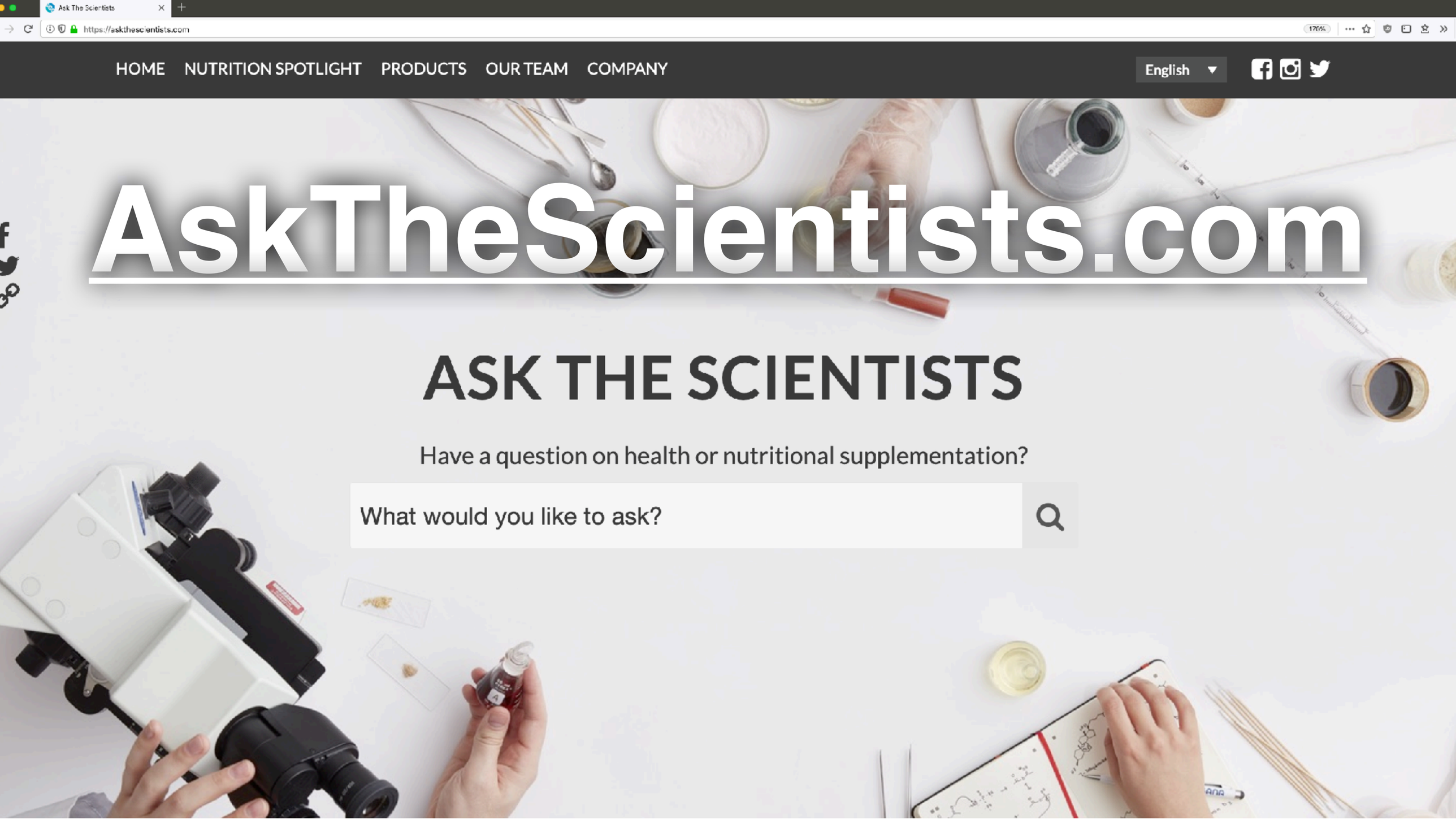
USANA®

THE CELLULAR NUTRITION COMPANY


Ask The Scientists
https://askthescientists.com
HOME
NUTRITION SPOTLIGHT
PRODUCTS
OUR TEAM
COMPANY
English
AskTheScientists.com
ASK THE SCIENTISTS
Have a question on health or nutritional supplementation?
What would you like to ask?

WHY is nutrition so important?

WHAT is proper nutrition?

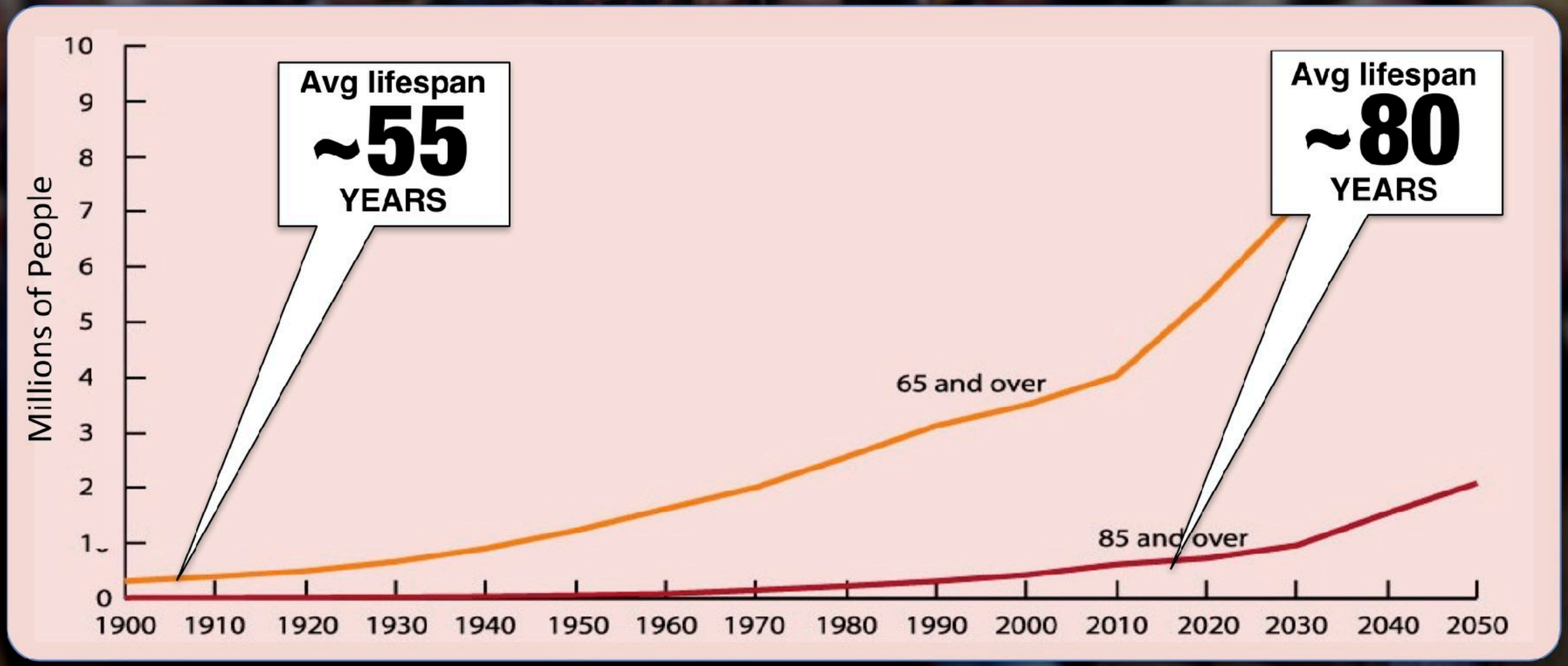
HOW is USANA different?

WHY is nutrition so important?

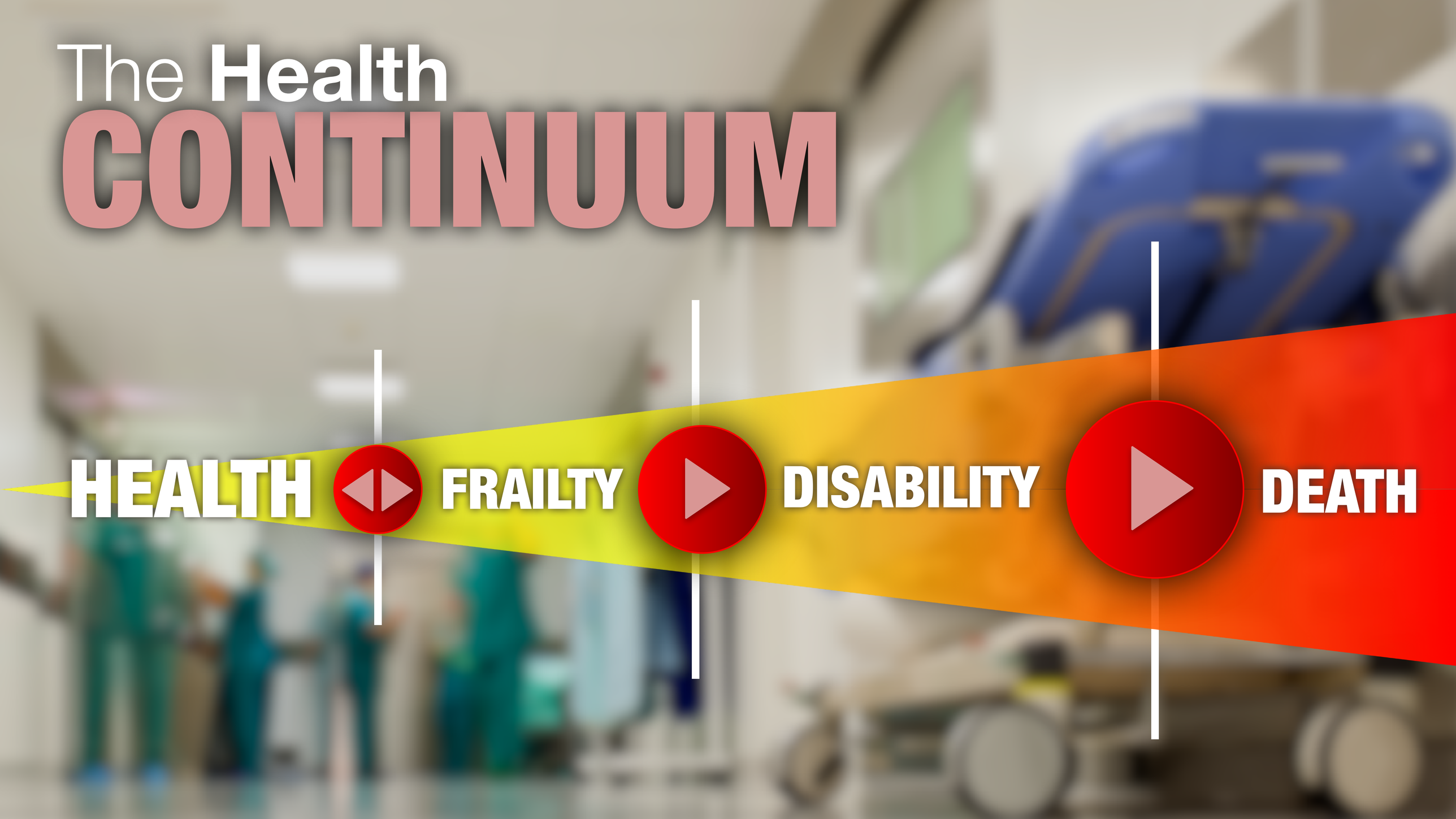
WHAT is proper nutrition?

