

HealthPak™

A selection of core supplements, including the Essentials™, pre-packed in convenient AM and PM pouches

Health Basics

- Provides the full daily dose of the top-rated USANA® Essentials (Mega Antioxidant and MultiMineral Plus)
- Includes Active Calcium Plus™, a core USANA Optimizer
- Includes USANA's unique AO Booster™ for added antioxidant protection

Did You Know?

- HealthPak provides added convenience, making it easy to reach your daily nutritional goals!

If you are looking for a comprehensive nutritional supplement that fits your busy life, then **HealthPak™** is for you. A unique combination of **Essentials** and **Optimizers**, USANA's **HealthPak** delivers a full-body approach to supplementation and is packaged in convenient single pouches. One box contains 56 individually wrapped packets for four weeks of the following USANA® Nutritionals:

- The **Essentials™**—**Mega Antioxidant** and **MultiMineral Plus** (see pages 14-17)
- **Active Calcium Plus™** (see page 36)
- Advanced **AO Booster™** containing a full dose of the grape-seed extract found in **Proflavanol® 90** (see page 24)

More than a Multivitamin

HealthPak was designed to provide an optimal balance of antioxidants, vitamins, and minerals to support the function of various tissues and organ systems in the body and to help retain a healthy body.

Vitamin E is a family of essential fat-soluble nutrients (tocopherols) that act as powerful antioxidants. **HealthPak** contains both d-alpha tocopherol and mixed tocopherols to provide a broad spectrum of antioxidant support.

Bioflavonoids are a diverse group of naturally occurring plant compounds that exhibit a host of biological activities, most notably for their powerful antioxidant properties that complement, extend, and synergize the antioxidant activities of certain other vitamins, making them an important nutritional component in

the body's defences against free-radical damage.^{1,2} USANA's exclusive bioflavonoid complex provides a broad range of bioflavonoids including rutin, quercetin, hesperidin, green tea, bilberry extract, pomegranate, and cinnamon extracts. Grape seed proanthocyanidins provide protective antioxidant effects.³⁻⁵

Olivol™, rich in olive polyphenols, provides unique antioxidant benefits that are believed to fight against the toxic effects of cell-damaging free radicals to reduce oxidative stress. These polyphenols have been shown to help protect against the development of oxidative stress and maintain health.⁶

Complete Vitamin B Complex

HealthPak contains carefully proportioned B-complex vitamins, which are fundamental to energy production, metabolism, growth, and maintenance of normal homocysteine levels.

Vitamin B12 is necessary for metabolism and the formation of red blood cells.⁷ It has been generally accepted that older adults are at greater risk of developing a vitamin B12 deficiency than younger adults. However, new research suggests that the prevalence of vitamin B12 deficiency in young adults may be greater than previously thought, and that those who do not take a supplement containing vitamin B12 are twice as likely to be vitamin B12 deficient as supplement users, regardless of age group.⁸ **Mega Antioxidant** supplies advanced levels of vitamin B12 at 200 µg in one daily dose.



ITEM# 100



Essentials/Optimizers

Healthy Heart – **HealthPak** contains a full complement of B vitamins to help retain healthy homocysteine levels and an arsenal of antioxidants to support a healthy cardiovascular system.⁹ The connection between vitamin E and the maintenance of healthy heart function has been confirmed by numerous studies.^{10,11}

Healthy Bones and Joints – With calcium, vitamin C, manganese, magnesium, vitamin D, vitamin K, and silicon, this formula offers support for healthy bones and joints.¹²

Healthy Eyes – **HealthPak** contains beta carotene, vitamin C, zinc, lutein, and bilberry for maintenance of healthy vision.¹³

Healthy Lungs – The antioxidants vitamin C and vitamin E, combined with carotenoids, have been shown to help support healthy pulmonary and respiratory function.^{14,15}

AO Booster™

The **AO Booster** supplement available exclusively in **HealthPak**, contains the beneficial bioflavonoid resveratrol and the full daily dose of the grape-seed extract found in **Proflavanol® 90**. Each **AO Booster** tablet also contains alpha lipoic acid for additional antioxidant protection.

RECOMMENDED ADULT DOSE: TAKE ONE PACKET IN THE MORNING AND ONE PACKET IN THE EVENING, PREFERABLY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE UN SACHET LE MATIN ET UN SACHET LE SOIR, DE PRÉFÉRENCE AVEC UN REPAS.

