

## Understanding your USANA Supplement Program

Before reading this document please follow this link to read some important information from Dr Ray Strand about starting your USANA Supplement Program.

[Starting Your USANA Nutritional's](#)

### USANA CellSentials™

USANA CellSentials™ Vita Antioxidant & MultiMineral, a vitamin, mineral and antioxidant supplement containing a full array of vital nutrients to help you fill nutritional gaps for optimal health and wellbeing. For years, USANA Essentials has been rated the best multivitamin supplement in Australia and New Zealand. (1) (Nutriscience Comparative Guide to Nutritional Supplements)

There recent upgrade to the CellSentials™ brings in new patented technology called Incelligence™ where they will continue to offer all the benefits of the Essentials and so much more.

USANA's CellSentials™ provide the advanced nutritional foundation for every adult, every day, to support lifelong health.

With the new Incelligence™ Technology they now provide a triple action support - to Nourish, Protect and Renew the body's cells. No other company offers this technology in their product line.

**Nourish** the body with the Essential nutrients as stated below.

**Protect** the body by stimulating its own natural defense system and signaling the body to create more of its own endogenous antioxidants which are hundred times more powerful than just taking on board exogenous antioxidants (external antioxidants) - Making your cells better able to protect themselves.

**Renew** Incelligence encourages your cells to start mitophagy (a process of removal and recycling of the damaged mitochondria to allow cells to function more smoothly and easily to support efficient energy production)

The Vita Antioxidant and MultiMineral make up the CellSentials™. They are designed to work together to build a strong foundation of exceptional nutrition.

*So how do they work?*

The Vita Antioxidant is a comprehensive, high-potency formula that includes a broad spectrum of essential vitamins which offers complete antioxidant protection against oxidative stress. Vita Antioxidant formula contains critical ingredients including lycopene, turmeric extract, coenzyme Q10, and alpha lipoic acid. When combined with the potent antioxidant mixture already present in Vita Antioxidant the result is complete antioxidant protection. In addition to comprehensive antioxidant protection, Vita Antioxidant offers nutritional support for healthy circulation and blood vessels, healthy vision and a sound immune system, and protection against environmental toxins which are important for long-term optimal health.

The MultiMineral delivers a comprehensive, high-potency formula that includes a broad spectrum of essential minerals and cofactors that support optimal health and provides balanced amounts of important minerals to enhance the body's efficient use of carbohydrates, proteins, and fats. MultiMineral contains a balanced blend of minerals and trace minerals. Minerals and trace elements represent less than one-half of one percent of the total nutrients we consume every day, and yet without them, our bodies would be unable to efficiently use the carbohydrates, proteins, and fats in our diet. Minerals play an essential role in the body.

Many vitamins and enzymes need a mineral cofactor for proper function. Not all mineral forms are created equal. USANA uses minerals in forms that are readily absorbed by the body.

USANA has carefully formulated a balance of essential minerals—in bioavailable forms—and has added trace minerals for balance and completeness.

USANA continually strives to use ingredients with proven quality, purity, and bioavailability.

Minerals are sourced from the highest quality suppliers and only those that meet USANA's strict guidelines.

Vita Antioxidant and MultiMineral are designed to work together to build a strong foundation of exceptional nutrition.

Vita Antioxidant and MultiMineral is laboratory tested, quality guaranteed. They meet British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable. Both are also vegetarian safe.

## **HepaPlus**

### THE BENEFITS OF HEPA PLUS

Your liver performs a number of functions vital to maintaining good health, including filtering almost everything that goes into your blood stream.

Almost every nutrient you put into your mouth—from food, drinks, medications, and supplements—goes through your liver, where they are broken down into a form that can be used by your body or filtered out and eliminated. An unstable liver that isn't functioning optimally

may result in a buildup of toxins in your system that could cause a wide variety of long-term health issues.

Hepa Plus supports healthy liver function by supplying the body with nutrients that promote the natural detoxification process as well as endogenous antioxidant activity to protect against the damage of free radicals.