HOW is USANA different?

We have NEVER lived LONGER

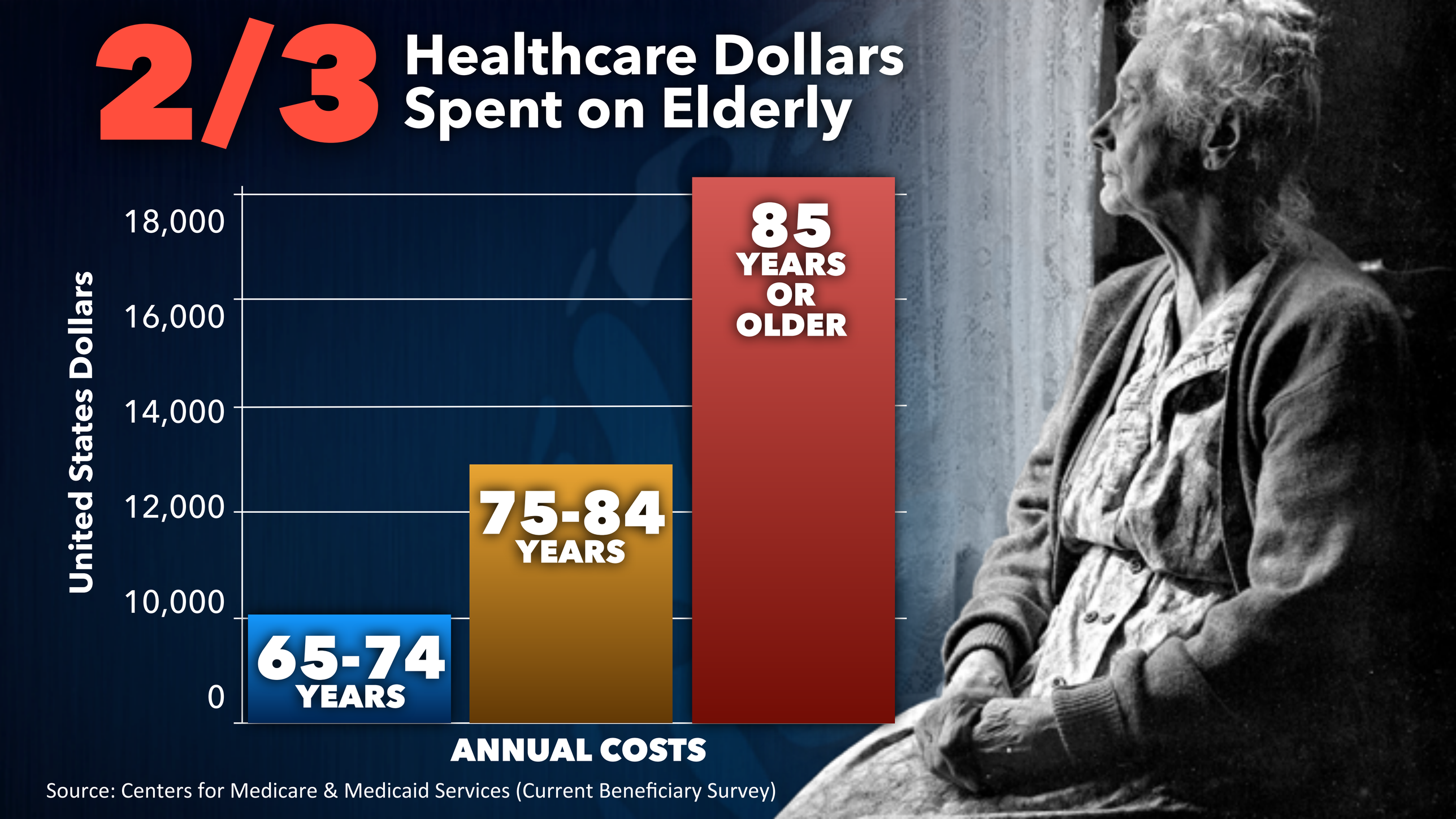


Source: Bureau of Statistics

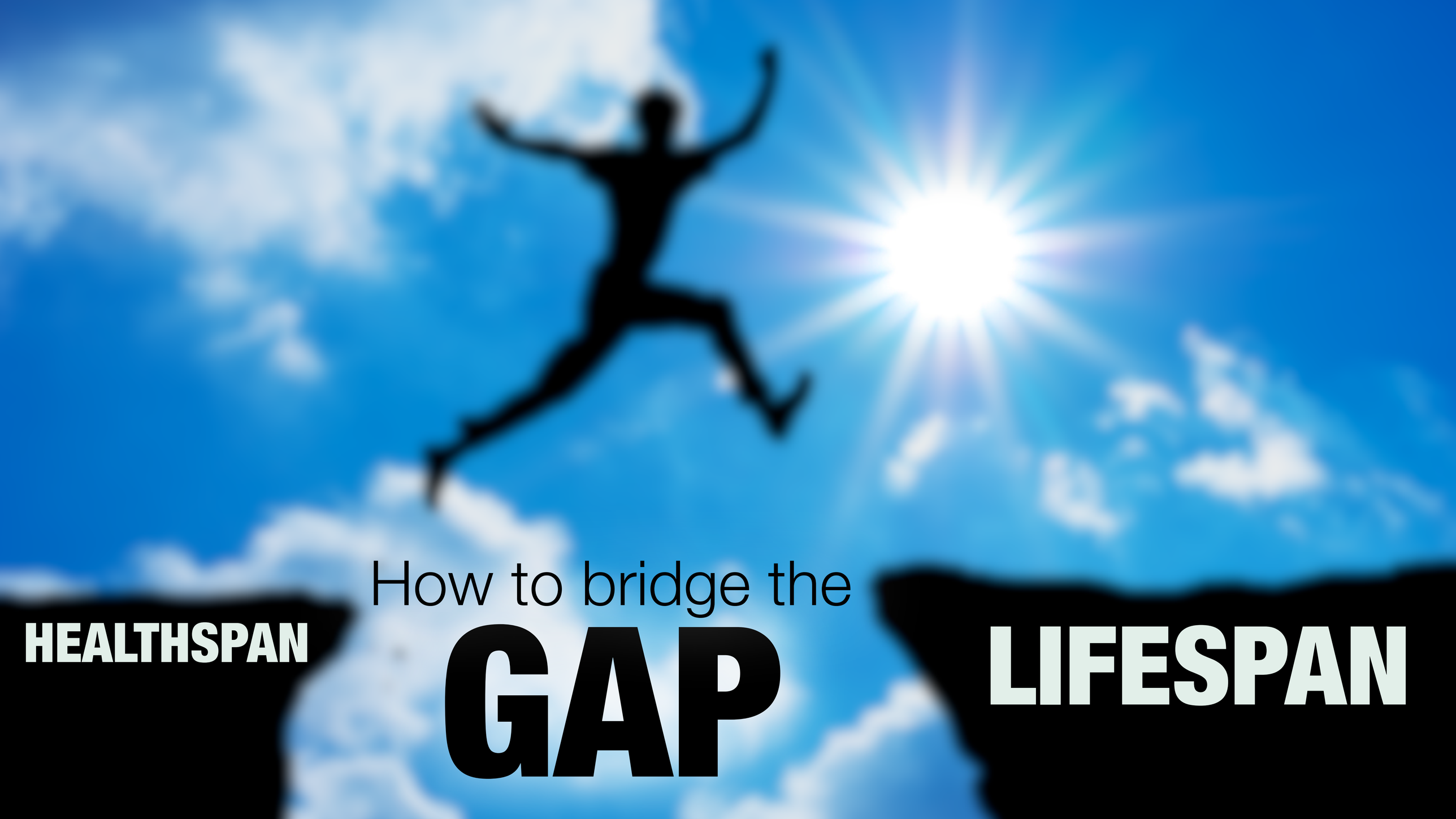

The Health
CONTINUUM
HEALTH
FRAILTY
DISABILITY
DEATH


HEALTH
significantly declines during
our last 10 years of life

2/3 Healthcare Dollars Spent on Elderly



Source: Centers for Medicare & Medicaid Services (Current Beneficiary Survey)


