

USANA MYSMART™ SHAKE

Nutrition Facts		Whey Protein Shake	Soy Protein Shake	Pea & Potato Protein Shake
Serving Size: 1 pouch		(39 g)	(39 g)	(39 g)
Servings per Container: 14 Shakes				
Amount Per Serving		Amount Per Serving	Amount Per Serving	Amount Per Serving
Calories		150	150	150
		45	50	45
Total Fat		% Daily Value*	% Daily Value*	% Daily Value*
Saturated Fat	6 g	9%	6 g	9%
Trans Fat	5 g**	25%	5 g**	25%
Cholesterol	0 g	0%	0 g	0%
Sodium	45 mg	15%	0 mg	0%
Potassium	200 mg	8%	280 mg	12%
Total Carbohydrate	340 mg	10%	350 mg	10%
Dietary Fiber	13 g	4%	12 g	4%
Soluble Fiber	8 g	32%	8 g	32%
Insoluble Fiber	4 g		4 g	
Sugars	3 g		3 g	
Protein	18 g	36%	18 g	36%
* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.		Vitamin A	0%	0%
Calories: 2,000 2,500		Vitamin C	0%	0%
Total fat	Less than 65g 80g	Calcium	10%	4%
Sat. fat	Less than 20g 25g	Iron	4%	15%
Cholesterol	Less than 300mg 300mg	**Amount in shake: One serving, provides 5 g Saturated Fat sourced from the added MCTs and coconut oil.		
Sodium	Less than 2,400mg 2,400mg	**Amount in shake: One serving, provides 5 g Saturated Fat sourced from the added MCTs and coconut oil.		
Potassium	3,500mg 3,500mg	**Amount in shake: One serving, provides 4 g Saturated Fat sourced from the added MCTs and coconut oil.		
Total Carbohydrate	300g 375g	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
Dietary Fiber	25g 30g			
Protein	50 g 65 g			

WHEY PROTEIN SHAKE INGREDIENTS: WHEY PROTEIN CONCENTRATE, GLUTEN FREE† OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, POTASSIUM PHOSPHATE, XANTHAN GUM, GUAR GUM, SEA SALT, NATURAL FLAVORS, STEVIA.

CONTAINS: MILK, TREE NUT (COCONUT).

SOY PROTEIN SHAKE INGREDIENTS: SOY PROTEIN ISOLATE, GLUTEN FREE† OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, XANTHAN GUM, GUAR GUM, SEA SALT, POTASSIUM PHOSPHATE, NATURAL FLAVORS, STEVIA.

CONTAINS: SOY, TREE NUT (COCONUT).

PEA & POTATO PROTEIN SHAKE INGREDIENTS: PROTEIN BLEND (PEA PROTEIN ISOLATE, POTATO PROTEIN ISOLATE), GLUTEN FREE† OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, POTASSIUM PHOSPHATE, GUAR GUM, XANTHAN GUM, SEA SALT, NATURAL FLAVORS.

CONTAINS: TREE NUT (COCONUT) AND TRACE AMOUNTS OF SOY.

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, EGG, FISH, SHELLFISH, TREE NUTS, WHEAT, GLUTEN, AND SOY.

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Made in USA

Customer Service: 1-888-950-9595

STORE AT ROOM TEMPERATURE (25°C)

USANA MYSMART™ BARS

Nutrition Facts		Dark Chocolate	Peanut Butter	Coconut Cashew	Berry Nutty
Serving Size: 1 bar		(38 g)	(38 g)	(38 g)	(40 g)
Servings per Container: 10 bars					
Amount Per Serving		Amount Per Serving	Amount Per Serving	Amount Per Serving	Amount Per Serving
Calories		140	150	140	160
		60	70	50	90
Total Fat		% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Saturated Fat	7 g	11%	7 g	11%	10 g
Trans Fat	4.5 g**	23%	2 g**	10%	3.5 g**
Cholesterol	0 g	0%	0 g	0%	0 g
Sodium	10 mg	3%	10 mg	3%	10 mg
Potassium	230 mg	10%	180 mg	8%	120 mg
Total Carbohydrate	55 mg	2%	65 mg	3%	70 mg
Dietary Fiber	15 g	5%	14 g	5%	14 g
Soluble Fiber	7 g	28%	6 g	24%	9 g
Insoluble Fiber	1 g		1 g		1 g
Sugars	5 g		4 g		7 g
Protein	10 g	20%	11 g	22%	9 g
* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.		Vitamin A	0%	0%	0%
Calories: 2,000 2,500		Vitamin C	0%	0%	2%
Total fat	Less than 65g 80g	Calcium	15%	15%	6%
Sat. fat	Less than 20g 25g	Iron	6%	4%	4%
Cholesterol	Less than 300mg 300mg	**Amount in bar: 1 bar provides 4.5 g Saturated Fat sourced from the coconut oil.			
Sodium	Less than 2,400mg 2,400mg	**Amount in bar: 1 bar provides 2 g Saturated Fat sourced from the coconut oil.			
Potassium	3,500mg 3,500mg	**Amount in bar: 1 bar provides 3.5 g Saturated Fat sourced from the coconut oil.			
Total Carbohydrate	300g 375g	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
Dietary Fiber	25g 30g				
Protein	50 g 65 g				

DARK CHOCOLATE BAR INGREDIENTS: PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, PEA PROTEIN ISOLATE), PREBIOTIC TAPIOCA FIBER (IMO), ORGANIC TAPIOCA SYRUP, ORGANIC COCONUT OIL, ORGANIC DARK CHOCOLATE (ORGANIC SUGAR, ORGANIC CHOCOLATE LIQUOR, ORGANIC COCOA BUTTER, ORGANIC DEXTROSE, ORGANIC VANILLA), COCOA POWDER, WATER, SEA SALT, NATURAL BUTTER FLAVOR, NATURAL VANILLA FLAVOR, POTASSIUM SORBATE, STEVIA.

