Chelated Mineral
HealthPak
If you are looking for a comprehensive nutritional supplement that fits your busy life, then HealthPak daily supplement packs are for you.

More than a Multivitamin
HealthPak provides a comprehensive balance of antioxidants, vitamins, and minerals for a full-body approach to supplementation. One box contains 56 convenient, individually wrapped packets for four weeks of protection from the constant barrage of free radicals your body faces in modern society.*

AO Booster for Advanced Antioxidant Protection
The AO Booster supplement, available exclusively in HealthPak, contains a blend of power-packed antioxidants:
- Resveratrol is a polyphenolic compound found in berries, grape skin, and red wine that provides excellent support for heart health. Resveratrol has also been shown to deliver antioxidant benefits. Oxidative stress can damage cells, which may lead to premature aging.*
- In addition to antioxidant activity, research suggests flavonoids from grape-seed extract provide important support for cell-signaling pathways, which regulate the cell’s lifecycle, from production and growth to death.*
- Alpha lipoic acid supports the body’s natural detoxification processes by promoting phase II detoxification enzyme induction. It supports mitochondrial health and helps regenerate and activate production of other antioxidants, such as vitamin C and intracellular glutathione.*

Convenience Aids Compliance
One of the most important aspects of achieving optimal health for a lifetime is maintaining consistent levels of nutrients in your body needed for optimal health. HealthPak makes it easy to make sure you get the full range of nutrients you need every day to support your entire body, including your heart, immune system, brain, nerves, bones and joints, lungs, eyes, and skin. The antioxidants in HealthPak, including USANA’s patented Olivol®, will also help protect you, morning and night, from the constant barrage of free radicals your body faces in modern society.*

Why HealthPak™?
Because it includes the Essentials—the top-rated supplements in the world—you can trust that HealthPak provides the best multivitamin/mineral and antioxidant supplements you can use to protect your health every day. Additional calcium boosts support for bone health. And, with the enhanced antioxidant benefits of the unique AO Booster, HealthPak provides all the basic nutrition you need plus additional defense against the cell damage caused by oxidative stress. The individually wrapped pouches make it easier than ever to stay consistent with your nutritional regimen, so you are at your best throughout the day, every day.

References