How to bridge the
GAP
HEALTHSPAN
LIFESPAN

Chronic degenerative

CONDITIONS

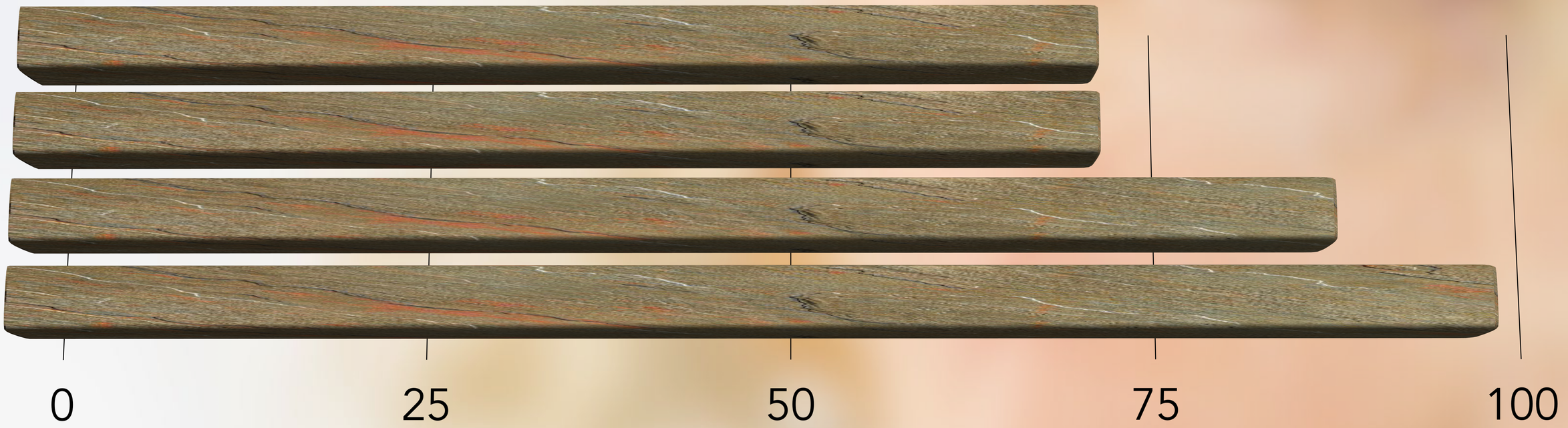
Cause **66%** of deaths

Chronic degenerative

CONDITIONS

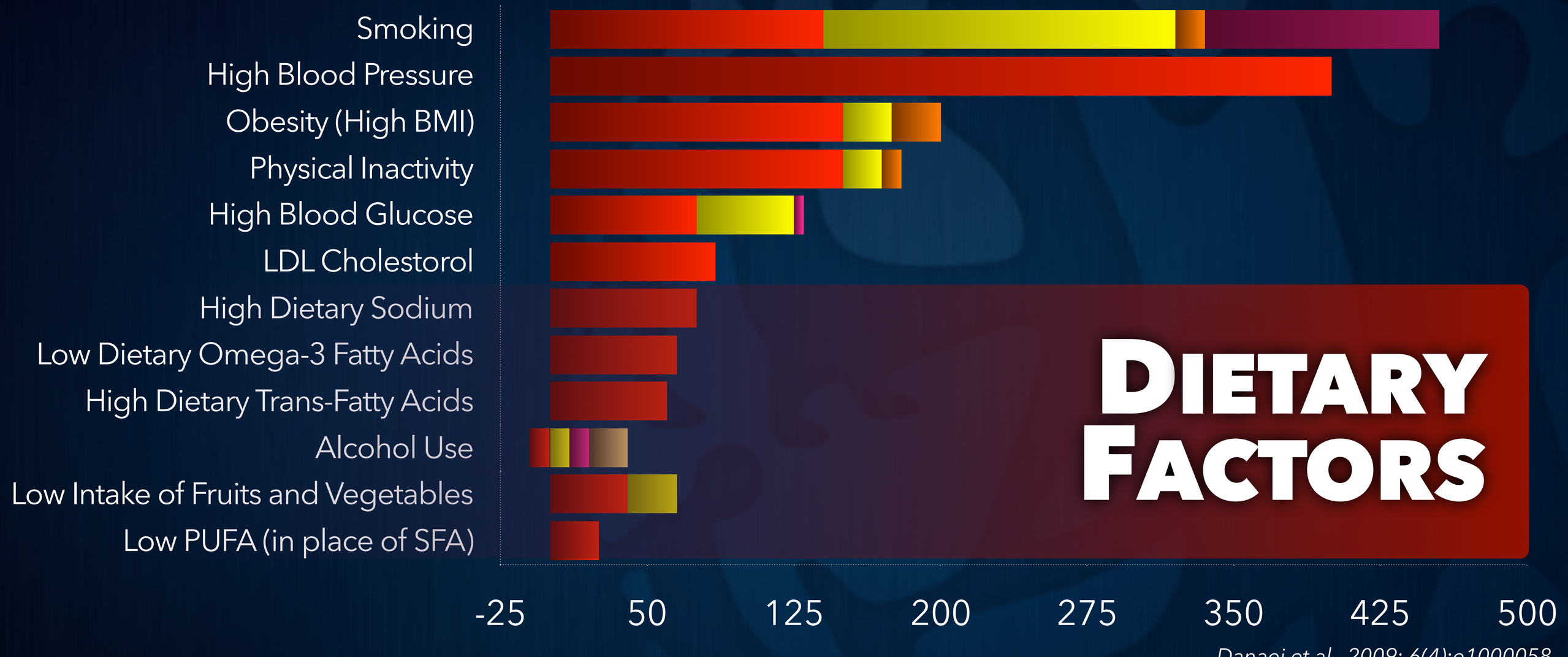
are **PREVENTABLE**

through diet and lifestyle modifications



Willet, W. (2002) Science

DEATHS Attributable to Individual Risk



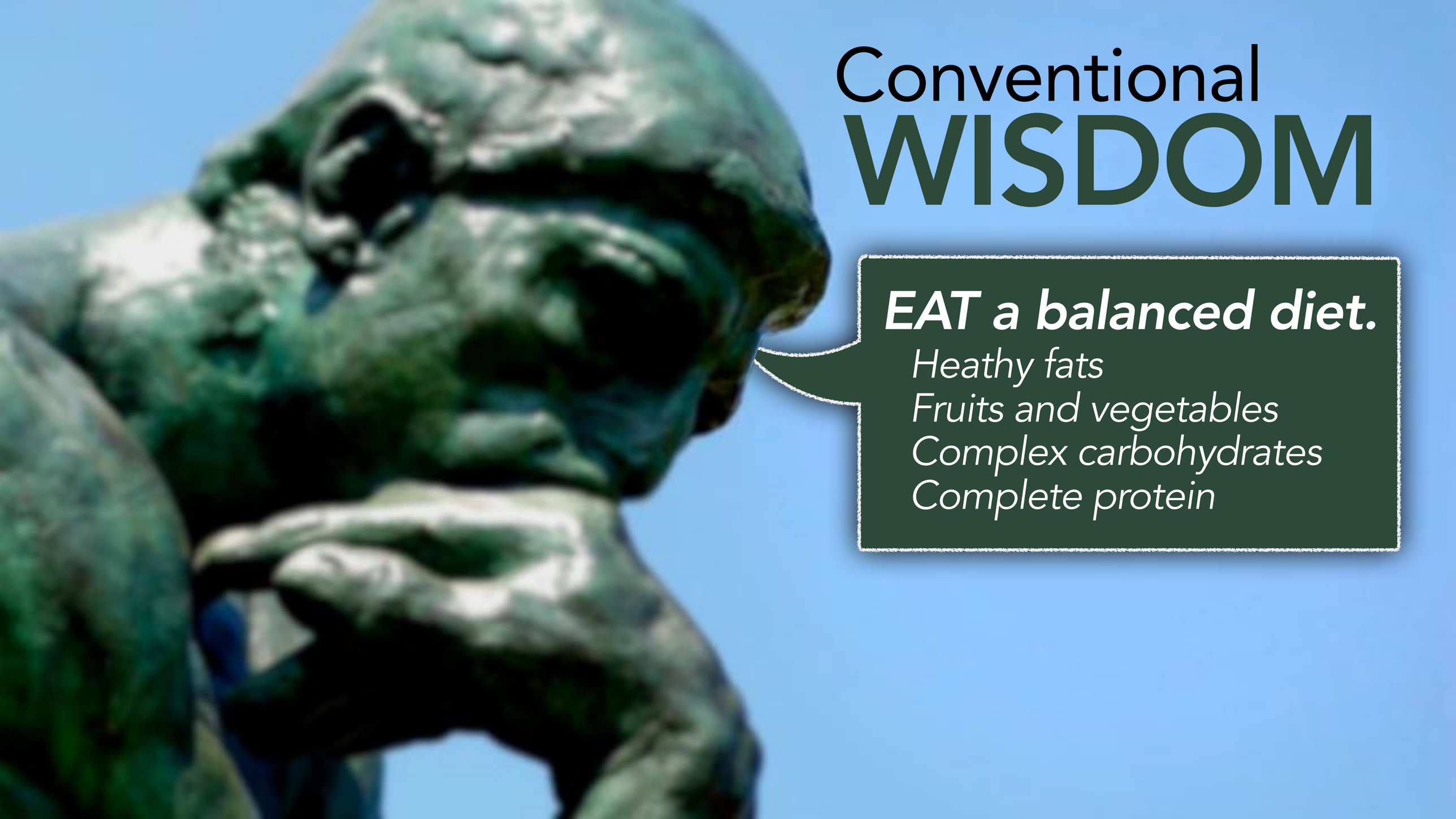
Danaei et al., 2009; 6(4):e1000058


HEALTH
is a function of how we
LIVE OUR LIVES

WHY is nutrition so important?

WHAT is proper nutrition?

HOW is USANA different?