#### THE SCIENCE BEHIND HEPA PLUS

A key ingredient in Hepa Plus, choline helps the liver metabolize fats and cholesterol and move them out of the liver. Upon entry into the cell, choline is oxidized to become betaine, which plays a role in donating methyl groups necessary for detoxification reactions.

Hepa Plus also delivers a comprehensive array of phenolic compounds that exhibit antioxidant properties, including green tea extract, broccoli concentrate, and USANA's patented Olivol™ olive fruit extract. Turmeric is traditionally used in herbal medicine as an anti-inflammatory. In addition, n-acetyl l-cysteine, alpha-lipoic acid, and milk-thistle extract help your body produce its own natural antioxidants—notably, glutathione, which is most concentrated in the liver. In addition to its role in normal, healthy detoxification processes, glutathione's antioxidant activity is important not only for protection from the free radicals and toxins you are exposed to in the environment, but also because the detoxification process itself generates oxidative stress in your liver.

Taking three tablets of Hepa Plus a day for 28 days can help significantly increase natural glutathione production and overall antioxidant capacity. In fact, the formula itself is now patent pending because of the increase in glutathione, vitamin C antioxidant capacity, and detoxification activity it helps produce within the body.

Hepa Plus is also U.S. patent pending because it safely combines two previously incompatible liver supporting nutrients into one bi-layer tablet using USANA's Nutritional Hybrid Technology.

#### THE USANA DIFFERENCE

The unique formulation of Hepa Plus supports healthy liver function by providing choline to aid its natural detoxification process, along with a full range of nutrients that help the body combat oxidative stress. It also includes Olivol for more complete antioxidant support. Hepa Plus provides comprehensive support for the liver.

#### **USANA Probiotic**

Maintaining your digestive health is crucial for maintaining your overall health.

USANA Probiotic is a digestive health formula delivering probiotic with prebiotic.

- Contains viable beneficial bacteria
- Helps to maintain healthy gut flora

- Contains two patented strains of probiotic bacteria†
- Clinically proven to survive transit through the acidic environment of the stomach.1

Now Dairy-free, sugar-free, and gluten-free.

USANA's Probiotic features a unique 50/50 mixture of Bifidobacterium, BB-12® and Lactobacillus rhamnosus GG, LGG®. These probiotic bacteria strains help to maintain a healthy balance of beneficial bacteria in the gut, commonly known as the gut flora.

### **Fibergy™ Plus**

USANA's Fibergy Plus is a flavourless, natural source of dietary fibre containing 12 grams of soluble and insoluble fibre in each serving.

USANA's unique formula contains psyllium, a soluble fibre and bulking agent that helps stimulate normal bowel regularity; and inulin, a prebiotic that helps promote the growth of healthy bacteria in the digestive tract. One serving of Fibergy Plus supplies 4 grams of psyllium and 3 grams of inulin and is formulated without gluten, dairy and soy\*. The high fibre low-GI formula leave you feeling satisfied, making it easy to skip unhealthy snacks throughout the day. It also promotes good digestive health, and aids in normal bowel regularity, which helps move wastes and toxins out of the colon.

### **Nutrimeal™ Free**

Nutrimeal™ Free is a meal replacement shake formulated with a complete GMO-free (Genetically modified organism free) and a unique pea and potato vegetable protein blend which is easily digestible has plenty of fiber supports sustained energy and provides a feeling of satiety.

Nutrimeal™ Free is also unique for what it doesn't contain - no added gluten, dairy protein, egg or soy. And it is vegetarian friendly.

Low-Glycemic Formula Nutrimeal™ Free is low GI and has been independently certified to have a GI rating of 49 . Using Nutrimeal™ Free Add three (3) scoops of Nutrimeal™ Free to 290–340 mL of cold water to taste. Blend it with ½ teaspoon of cinnamon, ½ teaspoon of vanilla extract or a handful of your favourite fruits or vegetables to give it your personal touch.