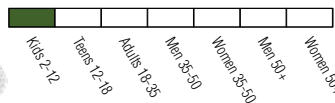




ITEM# 105
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Usanimals™



Usanimals™, USANA's **Essentials** for kids, is an advanced formulation that contains vital nutrients necessary for a healthy childhood. Good nutrition plays a critical role in everyone's health, and it's especially important for children. Children never stop growing, from birth to the end of adolescence. Kilo for kilo, a five-year-old child needs more thiamin, riboflavin, niacin, vitamins A and C, and vitamins B6 and B12 than a 25-year-old man.¹

Nutrition for Growth

Growth involves much more than just the development of children's bodies. It is an incredibly intricate balance of varying anatomical growth rates, physiological changes, and shifting hormone status. While growth in childhood is slower than in infancy or adolescence, energy output is high, with hard play periods that include running, jumping, and testing of new physical skills.

In addition to providing fuel for growth and normal activity levels, a child's diet must also provide for the accumulation of stores of nutrients in preparation for the accelerated growth spurts of the teen years.

Today's Childhood Nutrition

Unfortunately, one clinical study after another shows that our children do not receive all the nutrition they need from their diets. In addition to problems caused by high intake of fat, particularly saturated fat, many children are simply not getting enough of the essential nutrients.² Less than 25 percent of young people eat the recommended five servings or more of fruits and vegetables each day, and nearly one-quarter of all vegetables consumed by children and adolescents are french fries.³ Adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from the diets of more than 50 percent of children from 2 to 10 years old.^{4,5}

Childhood nutrition is not only important for a child's developing years. Maintaining optimal health is a lifelong challenge. More and more medical research is showing that it is the

poor diet and bad habits that are established in childhood that may play a role in the development of degenerative diseases of middle and old age. With this in mind, it is important to focus today on maintaining a child's health through proper eating patterns.⁶

Children need a variety of foods that provide energy, protein, carbohydrate, fat, vitamins, and minerals for optimal physical and cognitive growth and development.

Essentials for Children

Usanimals contain an array of antioxidants, vitamins, and minerals, in amounts designed especially for active, growing children.

Vitamins D and C, along with Selenium and Zinc support normal and healthy immune function. Vitamins E and C are two of the most powerful antioxidants needed by the human body. Vitamin E is one of the most important antioxidants because it helps to maintain strong cell membranes.^{8,9} In addition to its antioxidant role, vitamin C is essential to form collagen in bones, cartilage, muscle and blood vessels.

Advanced levels of calcium, with magnesium and vitamin D play a key role in supporting normal healthy bone and skeleton structure, and strong teeth. Iron, Iodine, and B group vitamins support normal healthy energy production, which is so important for active children. Iodine along with Zinc support normal growth and development. Betacarotene supports healthy eyesight.

The Best Sources

A balanced blend of nutrients is only the beginning. At USANA, we believe that the quality of raw ingredients is of the utmost importance. USANA only uses ingredients of high quality to ensure maximum purity, potency, and bioavailability.

Being Healthy Can Be Fun

Usanimals will be a sure hit with the children – they will love the fun animal shapes stamped on round easy-to-eat chewable tablets, with a great Wild Berry flavour. Free of artificial flavours and sweeteners, that will keep the parents happy too!

Usanimals is now Vegetarian safe.

Usanimals is laboratory tested, quality guaranteed. Meets British Pharmacopoeia specifications for potency and uniformity where applicable.

Using Usanimals™

Children 2-4 years old chew one (1) tablet daily; Children 4 years and older chew two (2) tablets daily preferably with meals.

Do not swallow tablets whole.

EACH TABLET CONTAINS:	
BETACAROTENE	1.5 mg
VITAMIN C (125 mg) AS ASCORBIC ACID	100 mg
SODIUM ASCORBATE	28.4 mg
CHOLECALCIFEROL (400 IU VITAMIN D3)	10 µg
D-ALPHA-TOCOPHERYL ACID SUCCINATE (50 IU VITAMIN E)	42.2 mg
PHYTOMENADIONE (VITAMIN K1)	20 µg
THIAMINE NITRATE (VITAMIN B1)	1.25 mg
RIBOFLAVINE (VITAMIN B2)	1.25 mg
NICOTINAMIDE	10 mg
PYRIDOXINE HYDROCHLORIDE (VITAMIN B6)	1.25 mg
FOLIC ACID	200 µg
CYANOCOBALAMIN (VITAMIN B12)	12 µg
CALCIUM PANTOTHENATE	5 mg
BIOTIN	75 µg
INOSITOL	15 mg
"ANTIOXIDANT PHYTONUTRIENT COMPLEX" CONTAINING:	
RUBUS FRUTICOSUS (BLACKBERRY) FRUIT POWDER	10 mg
RUBUS IDAEUS (RASPBERRY) FRUIT POWDER	10 mg
VACCINIUM MACROCARPON (CRANBERRY) FRUIT POWDER	10 mg
VACCINIUM MYRTILLUS (BLUEBERRY) FRUIT POWDER	10 mg
CALCIUM CARBONATE (75 mg CALCIUM)	208.3 mg
MAGNESIUM CARBONATE	104.2 mg
POTASSIUM IODIDE (50 µg IODINE)	65.8 µg
ZINC AMINO ACID CHELATE (5 mg ZINC)	50 mg
SODIUM SELENITE (25 µg SELENIUM)	54.4 µg
CUPRIC CITRATE (375 µg COPPER)	0.93 µg
MANGANESE GLUCONATE (500 µg MANGANESE)	4.5 µg
CHROMIUM NICOTINATE (25 µg CHROMIUM)	250 µg
MOLYBDENUM TRIOXIDE (12.5 µg MOLYBDENUM)	18.7 µg
FERROUS FUMARATE (2 mg IRON)	6.3 mg

References

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7. Van Horn L., Greenland P., Prevention of coronary artery disease is a pediatric problem. J Am Med Assoc. 1997; 278: 1779.
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This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

Vitamin supplements should not replace a balanced diet.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

Contains sugars.

Choking hazard - not suitable for infants or toddlers less than 2 years old.

USANA
HEALTH SCIENCES

Essentials
Micronutrition

Usanimals™

- Provides a balanced formula of vitamins, minerals, and antioxidants for children aged 2 to 12 years old
- Supports immune health with vitamins D & C, selenium, and zinc
- Calcium, Magnesium, and vitamins D & C, help with strong bones, muscles, joints and teeth
- B group vitamins with Iron and Iodine support energy production for an active lifestyle
- Zinc and Iodine nurture normal overall growth and development
- Based on the USANA® **Essentials™** formula
- Easy-to-eat chewables with fun animal shape prints
- Vegetarian safe