Conventional
WISDOM
EAT a balanced diet.
Heathy fats
Fruits and vegetables
Complex carbohydrates
Complete protein


FAST FOOD

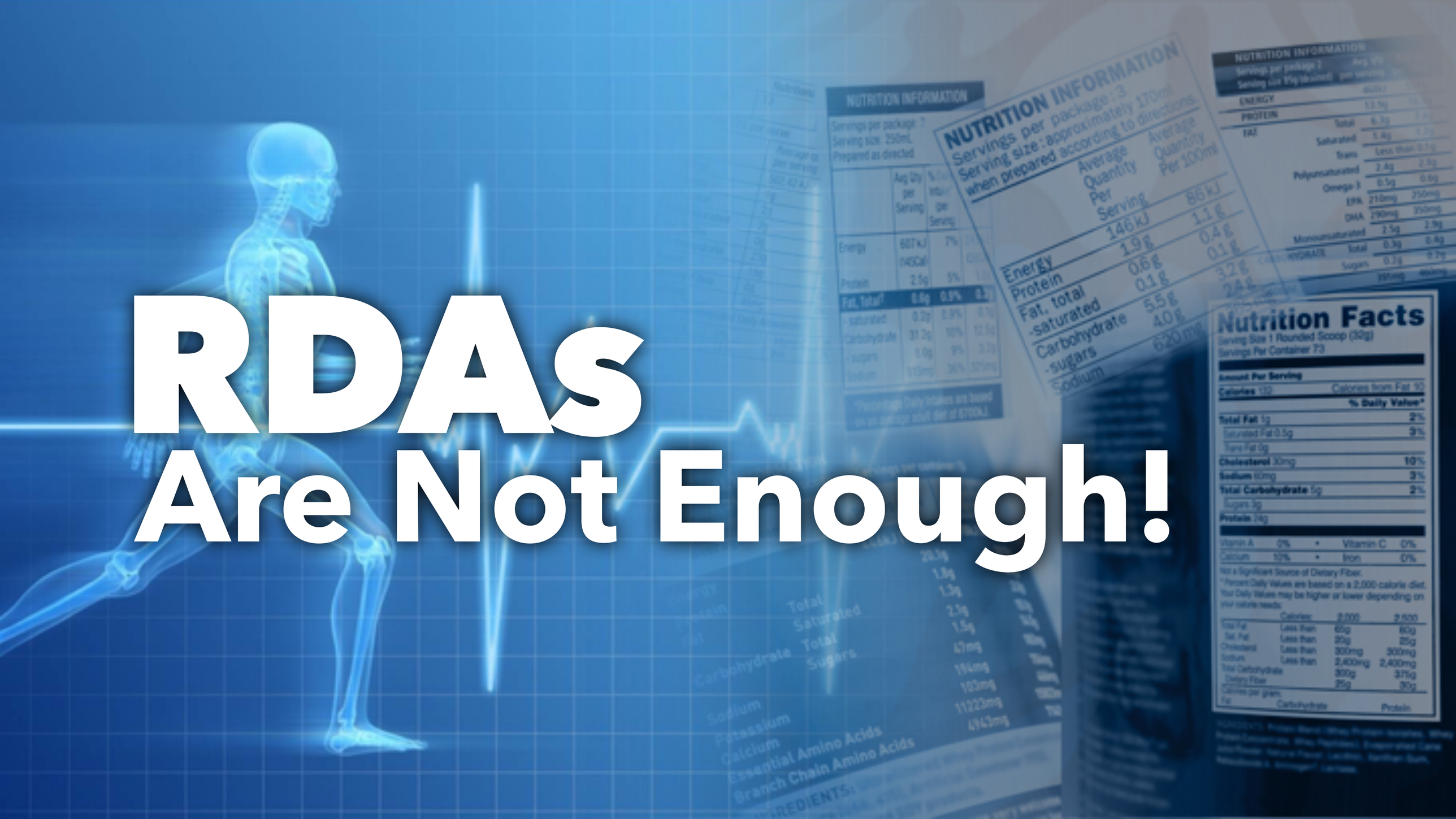

FAST FOOD
Nutrition Facts
Serving Size 350 g
Amount Per Serving
Calories 880 Calories from Fat 459
% Daily Value*
Total Fat 51g 78%
Saturated Fat 20g 100%
Trans Fat
Cholesterol 200mg 67%
Sodium 1520mg 63%
Total Carbohydrate 50g 17%
Dietary Fiber 4g 16%
Sugars 9g
Vitamin A 40% • Vitamin C 10%
Calcium 25% • Iron 40%

DEFICIENCIES

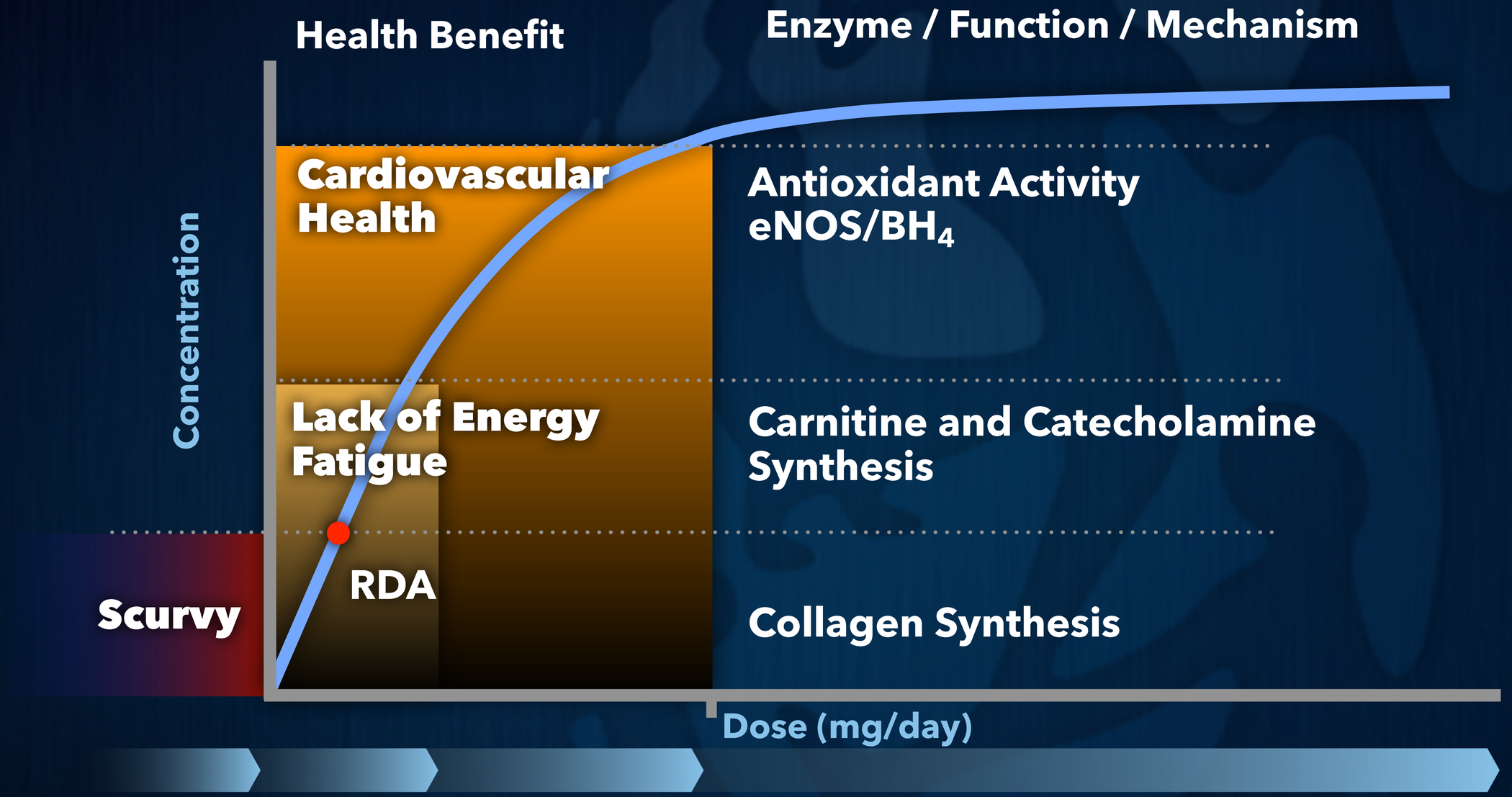
In North American Diet

MEN (19+)	NUTRIENT	WOMEN (19+)
89%	Vitamin E	97%
63%	Calcium	88%
64%	Magnesium	67%
11%	Zinc	36%
57%	Vitamin A	48%
40%	Vitamin C	38%
7%	Vitamin B6	28%
59%	Vitamin D	59%

