)	36 mg	†
Green Tea Extract (*Camellia sinensis hunt.*, leaves)	35 mg	†
Quercetin Dihydrate	30 mg	†
Rutin	20 mg	†
Hesperidin (*Citrus spp. L.*, fruit)	20 mg	†
Resveratrol	20 mg	†
Olivol (Olive Fruit Extract, *Olea europaea L.*, fruit)	15 mg	†
PQQ (Pyrroloquinoline Quinone Disodium Salt)	5 mg	†
Inositol	64 mg	†
Coenzyme Q10	6 mg	†
Lutein (*Tagetes erecta L.*, flower)	300 µg	†
Lycopene	500 µg	†

†Daily Value (DV) not established.

US Core Minerals

Directions: Take two (2) tablets twice daily, preferably with food.

Supplement Facts

Serving size: 2 Tablets
Servings per container: 56

Amount Per Serving		%DV
Vitamin C (as Magnesium Ascorbate and Calcium Ascorbate)	300 mg	333%
Calcium (as Calcium Citrate and Calcium Ascorbate)	113 mg	9%
Iodine (as Potassium Iodide)	250 µg	167%
Magnesium (as Magnesium Citrate and Magnesium Ascorbate)	113 mg	27%
Zinc (as Zinc Citrate)	10 mg	91%
Selenium (as L-Selenomethionine and Sodium Selenite)	100 µg	182%
Copper (as Copper Gluconate)	1 mg	111%
Manganese (as Manganese Gluconate)	1 mg	43%
Chromium (as Chromium Polynicotinate)	150 µg	429%
Molybdenum (as Molybdenum Citrate)	25 µg	56%
Boron (as Boron Citrate)	1.5 mg	†
Silicon (as Calcium Silicate)	2 mg	†
Vanadium (as Vanadium Citrate)	20 µg	†
Ultra Trace Minerals	1.5 mg	†
N-Acetyl L-Cysteine	80 mg	†

†Daily Value (DV) not established.

Nutritional Info

US Whey Vanilla Pouch

Nutrition Facts

1 Serving per container
Serving Size: 1 pouch (60 g)

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 9 g	**12%**
Saturated Fat 2 g	**10%**
Trans Fat 0 g	
Cholesterol 57 mg	**19%**
Sodium 270 mg	**12%**
Total Carbohydrate 24 g	**9%**
Dietary Fiber 8 g	**29%**
Total Sugars 10 g	
Includes 8 g Added Sugars	**20%**
Protein 20 g	

Vitamin D	2 µg	10%
Calcium	390 mg	30%
Iron	2.6 mg	14%
Potassium	420 mg	9%
Vitamin A	260 µg	29%
Vitamin C	12 mg	13%
Vitamin E	2.6 mg	17%
Thiamin	0.5 mg	42%
Riboflavin	0.51 mg	39%
Niacin	6.1 mg	38%
Vitamin B6	0.51 mg	30%
Folate	65 µg	16%
Vitamin B12	0.6 µg	25%
Biotin	35.1 µg	117%
Pantothenic acid	2 mg	40%
Phosphorus	290 mg	23%
Iodine	45 µg	30%
Magnesium	95 mg	23%
Zinc	3.1 mg	28%
Selenium	11 µg	20%
Copper	0.56 mg	62%
Manganese	1 mg	43%
Chromium	10 µg	29%
Molybdenum	21.1 µg	47%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whey Protein, Fructose, Sunflower Oil, Maltodextrin, Fructooligosaccharide, Natural Flavors, Vitamin & Mineral Blend (Magnesium Citrate, Tricalcium Phosphate, Dipotassium Phosphate, Zinc Gluconate, Ascorbic Acid, Niacinamide (Niacin), Manganese Citrate, Copper Gluconate, Vitamin E Acetate, Biotin, Vitamin A Acetate, Sodium Selenite, Potassium Iodide, Calcium Pantothenate, Molybdenum Citrate, Chromium Chloride, Vitamin D3, Folic Acid, Riboflavin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin B12), Modified Tapioca Starch, Sunflower Lecithin, Sugarcane Fiber, Organic Agave Inulin, Flaxseed, Sodium Carboxymethylcellulose, Modified Food Starch, Sea Salt, Xanthan Gum, Blueberry Powder, Apple Powder, Raspberry Powder, Monk Fruit Extract, Stevia Reb M, Ferrous Fumarate.

Contains: Milk.

†No gluten-containing ingredients are used in this product. Produced on equipment that also processes milk and soy.

Manufactured by: USANA Health Sciences, Inc., 3838 W. Parkway Blvd., Salt Lake City, UT 84120 USA
This is a sealed container. Do not use if container is broken.

Store at room temperature (25 °C).

