



Usanimals™

Chewable daily vitamin, mineral, and antioxidant supplement



Usanimals, one of the USANA® Essentials™ products, is an advanced formulation of important nutrients beneficial for the maintenance of good health.

THE BENEFITS OF USANIMALS

Many studies show that we do not receive the nutrition we need from our diets. Less than 25 per cent of us eat the recommended five servings or more of fruits and vegetables each day, and adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from our diet. Vitamins C and D are also often deficient. A quality nutritional supplement, such as Usanimals, can help ensure that none of these essential nutrients are missing.

THE SCIENCE OF USANIMALS

Beta carotene: Beta carotene is converted to vitamin A in the body. Vitamin A helps in the maintenance of eyes, skin, and the proper function of the immune system.

B vitamins: Usanimals contains a carefully proportioned complex of B vitamins, which support normal growth and development: biotin, niacin, riboflavin, thiamin, and vitamins B6 and B12 help the body metabolize fats, protein, and carbohydrates. Pantothenic acid, riboflavin, and vitamin B6 help in tissue formation. Folate and vitamin B12 help to form red blood cells, which transport oxygen and remove carbon dioxide from the body.

Vitamin C: Critical to maintaining good health, vitamin C supports many important functions and helps in the development and maintenance of cartilage. Vitamin C is also a source of antioxidants that helps maintain good health.

Vitamin D: Vitamin D is an important nutrient found in only a limited number of foods, and many people do not get adequate amounts. Many cells have vitamin D receptors and require it for healthy function. In addition to its important role in supporting bone health, vitamin D helps in the absorption and use of calcium and phosphorus throughout the body. It also helps in the maintenance of immune function.

Vitamin E: Vitamin E helps to form red blood cells and helps protect against free-radical damage to maintain good health. Eye health also depends on adequate amounts of vitamin E as well as vitamins A and C.

Calcium: Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise may reduce the risk of developing osteoporosis.

Iodine: The thyroid gland releases hormones that are important for healthy brain development, protein synthesis, metabolic function, and enzymatic activity. Iodine helps in the function of the thyroid gland to support normal growth and development.

Magnesium: As a cofactor in more than 300 enzyme systems, magnesium helps support good health throughout the body. It supports the development of bones and teeth, tissue formation, and muscle.

Zinc: Zinc is a necessary element for normal growth and development. It is essential for supporting healthy metabolism, skin, connective tissue formation, and immune function.

THE USANA DIFFERENCE

Chewable Usanimals have a great-tasting natural berry flavour with no artificial flavours or sweeteners.

ITEM #105

RECOMMENDED USE: A BROAD-SPECTRUM VITAMIN AND MINERAL SUPPLEMENT FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDÉ:** SUPPLÉMENT DE VITAMINES ET MINÉRAUX À SPECTRE LARGE POUR LE MAINTIEN D'UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: CHEW 1-2 TABLETS DAILY, PREFERABLY WITH MEALS. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENEZ UN (1) OU DEUX (2) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS. PRENEZ QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS.

EACH TABLET CONTAINS:

MEDICINAL INGREDIENTS

| | |
|---|----------|
| BETA CAROTENE | 2,500 IU |
| (1.5 mg. PROVITAMIN A) | |
| VITAMIN C (ASCORBIC ACID, SODIUM ASCORBATE, ASCORBYL PALMITATE) | 125 mg |
| VITAMIN D3 (12.5 µg. CHOLECALCIFEROL) | 500 IU |
| VITAMIN E (34.2 mg AT, D-ALPHA TOCOPHERYL SUCCINATE) | 50 IU |
| VITAMIN K1 (THIAMINE MONONITRATE) | 20 µg |
| VITAMIN B1 (RIBOFLAVIN) | 1.25 mg |
| VITAMIN B2 (RIBOFLAVIN) | 1.25 mg |
| NIACINAMIDE | 10 mg |
| VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE) | 1.25 mg |
| FOLIC ACID (FOLATE) | 200 µg |
| VITAMIN B12 (CYANOCOBALAMIN) | 20 µg |
| BIOTIN | 75 µg |
| PANTOTHENIC ACID (CALCIUM D-PANTOTHENATE) | 5 mg |
| INOSITOL | 15 mg |
| CALCIUM (WHEY MINERAL CONCENTRATE) | 75 mg |

| | |
|---------------------------|---------|
| IODINE (POTASSIUM IODIDE) | 50 µg |
| MAGNESIUM (CARBONATE) | 25 mg |
| ZINC (HPV* CHELATE) | 5 mg |
| SELENIUM (HPV* CHELATE) | 25 µg |
| COPPER (CITRATE) | 375 µg |
| MANGANESE (GLUCONATE) | 500 µg |
| CHROMIUM (NICOTINATE) | 25 µg |
| MOLYBDENUM (HPV* CHELATE) | 12.5 µg |
| IRON (FERROUS FUMARATE) | 2 mg |

*HYDROLYZED VEGETABLE PROTEIN / PROTÉINES VÉGÉTALES HYDROLYSÉES

NON-MEDICINAL INGREDIENTS: D-FRUCTOSE, SUCROSE, HYDROXYPROPYLCELLULOSE, NATURAL FLAVOURS, XYLITOL, LECITHIN, WILD BERRY FLAVOUR, DEXTRIN, CITRIC ACID ANHYDROUS, BLACKBERRY FLAVOUR, RASPBERRY FLAVOUR, CRANBERRY FLAVOUR, BLUEBERRY FLAVOUR, CALCIUM SILCATE, SODIUM CHLORIDE, DL-MALIC ACID, DEXTROSE, STEVIA REBAUDIANA LEAF, CARBOXYMETHYLCELLULOSE SODIUM, SODIUM CITRATE. / INGREDIENTS NON MÉDICINAUX: D-FRUCTOSE, SACHAROSE, HYDROXYPROPYLCELLULOSE, AROMES NATURELS, XYLITOL, LÉCITHINE, AROME DE FRUITS DES CHAMPS, DEXTRINE, ACIDE CITRIQUE ANHYDRE, AROME DE MÛRE, AROME DE FRAMBOISE, AROME DE CANNEBERGE, AROME DE BLEUET, SILCATE DE CALCIUM, CHLORURE DE SODIUM, ACIDE DL-MALIQUE, DEXTROSE, FEUILLE DE STEVIA REBAUDIANA, CARBOXYMETHYLCELLULOSE SODIQUE, CITRATE DE SODIUM.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE, QUALITÉ GARANTIE, CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHEANT.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT, BREASTFEEDING, OR IF YOU ARE TAKING BLOOD THINNERS, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN ANTICOAGULANT OU UN MÉDICAMENT DELIVRÉ SUR ORDONNANCE, OU SI VOUS SOUFFRÉZ D'UN PROBLÈME DE SANTÉ.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

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STORE BELOW 25 °C / CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C

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Family

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