NHANES 2001-2002 USDA 2005 J. Nutrition. 140:817:2010

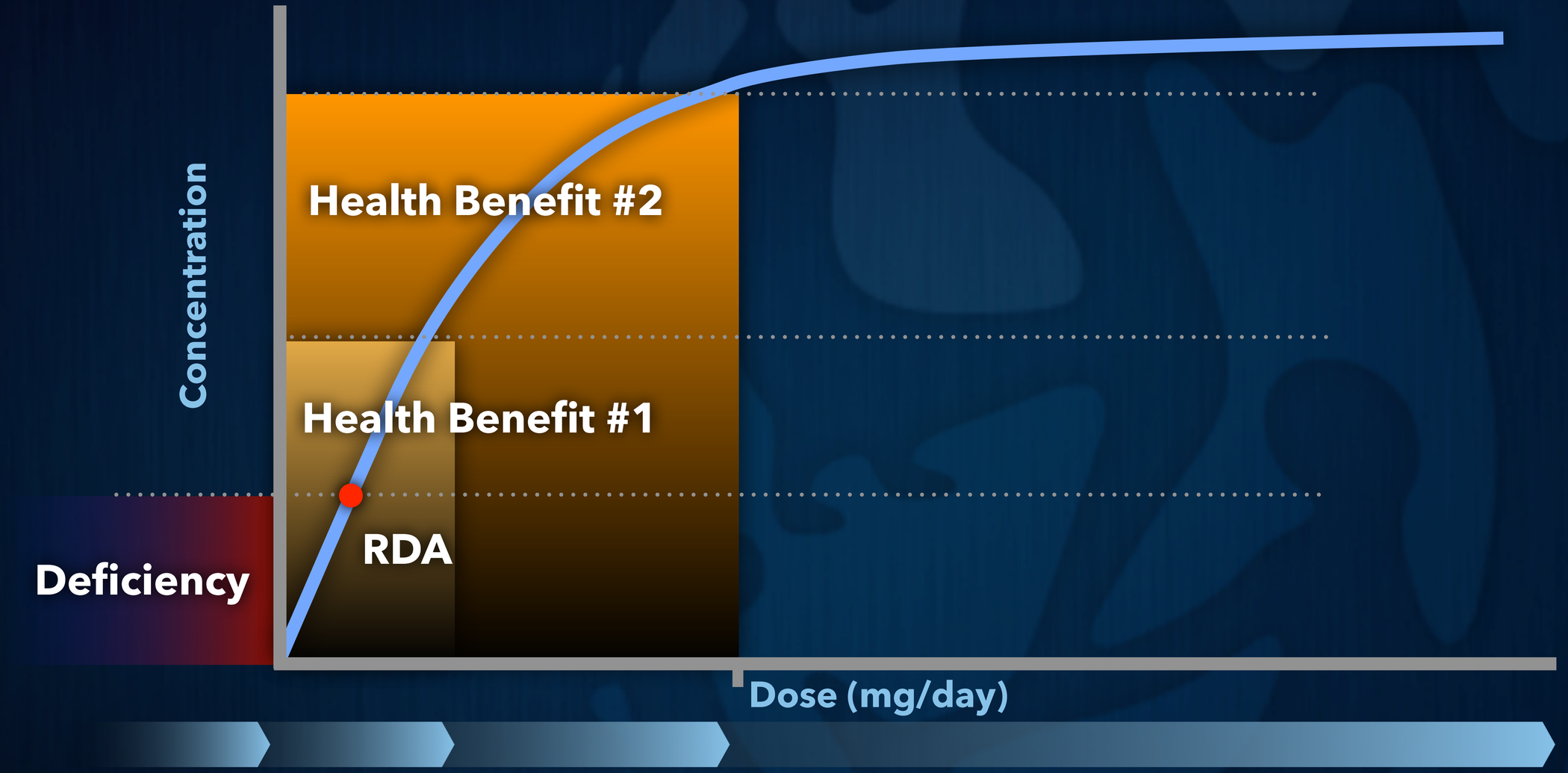

RDAs
Are Not Enough!
NUTRITION INFORMATION
Servings per package : 3
Serving size : approximately 170ml
when prepared according to directions
Average Quantity Per Serving
Average Quantity Per 100ml
Energy 146kJ 86kJ
Protein 1.9g 1.1g
Fat, total 0.6g 0.4g
-saturated 0.1g 0.1g
Carbohydrate 5.5g 3.2g
-sugars 4.0g 2.4g
Sodium 620mg
Nutrition Facts
Serving Size 1 Rounded Scoop (32g)
Servings Per Container 73
Amount Per Serving
Calories 132 Calories from Fat 10
% Daily Value*
Total Fat 1g 2%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 60mg 3%
Total Carbohydrate 5g 2%
Sugars 3g
Protein 24g
Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 0%
Not a Significant Source of Dietary Fiber.
* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat. Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 Carbohydrate 4 Protein 4
Total Saturated Total Sugars
Sodium
Potassium
Calcium
Essential Amino Acids
Branch Chain Amino Acids
20.1g
1.3g
1.3g
2.1g
1.5g
47mg
164mg
103mg
11222mg
4143mg

Blood Vitamin C CONCENTRATION



Ames, B. "The Triage Theory"

Blood Nutrient CONCENTRATION



Ames, B. "The Triage Theory"

VITAMIN C

RDA 40-125 mg/day

OPTIMAL 1,000+ mg/day

Studies in over 105,000 people

VITAMIN C 1,000 mg

10 glasses = 1,120 calories

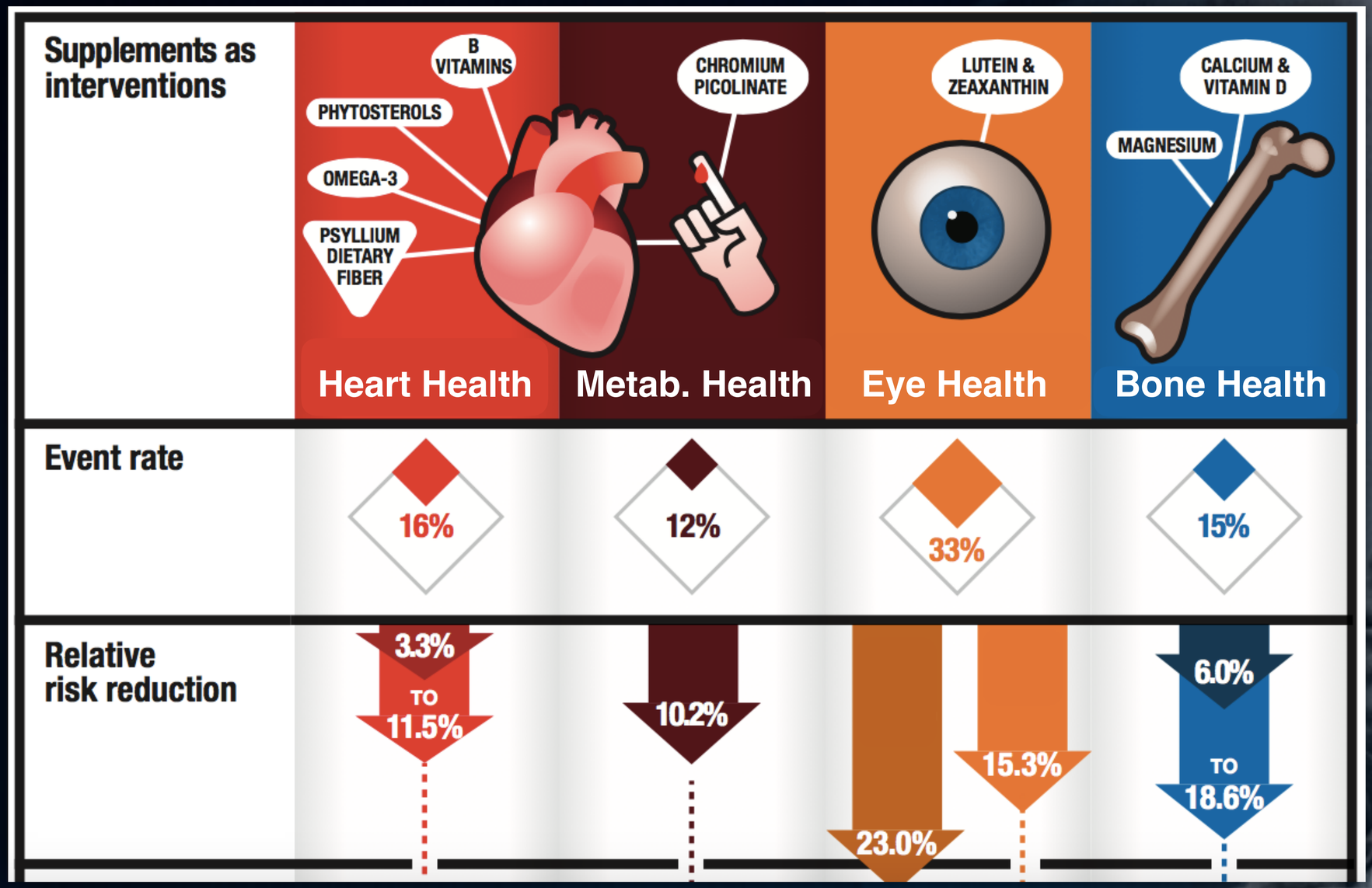
VITAMIN D

RDA 400-800 IU/day

OPTIMAL 4,000+ IU/day

VITAMIN D 4,000+ IU

34 glasses = 2976 calories (over two gallons)



+75%
POPULATION

www.crn.org


WHAT
you put in your mouth
MATTERS

HEALTH BENEFITS OF NUTRITIONAL SUPPLEMENTS

The importance of nutrition for human health has long been known. Prior to 1960, interest in this field focused mainly on the prevention of acute nutrient deficiency diseases, such as scurvy, rickets, and pellagra. Some 50 essential nutrients (vitamins, minerals, antioxidants, cofactors, essential amino acids, and essential fatty acids) were identified. Recommended daily intakes for those nutrients were also developed. The recommendations proved valuable in eliminating acute nutrient deficiency diseases.

During the past decades, focus has shifted to the role of diet and nutrition in long-term health. Nutrition has shown to play a role in the long-term health of heart, bones, joints, eyes, nervous system, and immune system.

Unfortunately, these associations are difficult to study, in part because of the timeframes involved. Many of these interactions take decades (or lifetimes) to study. It is very difficult to conduct research spanning more than several years in length. Despite this, advances in epidemiological and clinical research have uncovered a great deal of information about the impact of diet and nutrient intakes on long-term health.

Recent Posts

What is a Healthy Diet? How to Eat Based on Science

Pollen Preparedness: Dealing with Seasonal Allergies

The Nervous System: Understanding How You're Wired

Harness the Power of Peer Pressure for Your Health

5 Tips to Reclaim Your Time: Why You Must Opt Out of the Cult of Busyness

Most Popular

CellSentials™

BiOmega

Proflavanol® C100

Hepasil DTX™

From A to K: Your Complete Vitamin Guide

Your Guide to Essential Minerals

Glossary

CoQuinone® 30

MagneCal D™

What is the best time of day to take supplements and vitamins?

