



HealthPak™ ●●●●●●●●

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

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 the following USANA® Nutritionals:

- The **USANA® Essentials™**—**Mega Antioxidant** and **Chelated Mineral** (see pages 27–31 to discover the many benefits of exceptional nutrition with the Essentials)
- **Active Calcium™** (see page 44 to learn about the many benefits of this advanced calcium supplement)
- Advanced **AO Booster™**—a **HealthPak** exclusive!

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.

- Cardiovascular Health
- Cellular Metabolic Health
- Skeleton/Structural Health
- Endocrine Health
- Brain/Nervous Health
- Digestion/Detox Health
- Immune Health

HP In HealthPak™

My Available for MyHealthPak™

H Hybrid



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Contents Tested & Certified

*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.