Customer Service: 1-888-950-9595

US Whey Chocolate

Nutrition Facts

1 serving per container
Serving Size: 1 pouch (61 g)

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 9 g	**12%**
Saturated Fat 2 g	**10%**
Trans Fat 0 g	
Cholesterol 55 mg	**18%**
Sodium 260 mg	**11%**
Total Carbohydrate 25 g	**9%**
Dietary Fiber 9 g	**32%**
Total Sugars 10 g	
Includes 8 g Added Sugars	**20%**
Protein 20 g	

Vitamin D	2 µg	10%
Calcium	390 mg	30%
Iron	2.7 mg	15%
Potassium	610 mg	13%
Vitamin A	260 µg	29%
Vitamin C	12 mg	13%
Vitamin E	2.5 mg	17%
Thiamin	0.5 mg	42%
Riboflavin	0.51 mg	39%
Niacin	6.1 mg	38%
Vitamin B6	0.6 mg	25%
Folate	65 µg	16%
Vitamin B12	0.5 µg	29%
Biotin	34.7 µg	116%
Pantothenic acid	2.1 mg	42%
Phosphorus	310 mg	25%
Iodine	45 µg	30%
Magnesium	115 mg	27%
Zinc	3.3 mg	30%
Selenium	11 µg	20%
Copper	0.71 mg	79%
Manganese	1 mg	43%
Chromium	9.9 µg	28%
Molybdenum	20.8 µg	46%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whey Protein, Fructose, Sunflower Oil, Cocoa Processed with Alkali, Natural Flavors, Maltodextrin, Modified Tapioca Starch, Fructooligosaccharide, Vitamin & Mineral Blend, (Magnesium Citrate, Tricalcium Phosphate, Dipotassium Phosphate, Zinc Gluconate, Ascorbic Acid, Niacinamide (Niacin), Manganese Citrate, Copper Gluconate, Vitamin E Acetate, Biotin, Vitamin A Acetate, Sodium Selenite, Potassium Iodide, Calcium Pantothenate, Molybdenum Citrate, Chromium Chloride, Vitamin D3, Folic Acid, Riboflavin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin B12), Organic Agave Inulin, Sunflower Lecithin, Flaxseed, Sodium Carboxymethylcellulose, Sugarcane Fiber, Modified Food Starch, Sea Salt, Xanthan Gum, Blueberry Powder, Apple Powder, Raspberry Powder, Monk Fruit Extract, Stevia Reb M, Ferrous Fumarate.

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Starting Your Nutritional Program

Over 80 to 90% of my patients are able to start taking their nutritional supplements with absolutely no problems. The cellular nutrition that I recommend provides nutrients that you get from your food, but at levels that you aren't able to obtain from your food. These are not herbs, nor do they have any pharmaceutical properties. They are merely nutrients that the body needs to function at its optimal level. My cellular nutrition recommendations have been developed to provide all the essential nutrients to the cell at optimal or advanced levels that have been shown to provide a health benefit in our medical literature. The level of nutrition provided in these recommendations are all well within safe parameters.

However, you will be nourishing your body far more effectively than you have ever nourished your body before. The medical literature has shown us that there are several health benefits when you supplement your body with these high quality, complete, and balanced nutritional supplements. Remember, taking supplements is about health not disease. Over the time of supplementing with a good diet and exercise program, you will not only optimize your body's natural antioxidant defense system, but also it's natural immune and repair system. Your body will also now be able to begin to remove waste products (toxins) more effectively from the body. A small percentage of my patients (less than 10 to 20%) may experience some mild detoxification reactions.

Detoxification:

The most common detoxification reaction is mild muscle aches and/or mild headaches. These symptoms will usually pass within a few days to a week or two. If the discomfort is not unbearable, I simply have my patients continue their nutritionals as I have recommended. However, occasionally there is a more severe reaction. The patient is not in danger; rather, the amounts of nutrients are just too much too fast. In this case, I have my patients quit their supplements for a few days until the reaction subsides. I will then have them start back on their program but initially at lower doses (approximately one third of the recommended dose). Once they are tolerating this amount of supplementation, I suggest slowly building up to the recommended doses.

Some of my patients actually develop a "detox" skin rash somewhere on their body. As you know, the skin is an important route for ridding toxins. This rash is a dry, red rash that looks almost like a mild sunburn. Some people confuse this with an allergic reaction to the supplements. I have never seen an allergic reaction to the high-quality nutritional supplements I recommend.

Patients may also experience some aspect of loose stools or even diarrhea. This again is a common "detox" reaction because the GI tract is another prime route for eliminating toxins from the body. This symptom will usually diminish within 7 to 10 days. It is an important part of the detoxification and healing process. Therefore, I usually encourage my patients to continue the supplements as recommended unless their bottom gets too sore. I will then again recommend lower doses of the supplements until they feel better and then begin adding the supplements back more slowly until the recommended doses are reached.