Procosa

WHY is nutrition so important?

WHAT is proper nutrition?

HOW is USANA different?


To DEVELOP and PROVIDE
the highest quality,
science-based
health
products . . .
USANA
HEALTH SCIENCES
your health. your life. your way.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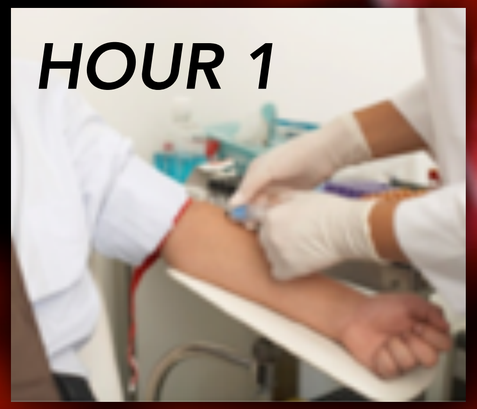
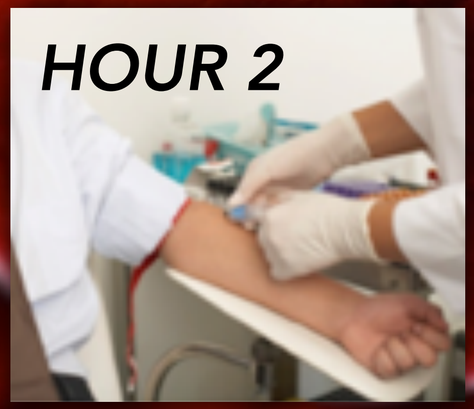
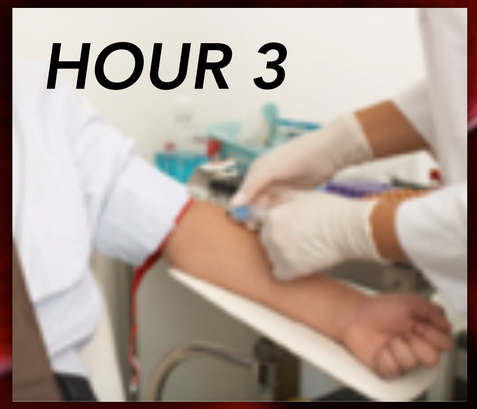
SCIENCE-BASED
health
products . . .
USANA
HEALTH SCIENCES
your health. your life. your way.

CLINICAL STUDIES







OSU Oregon State University

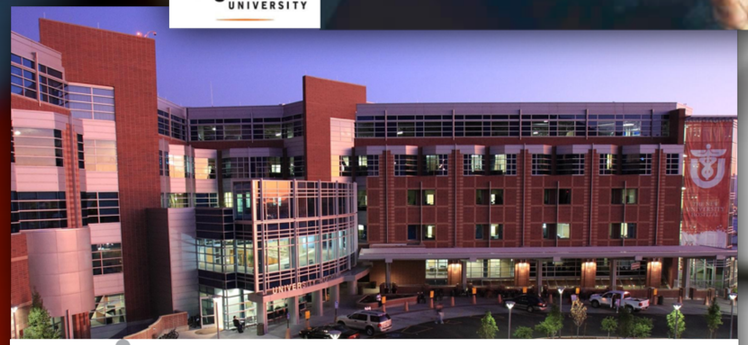
Linus Pauling Institute

Micronutrient Research for Optimum Health

ACU

AUSTRALIAN CATHOLIC UNIVERSITY

THE UNIVERSITY OF SYDNEY



The University of Utah

School of Medicine

UNIVERSITY OF COLORADO

HEALTH SCIENCES CENTER AT **DENVER**

BOSTON UNIVERSITY SCHOOL of Medicine

Intermountain®

TOSH – The Orthopedic Specialty Hospital

USANA SCIENTIFIC PARTNERSHIPS

ASK THE **SCIENTISTS**

What would you like to ask?

USANA RESEARCH

Science has been at the heart of USANA since the very beginning, over 25 years ago. The company's research and development (R&D) team is focused on developing high-quality, science-based products that help support long-term health.

USANA's R&D team includes experts on human nutrition, cellular biology, biochemistry, genetics, the microbiome, as well as medical doctors. In addition to product research, USANA maintains a staff of scientists dedicated to the manufacturing and quality control of its products.

The company also has relationships and collaborates on research with a number of universities and research institutes. This includes the University of Washington; the University of Texas Medical Branch, Galveston, Texas; the University of Utah; The Foods for Health Institute at The University of California, Davis; and The University of North Carolina at Pembroke.

Recent Posts

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Pollen Preparedness: Dealing with Seasonal Allergies

The Nervous System: Understanding How You're Wired

Harness the Power of Peer Pressure for Your Health

5 Tips to Reclaim Your Time: Why You Must Opt Out of the Cult of Busyness

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Glossary

CoQuinone® 30

MagneCal D™


To DEVELOP and PROVIDE
the HIGHEST QUALITY,
SCIENCE-BASED
health
products . . .
USANA
HEALTH SCIENCES
your health. your life. your way.

ALTERNATIVE MEDICINE

New York Attorney General Targets Supplements at Major Retailers

By ANAHAD O'CONNOR

Health supplements on display at Walgreens in Times Square in Manhattan. Yan
Times

Email

Share

The New York State attorney general's office
retailers on Monday of selling fraudulent an
herbal supplements and demanded that the

FDA warns of hidden drugs in OxyElite, Seven Slim weight loss supplements

The FDA is warning consumers about more weight loss supplements that contain pharmaceutical drug ingredients-- OxyElite Pro and Seven Slim. They are just the most recent examples in a trend of weight loss and sexual enhancement supplements,

New York AG Fires Round 2 Against Herbal Dietary Supplement Makers

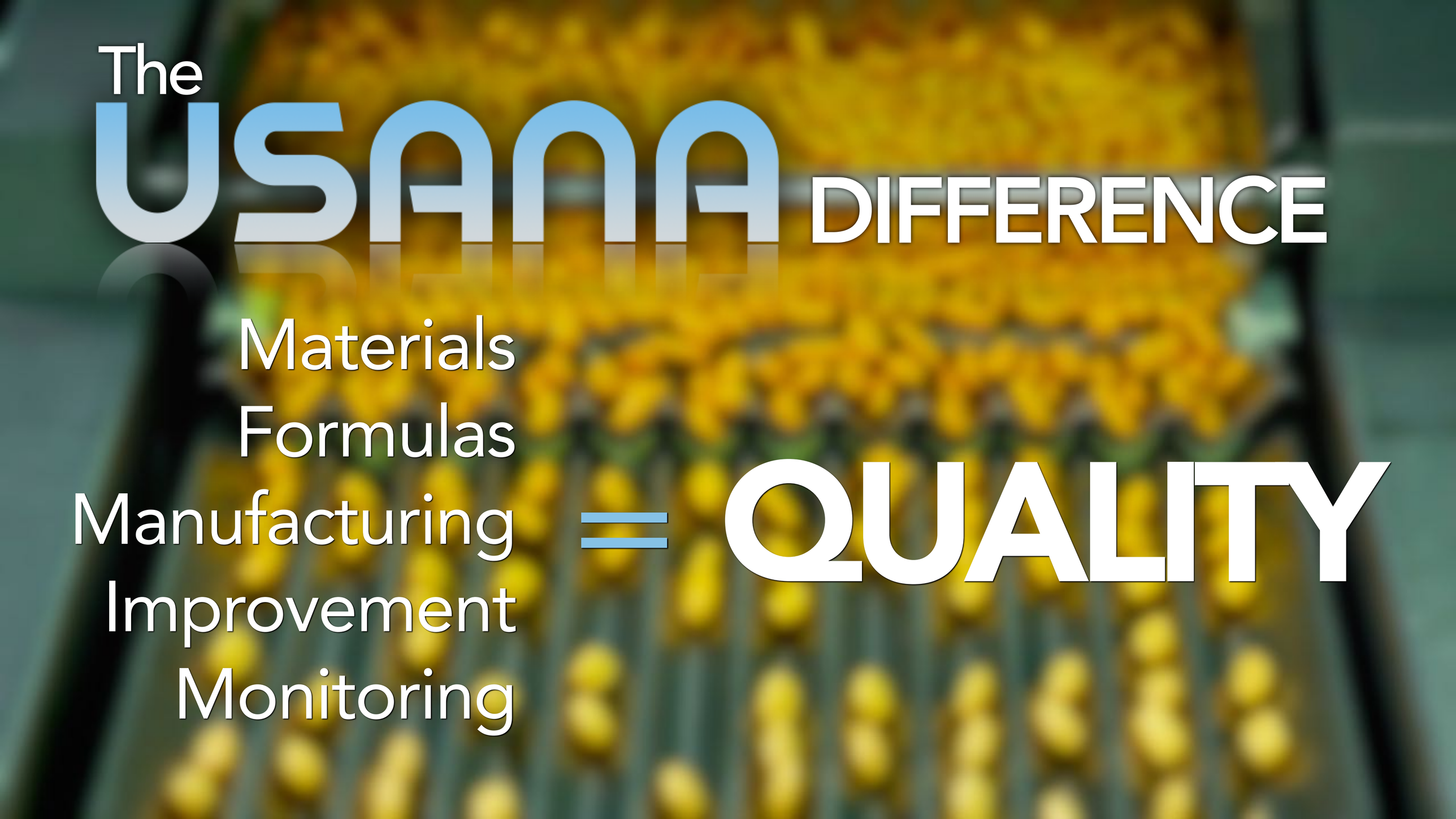
+ Follow Comments

New York State Attorney General Eric T.
an has targeted four major herbal and
lement manufacturers to produce detailed
ion concerning the authenticity, purity, and
f herbal dietary supplements sold in the
anuary 1, 2013, as part of an ongoing
1 of the industry.