EACh PACKET CONTAINS:			CHAQUE EMBALLAGE CONTIENT :
MEDICINAL INGREDIENTS:			INGRÉDIENTS MÉDICINAUX :
BETA CAROTENE (PROVITAMIN A - 1.5 mg RAE)	3 mg		BÉTA-CAROTÈNE (PROVITAMINE A - 1.5 mg EAR)
VITAMIN C (POLY C™—CALCIUM, POTASSIUM MAGNESIUM AND ZINC ASCORBATES)	650 mg		VITAMINE C (POLY C—ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIUM ET ZINC)
VITAMIN D3 (CHOLECALCIFEROL)	500 IU		VITAMINE D3 (CHOLECALCIFÉROL)
VITAMIN E (d-ALPHA TOCOPHERYL SUCCINATE)	200 IU		VITAMINE E (SUCCINATE d-ALPHA TOCOPHÉRYL)
VITAMIN K (PHYLLQUINONE)	45 µg		VITAMINE K (PHYLLQUINONE)
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	13.5 mg		VITAMINE B1 (CHLORHYDRATE DE THIAMINE)
VITAMIN B2 (RIBOFLAVIN)	13.5 mg		VITAMINE B2 (RIBOFLAVINE)
NIACIN (NIACIN, NIACINAMIDE)	20 mg		NIACINE (NIACINE, NIACINAMIDE)
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	16 mg		VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)
FOLIC ACID	500 µg		ACIDE FOLIQUE
VITAMIN B12 (CYANOCOBALAMIN)	100 µg		VITAMINE B12 (CYANOCOBALAMINE)
BIOTIN	150 µg		BIOTINE
PANTOTHENIC ACID (CALCIUM d-PANTOTHENATE)	45 mg		ACIDE PANTOTHÉNIQUE (d-PANTOTHÉNATE DE CALCIUM)
CALCIUM (CITRATE, CARBONATE)	335 mg		CALCIUM (CITRATE, CARBONATE)
IODINE (POTASSIUM IODIDE)	150 µg		IODE (IODURE DE POTASSIUM)
MAGNESIUM (CITRATE, HVP* CHELATE, OXIDE)	250 mg		MAGNÉSIUM (CITRATE, CHÉLATE DE PVP*, OXYDE)
ZINC (CITRATE)	10 mg		ZINC (CITRATE)
SELENIUM (L-SELENOMETHIONINE, HVP* CHELATE)	100 µg		SÉLÉNIUM (L-SÉLÉNOMÉTHIONINE, CHÉLATE DE PVP*)
COPPER (GLUCONATE)	1 mg		CUIVRE (GLUCONATE)
MANGANESE (GLUCONATE)	2.5 mg		MANGANESE (GLUCONATE)
CHROMIUM (POLYNICOTINATE, PICOLINATE)	150 µg		CHROME (POLYNICOTINATE, PICOLINATE)
MOLYBDENUM (CITRATE)	25 µg		MOLYBDÈNE (CITRATE)
OLIVE FRUIT EXTRACT** (OLEA EUROPAEA)	15 mg		EXTRAIT D'OLIVE** (OLEA EUROPAEA)
RUTIN	60 mg		RUTINE
GREEN TEA LEAF EXTRACT-DECAFFEINATED (CAMELLIA SINENSIS)	7.5 mg		EXTRAIT DE FEUILLE DE THÉ VERT - DÉCAFÉINÉ (CAMELLIA SINENSIS)
QUERCETIN	12 mg		QUERCÉTINE
HESPERIDIN	12 mg		HESPÉRIDINE
POMEGRANATE FRUIT EXTRACT (PUNICA GRANATUM)	5 mg		EXTRAIT DE GRENADE (PUNICA GRANATUM)
CINNAMON BARK EXTRACT (CINNAMOMUM CASSIA)	2 mg		EXTRAIT D'ÉCORCE DE CANNELLE (CINNAMOMUM CASSIA)
BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS)	500 µg		EXTRAIT DE MYRTILLE (VACCINIUM MYRTILLUS)
MIXED NATURAL TOCOPHEROLS	17 mg		MÉLANGE DE TOCOPHÉROLS NATURELS
INOSITOL	75 mg		INOSITOL
CHOLINE BITARTRATE	50 mg		CHOLINE BITARTRATE
N-ACETYL L-CYSTEINE	50 mg		N-ACÉTYL L-CYSTEINE
BROMELAIN (ANANAS COMOSUS)	25 mg		BROMÉLAÏNE (ANANAS COMOSUS)
ALPHA LIPOIC ACID	100 mg		ACIDE ALPHA-LIPOÏQUE
COENZYME Q10 (UBIQUINONE)	6 mg		COENZYME Q10 (UBIQUINONE)
TURMERIC ROOT EXTRACT (CURCUMA LONGA)	7.5 mg		EXTRAIT DE RACINE DE CURCUMA (CURCUMA LONGA)
LUTEIN	300 µg		LUTEÏNE
LYCOPENE	500 µg		LYCOPÈNE
GRAPE SEED EXTRACT (VITIS VINIFERA)	45 mg		EXTRAIT DE PÉPINS DE RAISIN (VITIS VINIFERA)
BROCCOLI FLOWER CONCENTRATE (BRASSICA OLERACEA)	7.5 mg		CONCENTRÉ DE FLEUR DE BROCOLI (BRASSICA OLERACEA)
RESVERATROL (POLYGONUM CUSPIDATUM)	15 mg		RESVÉRATROL (POLYGONUM CUSPIDATUM)
SILICON (HVP* CHELATE)	4.25 mg		SILICIUM (CHÉLATE DE PVP*)
VANADIUM (CITRATE)	20 µg		VANADIUM (CITRATE)
BORON (CITRATE)	1.5 mg		BORE (CITRATE)

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL CELLULOSE, STARCH, SODIUM CARBOXYMETHYL CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, SEA SALT, SODIUM CITRATE. /

INGRÉDIENTS NON MÉDICINAUX : CELLULOSE MICROCRISTALLINE, HYDROXYPROPYLCELLULOSE, AMIDON, CARBOXYMÉTHYLCELLULOSE DE SODIUM, PALMITATE D'ASCORBYLE, DEXTRINE, DIOXYDE DE SILICIUM, DEXTROSE, LÉCITHINE DE SOYA, EXTRAIT DE VANILLE, SEL DE MER, CITRATE DE SODIUM.

*HYDROLYSED VEGETABLE PROTEIN / *PROTÉINES VÉGÉTALES HYDROLYSÉES
 **USANA OLIVOL™ PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803. / **OLIVOL™ D'USANA, MARQUE PROTÉGÉE EN VERTU DES BREVETS AMÉRICAINS 6,358,542 OU 6,361,803.

BX.00101