

# DETOX YOUR LIFE



Toxins found in the air we breathe, the clothing we wear, and the water we drink can have damaging effects on our overall well-being. Unfortunately, these harmful contaminants are everywhere.

It may be nearly impossible to avoid such exposures, even in our own homes. And because of the sheer amount of toxins present in many household “necessities,” it’s important that we take the essential steps toward cleansing our bodies of as many of these toxins as possible.

A healthy lifestyle along with avoiding known toxins is the best line of defense against our toxic world. Taking our HealthPak™ daily and consistently using USANA’s Digestion/Detox products is a smart approach to keeping our bodies’ natural detoxification processes working effectively and proactively to protect our health.

# YOUR JOURNEY TOWARD A HEALTHY LIFESTYLE BEGINS IN YOUR HOME AND IN YOUR BODY.

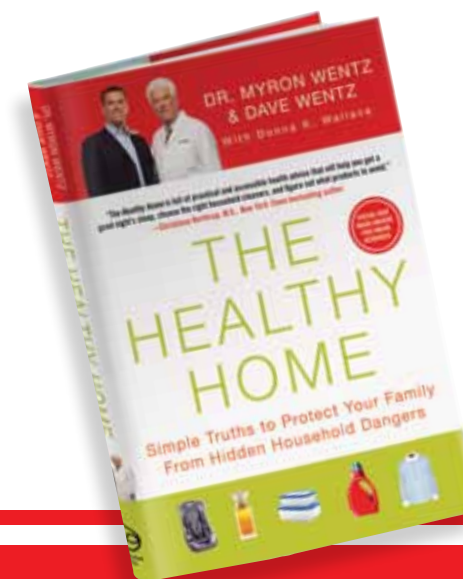
Nutritionals You Can Trust™ 

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# USANA’s Guide

## Products Featured in THE HEALTHY HOME

As you discover the hidden dangers found in your environment by reading *The Healthy Home*, consider your approach to nutritional supplements. What aspects of your health are you looking to improve? Are you troubled by restless nights? Concerned with cardiovascular health? Worried about negative effects on your health from the various contaminants found in our modern world? Address your specific concerns and find simple solutions with the help of USANA’s line of nutritional products.



# HEALTHY SUPPLEMENTS FOR THE HEALTHY HOME



Discover what omega-3 fatty acids can do for you on **page 109** of *The Healthy Home*.

Curious about the health benefits associated with melatonin and natural sleep? Check out **page 49** of *The Healthy Home* for more information.

How do antioxidants protect your body from oxidative stress? Find out on **pages 109–110** of *The Healthy Home*.

Learn more about the benefits of vitamin D on **page 227** of *The Healthy Home*.



For more information on the effects added chemical preservatives can have on your skin, refer to **pages 72–75** of *The Healthy Home*.



**Pages 128–130** of *The Healthy Home* provide an in-depth look at the glycemic index.

Product Recommendations for a Healthy Body																		
✓ = Featured in <i>The Healthy</i> ✓+ Home = Additional Recommendations from USANA																		
*Health benefit	Essentials	HealthPak™	Proflavono® C <sup>100</sup>	CoQuinone® 30	BiOmega™	Active Calcium™ / Chewable	Procosa® II	Vitamin D	Pure	Digestive Enzyme	Hepasil DTX™	Probiotic	Fibery® Plus	RESET™	Nutrimeal™	Nutrition Bar	Sense™ Skin Care	Natural Toothpaste
Natural detoxification	✓+	✓+								✓+	✓	✓+	✓+					
Healthy sleep	✓	✓				✓+			✓									
Healthy, radiant skin	✓+	✓+	✓+	✓+	✓+		✓+										✓	
Healthy teeth & mouth	✓+	✓+				✓		✓										✓
Immune health	✓+	✓+	✓+		✓			✓+	✓			✓						
Heart health	✓	✓	✓+	✓	✓								✓	✓+	✓+	✓+		
Low-glycemic diet													✓+	✓	✓	✓		
Healthy weight													✓+	✓+	✓	✓		
Defense against oxidative stress	✓	✓	✓+	✓+	✓		✓+				✓+							
Bone health	✓	✓			✓	✓		✓										
Too little sunlight	✓+	✓+			✓+			✓										
Sports nutrition	✓	✓	✓+		✓+	✓+	✓	✓+							✓+	✓+		

CoQ10 and omega-3 fatty acids are key to keeping heart cells healthy.

RESET™ will help you start down the path of low-glycemic eating with portion-controlled meals.

The combination of grape-seed bioflavonoids and vitamin C provides superior antioxidant support.

Up to 80 percent of your immune cells are in your gut. Keep your digestion in balance to keep your immune system functioning at its best.

Hepasil DTX™ supports production of glutathione, one of the body's most important antioxidants that is crucial for healthy detoxification.

The Sense™ Basic Pack will streamline your skin care with products free from added chemical preservatives.

Many who spend a lot of time indoors are deficient in vitamin D, which is important for many aspects of health.

Calcium, magnesium, and vitamin D work together for strong teeth.

Some minerals, such as magnesium, may have a calming effect.

Adequate fiber helps support your body's natural ability to eliminate wastes and toxins.

Chocolate Whey Nutrimeal™ is an excellent source of potassium.

Endurance athletes may need extra defense against free-radical damage.

Melatonin helps regulate sleep and wake cycles, naturally. Healthy sleep has been linked to many aspects of health, including immune function, heart health, weight maintenance, and more.

\* 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.