month, the NYAG issued cease-and-desist
ır retail chains – GNC, Target TGT +1.11%,
)., and Wal-Mart Stores WMT +0.04% – for
ceptive business practices and potential
after DNA barcoding tests revealed that
10 store brand herbal products were devoid
he labeled plant material and/or contained
ınrelated herbs or potentially allergenic

Company	Letter Issued ↑	Issuing Office	Subject	Response Letter Posted	Closeout Date
Aegle Nutrition LLC	07/06/2018	Dallas District Office	CGMP/Dietary Supplement/Adulterated/Misbranded	N	
Chi's Enterprise Inc	04/30/2018	Los Angeles District Office	CGMP/Dietary Supplement/Adulterated	N	
Amerigo Labs LLC	04/04/2018	Kansas City District Office	Dietary Supplement/New Drug/Misbranded	N	
Carol Bond Health Foods	03/09/2018	Dallas District Office	CGMP/Dietary Supplement/Adulterated/Misbranded	N	
BrainAlert, LLC	12/14/2017	Seattle District Office	CGMP/Dietary Supplement/Adulterated/Misbranded	N	04/27/2018
Biomin Industries, Inc.	10/13/2017	Denver District Office	Dietary Supplement/Promotional Claims False & Misleading/Adulterated/Misbranded	N	
Armada Nutrition	08/01/2017	Cincinnati District Office	CGMP/Dietary Supplement/Adulterated	N	03/13/2018

FDA Issued WARNING LETTERS


The
USANA
DIFFERENCE
Materials
Formulas
Manufacturing
Improvement
Monitoring
=
QUALITY

Year: 2018

Certificate No: 56808

STATE OF UTAH
DEPARTMENT OF AGRICULTURE AND FOOD

P.O. Box 146500 Salt Lake City UT 84114-6500 http://ag.utah.gov Phone: 801-538-7100

CERTIFICATE OF REGISTRATION FOR

Food Establishment

USANA HEALTH SCIENCES INC
3838 W PKY BLVD
SALT LAKE CITY UT 84120-6336

Category: SUPER

Registration Expires: 12/31/2018


FDA
REG
Australian Government
Department of Health
Therapeutic Goods Administration
Certificate of GMP Compliance of a Manufacturer
Certificate Number:
MI-2015-CE-09158-1
Issued to:
Usana Health Sciences Inc.
Manufacturing Site Address:
3838 West Parkway Boulevard
Salt Lake City Utah 84120-6336 United States of America
The Therapeutic Goods Administration, the Competent Authority of Australia, confirms that this manufacturer has been inspected following section/s 25(1)(g), 26(1)(g) and/or 26A(3) of the Therapeutic Goods Act 1989 in connection with marketing authorisation/s listing manufacturers located outside Australia.
From the knowledge gained during inspection of this manufacturer, the latest of which was conducted on 24 October 2016 to 26 October 2016, it is considered that the manufacturer complies with the Good Manufacturing Practice requirements of the PIC/S Guide to Good Manufacturing Practice for Medicinal Products – 15 January 2009.
This certificate reflects the status of the manufacturing site at the time of the inspecti
above. This certificate remains valid until the expiry date provided that re-inspecti
conducted as determined by the Therapeutic Goods Administration as the issuir
This certificate should not be relied upon to reflect the compliance status afte
EXPIRY DATE: 26 April 2021
ISSUE DATE: 16 March 2017
e of an authorised person of the Competent A
spector
FY2019
CERTIFICATE OF REGISTRATION
This certifies that:
USANA Health Sciences, Inc.
3838 Parkway Blvd
Salt Lake City, UT 84120
United States
is registered with the U.S. Food and Drug Administration for the statutory filing period applicable to U.S. FY 2019 pursuant to part 207 of Title 21, U.S. Code of Federal Regulations.
DUNS Number: 80-441-3250
Labeler Code: 51861
FEI: 0001720505
Registrant Contact: Registrar Corp
144 Research Drive, Hampton, Virginia, 23666, USA
Telephone: +1-757-224-0177 • Fax: +1-757-224-0179
Filing was performed during the October 1 - December 31, 2018 statutory period, and renewal is not required until the next statutory period of October 1 - December 31, 2019. Registrar Corp will confirm that such registration remains effective upon request and presentation of this certificate, until the end of the year stated above, unless terminated after issuance of this certificate. Registrar Corp makes no other representations or warranties, nor does this certificate make any representations or warranties to any person or entity other than the named certificate holder, for whose sole benefit it is issued. Registrar Corp assumes no liability to any person or entity in connection with the foregoing. Registration of a drug establishment or drug wholesaler, or assignment of a registration number or assignment of a NDC number does not in any way denote approval of the firm or its products by the U.S. Food and Drug Administration. Any representation that creates an impression of registration, approval because of registration or possession of registration number or NDC number is misleading and constitutes misbranding. The U.S. Food and Drug Administration does not issue a certificate of registration. Registrar Corp is not affiliated with the U.S. Food and Drug Administration.
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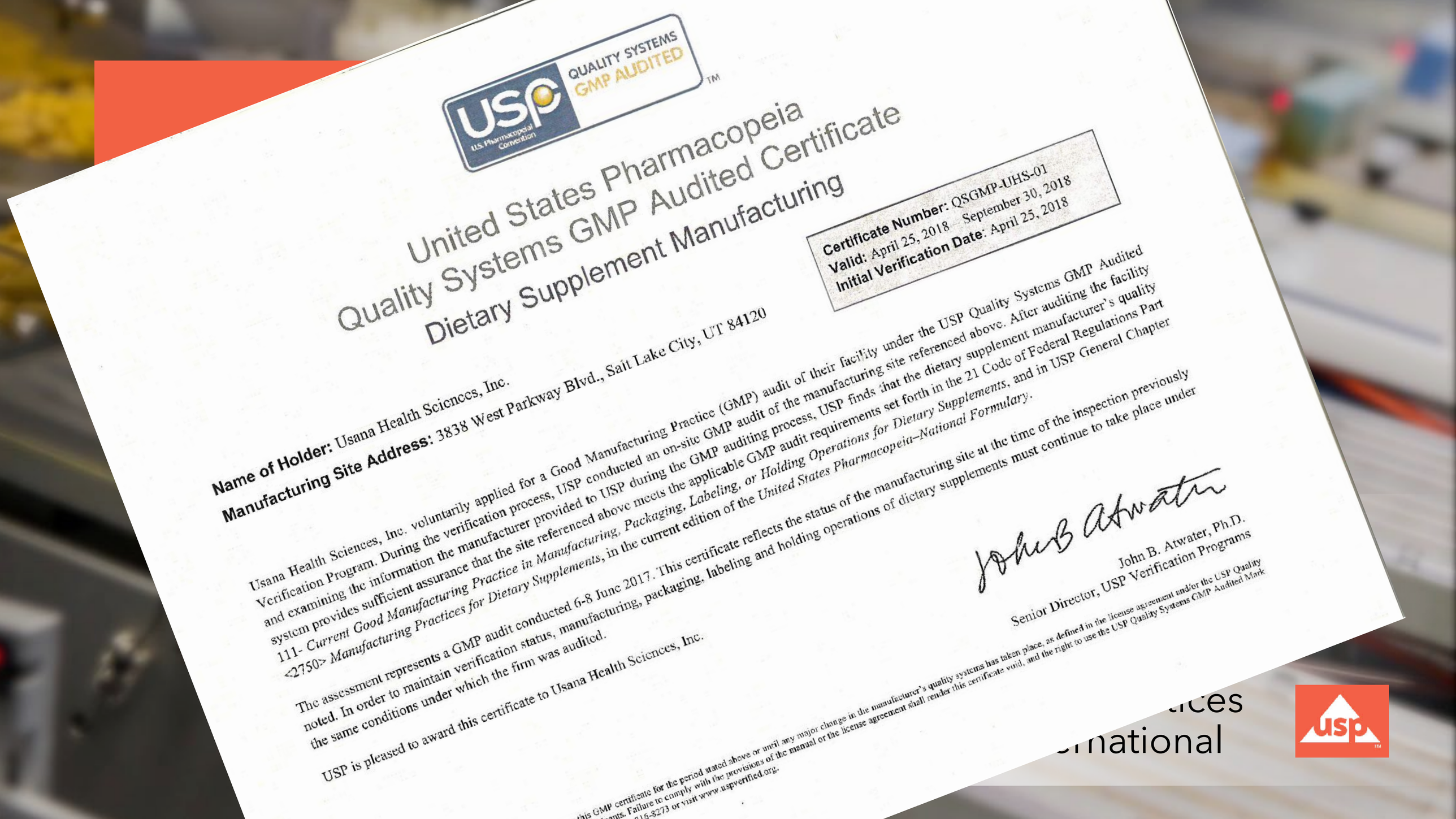
info@registrarcorp.com • www.registrarcorp.com
Russell K. Su
Executi


QUALITY SYSTEMS
GMP AUDITED
TM
USP
U.S. Pharmacopeial Convention
United States Pharmacopeia
Quality Systems GMP Audited Certificate
Dietary Supplement Manufacturing
Certificate Number: QSGMP-UHS-01
Valid: April 25, 2018 – September 30, 2018
Initial Verification Date: April 25, 2018
Name of Holder: Usana Health Sciences, Inc.
Manufacturing Site Address: 3838 West Parkway Blvd., Salt Lake City, UT 84120
Usana Health Sciences, Inc. voluntarily applied for a Good Manufacturing Practice (GMP) audit of their facility under the USP Quality Systems GMP Audited Verification Program. During the verification process, USP conducted an on-site GMP audit of the manufacturing site referenced above. After auditing the facility and examining the information the manufacturer provided to USP during the GMP auditing process, USP finds that the dietary supplement manufacturer's quality system provides sufficient assurance that the site referenced above meets the applicable GMP audit requirements set forth in the 21 Code of Federal Regulations Part 111- *Current Good Manufacturing Practice in Manufacturing, Packaging, Labeling, or Holding Operations for Dietary Supplements*, and in USP General Chapter <2750> *Manufacturing Practices for Dietary Supplements*, in the current edition of the *United States Pharmacopeia–National Formulary*.
The assessment represents a GMP audit conducted 6-8 June 2017. This certificate reflects the status of the manufacturing site at the time of the inspection previously noted. In order to maintain verification status, manufacturing, packaging, labeling and holding operations of dietary supplements must continue to take place under the same conditions under which the firm was audited.
USP is pleased to award this certificate to Usana Health Sciences, Inc.
John B. Atwater, Ph.D.
Senior Director, USP Verification Programs
this GMP certificate for the period stated above or until any major change in the manufacturer's quality systems has taken place, as defined in the license agreement and/or the USP Quality
ents. Failure to comply with the provisions of the manual or the license agreement shall render this certificate void, and the right to use the USP Quality Systems GMP Audited Mark
15-8273 or visit www.uspverified.org.