Natural Relaxation Response:

A small percentage of patients develop a natural relaxation response when minerals are absorbed into their body. This is of great concern to those patients who have just been told that nutritional supplementation may potentially improve their energy level. They take the supplements as recommended only to find themselves more fatigued and dragging themselves around throughout their day. If you experience this response, I recommend that you take all of your minerals with a light bedtime snack. This allows you to take advantage of your body's response while getting a good night's sleep.

Stomach Upset:

A small percentage of patients have difficulty tolerating vitamin C. It can cause an upset stomach that will usually become evident a couple days after starting their nutritional program. The vitamin C I recommend usually is found in the Antioxidant tablet. If you are experiencing significant nausea, I suggest taking just one Antioxidant tablet with the largest meal. Once this level of supplementation is better tolerated, I suggest slowly adding another Antioxidant tablet to the next largest meal. I anticipate building them up to the recommended level of supplementation, but sometimes this is just not possible. For those extremely sensitive, I advise just taking the amount of Antioxidant tablets that they can tolerate even if this is just one or two per day.

Disclaimer

Every effort has been made to make this website as accurate as possible. The purpose of this site is to educate and inform. As such it is based on scientific evidence and my clinical training and experience. No individual should at any time use the information found on this website for self-diagnosis, treatment, or justification in accepting or declining any medical therapy for any health problems or diseases. Any application of the advice herein is at the reader's own discretion and risk. Therefore, any individual who has a specific health problem or is taking medications must first seek advice from his or her personal physician or healthcare provider before starting a nutritional supplement program. Dr. Strand shall have neither liability nor responsibility to any person or entity with respect to loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this website. We assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein. Any slights of people, places, or organizations are unintentional.

Choosing High-Quality Nutritional Supplements

One of the most difficult aspects of being involved in nutritional medicine is the fact that nutritional supplement companies are basically an uncontrolled industry. The FDA looks at supplements like foods. Nutritional companies are not required to put in their capsules/tablets what they say is on their label. The quality of products that is placed in most supplements is of inferior quality and their manufacturing processes are generally suspect. People who have read my books or used this website will sometimes go out to their local chain stores, drug stores, or health food stores and try to put together my recommendations on their own. The frustrating thing about this is that they think that they are doing what I am recommending only to not get any health benefits from their efforts or very marginal results.

When you look at my nutritional recommendations for the Antioxidant tablets and Mineral tablets, you will quickly realize that you cannot get this amount of supplementation in a simple daily multivitamin. However, some companies are now putting all of the needed nutrients together in one or two different pills. In order to achieve the optimal levels I recommend, you will most likely need to take several (four to eight tablets) daily. The more antioxidants you take and the more variation your supplement provides the better. Also be sure that you are getting all the recommended levels of the minerals and the B-cofactors.

You need to spend a little time investigating the nutritional company you choose. You can locate information on the company's website or you may need to call the company directly. Most importantly, you want a company that follows pharmaceutical-grade Good Manufacturing Practices (GMP). This means that they purchase pharmaceutical-grade raw materials and then follow pharmaceutical-grade Good Manufacturing Practices in producing their supplements. These companies produce what is called pharmaceutical-grade supplements, meaning similar guidelines are followed for manufacturing their products as companies making over-the-counter or prescription medications.

The government does not require the manufacturers of nutritional supplements to do this; still, some nutritional companies put this extra effort into the manufacturing of their products to provide their customers with the assurance that they are getting what is on the label. These high-quality manufacturers will put the actual amounts of the nutrients found in their products on the label and give full disclosure of all the ingredients. You also want to find an expiration date on the bottle and the company's full address.

Another aspect of quality that needs to be considered is whether or not the manufacturer of your nutritional supplements follows what are known as U.S. Pharmacopoeia (USP) standards. These are government guidelines that assure consumers that their medications and supplement capsules/tablets are of the highest quality and will dissolve properly and be readily absorbed into the body.

Pharmaceutical-grade GMP's would be rendered worthless if the company does not also follow USP standards for the dissolution of their capsules/tablets. If the capsule/tablet does not dissolve properly, it does not matter what they put in them. Choosing a company that follows the USP guidelines is certainly a step in the right direction.

Balance and completeness is another very critical aspect of choosing a high-quality nutritional supplement. Just like there are drug-interactions, there are also nutrient interactions that can create poor absorption and poor interactions. This is probably the most difficult aspect for the average consumer to really know or understand. Therefore it is critical to choose a company that understands completeness and balance in their products.

Another aspect to consider when you are researching a particular company is where it markets its products. A company that markets internationally usually has to follow higher standards than those who market only in the United States. Countries like Canada, Australia, and Western European countries have the highest standards for the manufacturing of nutritional supplements. Canada and Australia presently have some of the most restrictive requirements for nutritional supplements.