



Optimizers CoQ 30

The energy that every cell needs to function is produced through a complex process in the mitochondria



The CoQ30 supplement supplies an advanced amount of coenzyme Q10 (CoQ10), which is vital for cardiovascular health, sound muscle function, and healthy nerve function.

Who to Share with

- People whose heart or muscle health is a priority
- Athletes and those whose work require constant muscular exertion
- Older people whose natural ability to synthesize CoQ10 has diminished

Why USANA's CoQ 30

- CoQ 30 supplies a combination of coenzyme Q10 and alpha-lipoic acid formulated for maximum bioavailability
- It is effective, safe, and manufactured to pharmaceutical quality

Energy of the Cell

Cell with the highest energy demands, such as in the muscles and the heart, have the highest levels of coenzyme Q10- a remarkable molecule studied for years for its role in producing cellular energy.



Optimizers BiOmega

High-quality, ultra-pure fish oil supplement



The BiOmega supplement supplies pure, natural fish oil rich in omega-3 fatty acids that are essential for optimal health and wellness.

Why USANA's BiOmega

- BiOmega is double-molecular distilled to be free from heavy metals and organic contaminants like dioxins and pesticides
- It provides advanced levels of EPA and DHA, the two important omega-3 fatty acids
- Its lemon oil helps eliminate any fishy aftertaste
- It supplies additional vitamin D, a nutrient found to be inadequate in most diets

A Fishy Dilemma

Everyone knows that fish, rich in omega-3 fatty acids, is good for health. Because of pollution, eating certain types of fish regularly can expose you to harmful contaminants, such as mercury and chemical pesticides.



Optimizers Active Calcium

Nutritional supplement for healthy bone



The Active calcium supplement supplies nutrients that work together to promote strong, healthy bones. It also supports healthy muscle function and strength.

Who to Share with

- Women, throughout their adult lives
- People whose diets are deficient in calcium and other bone-building nutrients
- People whose bone or muscle health is a priority

Why USANA's Active Calcium

- Active Calcium provides balanced levels of calcium, magnesium, vitamin D and boron in bioavailable forms
- It is effective, safe, and manufactured to pharmaceutical quality

The Calcium warehouse

The body contains nearly 1.5 kg. of total calcium, 99 percent of which is in the bones. When the body does not get enough calcium from the daily diet, it will take some from the bones, weakening the skeletal structure over time.



Optimizers VX

Nutritional supplement to maintain healthy vision



The VX supplement provides a comprehensive array of powerful antioxidants that protects the eyes against environmental factors to maintain healthy vision.

Who to Share with

- People whose eyes are frequently exposed to the sun, computer screens, etc.
- People whose visual health is a priority

Why USANA's VX

- VX combines the powerful antioxidant benefits of lutein and zinc to protect the retina against free-radicals damage
- It is effective, safe, and manufactured to pharmaceutical quality

What You See

We see when light strikes the retina, a highly sensitive layer of cells at the back of the eye. The central part of the retina is the macula, which is especially vulnerable to oxidative damage due to the radiation that is frequently focused on it.



your health. your life. your way.™

“ Why Nutritional Supplements? ”

Medical research has established an indisputable link between good nutrition and long-term health. Most people agree that a complete, well-balanced diet-comprising a wide variety of fruits, vegetables, and whole grains, and rich in vitamins, minerals, and antioxidants-is a solid foundation for good nutrition. But not everyone understands the importance of nutritional supplementation.

Here are some reasons you can use to support the case for supplementation.

Poor eating habits: Few of us consistently eat a healthy, well-balanced diet. We tend to stick to what we like, sacrificing variety to taste

Processed foods: For convenience, we often eat processed food instead of fresh, wholesome meals. Processing can strip natural foods of much of their nutrients. So can over-cooking. The same food, cultivated in different places or under different conditions, can end up containing very different nutritional profiles.

Free-radicals defence: Because we are exposed to increasing amounts of environmental pollutants and toxic substances, our cells require ever-higher degree of protection against damage.

Optimal Nutrition:

Obtaining the Recommended Dietary Allowance (RDA) amounts of vitamins, minerals, and other nutrients may not be sufficient for long-term good health. From the beginning, the RDAs were guidelines to help reduce cases of severe nutritional deficiency diseases such as scurvy or rickets. They do not address the potential health benefits of advanced levels of certain nutrients.

Quality nutritional supplements provide a broad spectrum of nutrients in advanced levels, properly balanced, and in forms that our body can utilize. They help deliver the essentials nutrients that are missing from many of our diets, and complement a healthy lifestyle to help us maintain a lifetime of good health.

“ Five Reasons You Can Trust USANA ”

Groundbreaking Nutritional Research:

USANA invests in extensive scientific operations and information systems. It forms worldwide scientific alliances, including a partnership with the prestigious Linus Pauling Institute. USANA experts are at the forefront of nutritional science.

Guaranteed Potency:

USANA verifies each production batch so that what you read on a product label is what you will receive in the product.

First-class Ingredients:

USANA's formulas are based on sound, scientifically proven, and clinically tested ingredients that are safe and in a form that your body can utilize.

High-quality manufacturing:

USANA's quality program for nutritional products is modeled voluntarily after the pharmaceutical industry-with standards generally higher than those required under US laws. USANA is a multiple-year winner of the Utah Best of State Award for Best Dietary Supplements.

Trust of Top Athletes and Health Professionals:

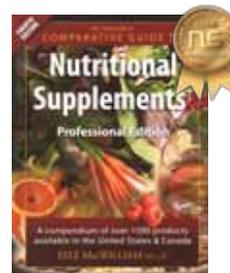
World class athletes trust their health to USANA products for their purity and safety. USANA products are also listed in the Physicians' Desk Reference (PDR) in North America helping earn the trust of doctors and health professionals in many parts of the world.



Contents Tested & Certified
www.nsf.org



Be Sure It's CL Approved



Essentials Chelated Mineral and Mega AO

Foundation to nutritional supplementation: vitamins and minerals

The Essentials vitamin, mineral and antioxidant supplements for adults are a combination of two products:

- Mega AO: vitamins and antioxidants supplement
- Chelated Mineral: multi-mineral product

Together, they provide a broad spectrum of vitamins, minerals, and other plant nutrients that form the foundation of USANA's nutritional system.



Who to Share with

- Every adult, to complement a healthy diet.

Why USANA's Essentials

- The Essentials supplements provide a wide range of vitamins and minerals as well as trace minerals, mixed carotenoids, bioflavonoids, and other plant nutrients and antioxidants.

Potent and Balanced

- They supply a carefully balanced level of nutrients for optimal results.

Bioavailable

- They use high-quality ingredients that are in forms the body can absorb and use.

“Best of the Best”

• The Essentials vitamin, mineral, and antioxidants supplements are effective, safe, and manufactured to pharmaceutical quality. They were named “*Best of the Best*” and one of just four supplements to receive the highest, Gold Medal rating in Lyle MacWilliam's Comparative Guide to Nutritional Supplements.



Optimizers Proflavonol 30

Nutritional supplementation: Bioflavonoids

The Proflavonol supplement supplies powerful bioflavonoids from exceptional quality grape-seed extract, which is clinically proven to sustain sound cardiovascular health. It also maintains a balanced immune function and healthy, younger-looking skin.

Who to Share with

- People whose cardiovascular health is a priority
- People who want to maintain strong immune function
- People who desire healthy, younger looking skin

Why USANA's Proflavonol

- Proflavonol combines top-quality grape-seed bioflavonoids with highly bioavailable antioxidant properties
- It is effective, safe, and manufactured to pharmaceutical quality