CONTAINS: MILK, TREE NUTS (COCONUT)

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES EGGS, MILK, PEANUT, SOY, TREE NUTS, AND WHEAT.

PEANUT BUTTER BAR INGREDIENTS: PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, PEA PROTEIN ISOLATE), ORGANIC TAPIOCA SYRUP, PREBIOTIC TAPIOCA FIBER (IMO), ROASTED PEANUTS, NATURAL PEANUT BUTTER, ORGANIC DARK CHOCOLATE (ORGANIC SUGAR, ORGANIC CHOCOLATE LIQUOR, ORGANIC COCOA BUTTER, ORGANIC DEXTROSE, ORGANIC VANILLA), ORGANIC COCONUT OIL, PEANUT FLOUR, WATER, SEA SALT, NATURAL PEANUT BUTTER FLAVOR, NATURAL BUTTER FLAVOR, STEVIA, POTASSIUM SORBATE.

CONTAINS: MILK, PEANUTS, TREE NUTS (COCONUT)

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES EGGS, MILK, PEANUT, SOY, TREE NUTS, AND WHEAT.

COCONUT CASHEW BAR INGREDIENTS: PREBIOTIC TAPIOCA FIBER (IMO), PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE), RAW CASHEWS, CASHEW BUTTER, ORGANIC COCONUT OIL, ORGANIC DARK CHOCOLATE (ORGANIC SUGAR, ORGANIC CHOCOLATE LIQUOR, ORGANIC COCOA BUTTER, ORGANIC DEXTROSE, ORGANIC VANILLA), COCONUT FLAKES, ORGANIC TAPIOCA SYRUP, WATER, SEA SALT, NATURAL HONEY FLAVOR, NATURAL VANILLA FLAVOR, POTASSIUM SORBATE.

CONTAINS: MILK, TREE NUTS (COCONUT AND CASHEW)

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES EGGS, MILK, PEANUT, SOY, TREE NUTS, AND WHEAT.

BERRY NUTTY INGREDIENTS: ALMONDS (RAW), CASHEWS (RAW), PREBIOTIC TAPIOCA FIBER (IMO), NOT GENETICALLY ENGINEERED SOLUBLE CORN FIBER, GLUTEN FREE ROLLED OATS, DRIED CHERRIES, DRIED CRANBERRIES (APPLE JUICE CONCENTRATE, SUNFLOWER OIL), CRACKED FLAXSEED, ORGANIC TAPIOCA SYRUP, ORGANIC COCONUT OIL, ORGANIC AGAVE INULIN, SEA SALT.

CONTAINS: TREE NUTS (ALMONDS, CASHEWS, AND COCONUT).

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES EGGS, MILK, PEANUT, SOY, TREE NUTS, AND WHEAT.

HEALTHPAK™ DIETARY SUPPLEMENT

DIRECTIONS: TAKE ONE (1) PACKET IN THE MORNING AND ONE (1) PACKET IN THE EVENING, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS		%DV
SERVING SIZE: 1 PACKET		
AMOUNT PER SERVING		%DV
VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	650 mg	1000%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLLOQUINONE)	45 µg	60%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg	900%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM CARBONATE)	335 mg	35%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM OXIDE)	250 mg	60%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENIOMETHIONINE AND SELENIUM AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND CHROMIUM PICOLINATE*)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
OLIVOL® (OLIVE EXTRACT, <i>OLEA EUROPAEA</i> L., FRUIT)**	15 mg	†
BIOFLAVONOID COMPLEX (RUTIN, GREEN TEA EXTRACT-DECAFFEINATED [<i>CAMELLIA SINENSIS</i> HUNT, LEAVES], QUERCETIN, HESPERIDIN [<i>CITRUS SPP</i> L., FRUIT], POMEGRANATE EXTRACT [<i>PUNICA GRANATUM</i> L., FRUIT], CINNAMON EXTRACT [<i>CINNAMOMUM CASSIA</i> L., BARK], BILBERRY EXTRACT [<i>VACCINIUM MYRTILLUS</i> L., FRUIT])	99 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
ALPHA-LIPOIC ACID	100 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (<i>CURCUMA LONGA</i> L., ROOT)	7.5 mg	†
LUTEIN (<i>TAGETES ERECTA</i> L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
GRAPE SEED EXTRACT (<i>VITIS VINIFERA</i> L., SEEDS)	45 mg	†
RESVERATROL (<i>POLYGONUM CUSPIDATUM</i> SIEB. & ZUCC., ROOT AND RHIZOME)	15 mg	†
BORON (AS BORON CITRATE)	1.83 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†
†DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, MODIFIED CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, SILICON (AS SILICON AMINO ACID COMPLEX AND SILICON DIOXIDE), SODIUM CITRATE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT. CONTAINS SOY.

*LICENSED UNDER U.S. PATENT 4,315,927

**PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

STORE IN COOL, DRY CONDITIONS (BELOW 23° C (73° F))