NSF
NSF INTERNATIONAL
789 N. Dixboro Road, Ann Arbor, Michigan 48105 USA
+1 800 673 6275
NSF International has assessed and confirmed compliance of
USANA Health Sciences, Inc.
Facility: 3838 West Parkway Boulevard, 84120, Salt Lake City, UT, USA
to NSF GMP Registration Program Requirements
of NSF/ANSI 173, Section 8
which includes FSMA and cGMP (21 CFR 111), (21 CFR 117)
Print Date: December 26, 2018
Certificate Number: 3N391-173GMPMF-1
Initial Certification: 1/10/2007 2:45:42 PM
Expiration Date: December 31, 2019
This certificate is the property of NSF International and must be returned upon request. For the
Cheryl Luther
General Manager, Dieta
and Beverage
NSF INT
789 N. Dixboro Roa
NSF Internatio
USAN
Facility: 3838
Print Date:
Certificate Number:
Initial Certification:
Expiration Date:
Decemb
3N391-
4/4/20
Decem
This certificate is the property of NSF International and must be returned upon reque

בס"ד

KOSHER CERTIFICATE

KOSHER CERTIFICATION
Rabbi Don Yoel Levy
Kashruth Administrator

KC# 5682149 - 1
2 Shevat, 5779
January 8, 2019

USANA Health Sciences, Inc.
3838 Parkway Blvd
Salt Lake City, UT 84120

The following products sold by USANA Health Sciences, Inc. are certified Kosher with the listed restrictions.

Name	K-ID	Status	Restriction	Size
Active Calcium Chewable, US (121.010101)	FKK-ZCCS	Pareve	Ⓚ SYMBOL	
Core Minerals, US (102.010104)	VQW-RDQK	Pareve	Ⓚ SYMBOL	
Ginkgo-PS, US (126.010101)	GBF-KKXB	Pareve	Ⓚ SYMBOL	
USANA Vita-Antioxidant, US (103.010104)	FSC-JNXH	Pareve	Ⓚ SYMBOL	
Visionex, US (134.010101)	GKC-CVXZ	Pareve	Ⓚ SYMBOL	

This certificate is VALID UNTIL February 28, 2020

Verify authenticity by entering K-ID at
www.digitalkosher.com

Powered by: KID DIGITALKOSHER.COM

RABBI DON YOEL LEVY, Kashruth Administrator

391 Troy Avenue, Brooklyn, New York 11213 U.S.A. • Tel: 718 756-7500 Fax: 718-756-7503 • E-Mail: info@ok.org

THE ISLAMIC FOOD AND NUTRITION COUNCIL OF AMERICA
المجلس الإسلامي الأمريكي للغذاء و التغذية

IFANCA HALAL PRODUCT CERTIFICATE

Document No: **USA.3939. M. 180091.US**
April 4, 2018 **Page 1/7**

USANA HEALTH SCIENCES, INC.
3838 West Parkway Blvd.
Salt Lake City, UT 84120-6336 USA

To Whom It May Concern:

This is to certify that **USANA HEALTH SCIENCES, INC, SALT LAKE CITY, UTAH, USA,** produces **Halal** products under the supervision of the Islamic Food and Nutrition Council of America (IFANCA) at the following location(s):

Plant Location	IFANCA Plant #
USANA Health Sciences, Inc., Salt Lake City, Utah 84120 USA.	12946
Wixon Inc., St. Francis, Wisconsin 53235 USA	12671
Nutra Manufacturing, Greenville, South Carolina 29607 USA	12978

It is certified that the Softgels products are made with certified Halal Bovine gelatin.

The following products are **Halal** when bearing the **Crescent-M Halal** logo.

Product Code	Product Name	Pack Size	IFANCA Plant #
103.250101	AO Pro Tablet	84 tablets	12946
105.191200	Usanimals, ID	56 tablets	12946
105.080103	Usanimals, SG	56 tablets	12946
105.191200	USANA Usanimals Tablet	56 Tablets	12946
110.191200	Proflavanol	56 tablets	12946
110.080101	Proflavanol C100	56 tablets	12946
110.250101	Proflavanol C100	56 tablets	12946
111.080102	Digestive Enzyme	56 tablets	12946
120.250101	Active Calcium Plus Tablet	112 tablets	12946
122.080101	BiOmega	56 soft gel capsules	12978
122.250102	BiOmega III Plus	56 soft gel capsules	12978
122.280801	BiOmega	56 soft gel capsules	12978
122.191200	BiOmega	56 soft gel capsules	12978
123.080102	CoQuinone 30	56 soft gel capsules	12978
123.191200	CoQuinone 30	56 soft gel capsules	12978
123.250102	CoQuinone	56 soft gel capsules	12978
123.280802	CoQ30	56 soft gel capsules	12978

This certificate is valid until **March 31, 2019** and subject to renewal at that time.

Muhammad Munir Chaudry, Ph.D.
President

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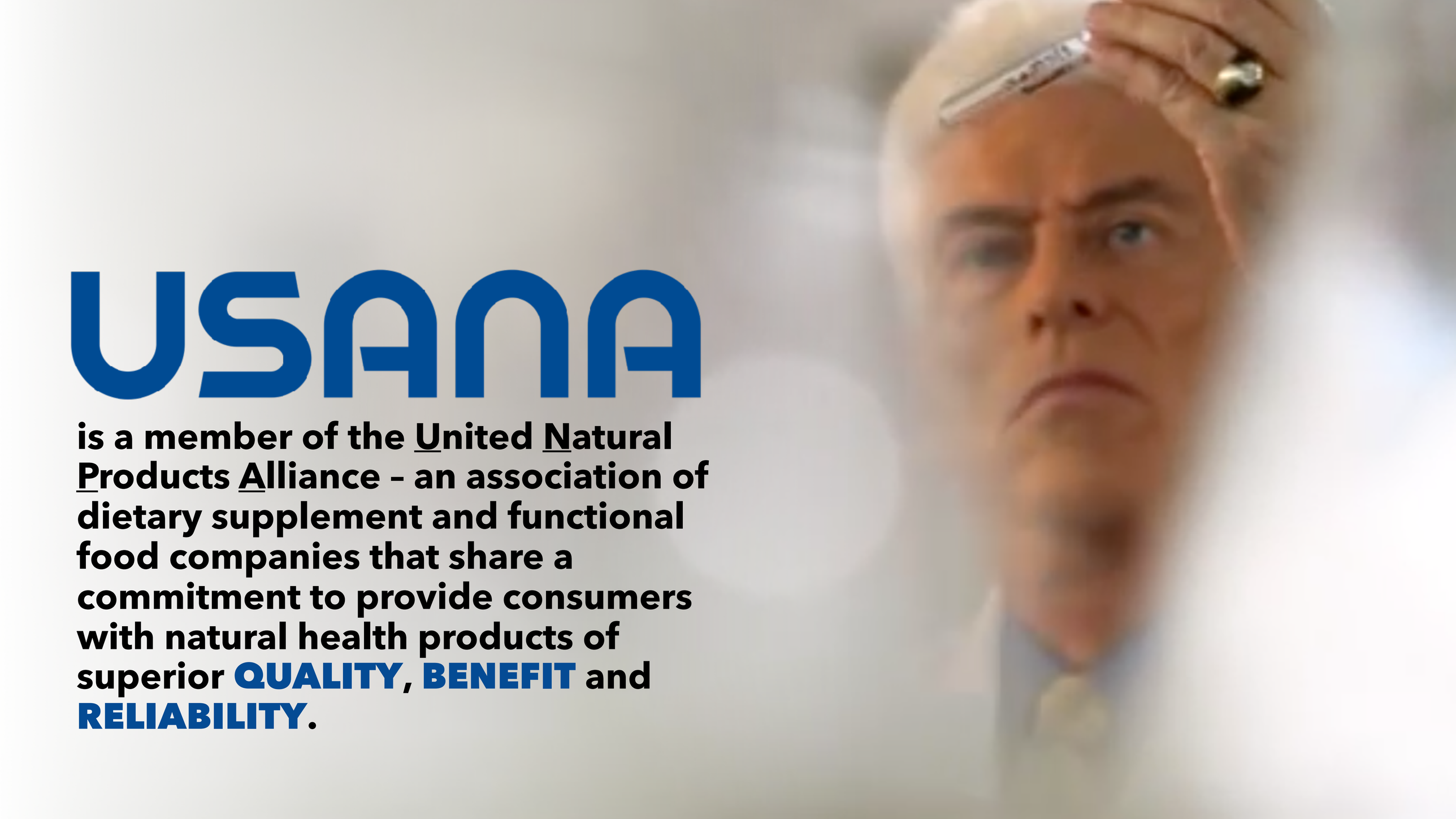


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WHY is nutrition so important?

WHAT is proper nutrition?

HOW is USANA different?

THANK YOU!