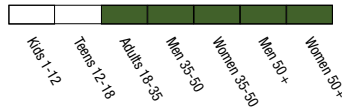




HealthPak™



ITEM# 100
AUST L 163348

The damaging effects of free radicals in western nations is a subject that is receiving more and more attention from medical and nutritional scientists. It's becoming increasingly evident that supplementation with a wide variety of antioxidants is important in the reduction of free-radical damage and to the maintenance of optimal lifelong health.

USANA's **HealthPak™** is a comprehensive formula engineered to provide the ultimate in antioxidant protection—assisting in the maintenance of healthy eyes, providing a source of calcium that may assist in the prevention of osteoporosis, and providing relief from muscular aches and pains. In addition, **HealthPak** contains a unique combination of antioxidant ingredients to give you a full-spectrum, highly potent antioxidant arsenal.

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 a four week supply of the following USANA® **Nutritionals**:

- The **Essentials™**—Mega Antioxidant and MultiMineral (see pages 10-13)
- **Active Calcium Plus™** (see pages 36-37)
- **Advanced AO Booster™**

More than a Multivitamin

HealthPak was formulated to help maintain normal, healthy bones and joints, healthy eyes, and to provide relief of muscular aches and pains.

- **Wide-Spectrum Multivitamin and Multimineral:** Provides over 40 highly bioavailable ingredients in a convenient, easy-to-use package, and helps to maintain normal, healthy immune function, mental alertness, and digestion.
- **Maintenance of Healthy Eyes:** Contains advanced levels of provitamin A (as betacarotene), vitamin C, zinc, xanthophyll, and bilberry for maintenance of healthy eyes.

- **Source of Calcium:** May assist in the prevention of osteoporosis. In addition, this supplement is formulated to strengthen bone and tissue in growing and mature users.
- **Source of Magnesium:** Help to reduce the occurrences of leg cramps.

What is AO Booster?

Designed to add a significant antioxidant boost to the powerful formula already available in the **Essentials**, the **AO Booster** includes several potent free-radical scavengers, from a blend of beneficial bioflavonoids such as resveratrol and grape seed extract found in **Proflavanol® 90 Extra Strength** (see pages 22-23). Each **AO Booster** also contains alpha-lipoic acid for additional antioxidant protection.

Resveratrol, the active component of Japanese knotweed, is a powerful antioxidant, is in no other USANA product. First isolated from grape skin, resveratrol has been studied extensively for its free-radical scavenging effects and has shown several properties associated with the maintenance of healthy capillaries and blood circulation to the peripheral areas.

Conveniently Healthy

HealthPak is the most convenient way to stay healthy and active. **HealthPak** is a four-in-one product providing a full 4-week supply of USANA's premier products in convenient packets that include **Essentials**, **Active Calcium Plus**, and the **AO Booster**. These individual dosages make travelling and maintaining a hectic lifestyle easier. By not fussing with extra bottles or remembering which pills to take and when, **HealthPak** makes maintaining your health and lifestyle much more convenient.

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

Using HealthPak™

Take one (1) packet in the morning and one (1) packet in the evening, preferably with meals. Each packet contains the following:

- 2 **Mega Antioxidants**, 2 **MultiMinerals**,
- 1 **Active Calcium Plus**, and 1 **AO Booster**.

EACH PACKET CONTAINS:

BETACAROTENE	4.5 mg	MOLYBDENUM TRIOXIDE (EQUIV 25 µg MOLYBDENUM)	37.5 µg
VITAMIN C (650 mg) AS: CALCIUM ASCORBATE	408.2 mg	"BIOFLAVONOID COMPLEX" CONTAINING:	
POTASSIUM ASCORBATE	277.6 mg	RUTIN	60 mg
MAGNESIUM ASCORBATE MONOHYDRATE	122.5 mg	QUERCETIN	12 mg
ZINC ASCORBATE	8.2 mg	CITRUS BIOFLAVONOIDS (12 mg HESPERIDIN)	34.2 mg
VITAMIN D3 (500 IU: CHOLECALCIFEROL)	12.5 µg	OLIVE (<i>OLEA EUROPAEA</i>) EXTRACT*	337.5 mg
VITAMIN E (200 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)	165.2 mg	EQUIV FRESH FRUIT	50 mg
NATURAL MIXED TOCOPHEROLS CONCENTRATE (LOW-ALPHA TYPE)	56.6 mg	EQUIV DRY LEAF	75 mg
VITAMIN K (PHYTOMENADIONE)	45 µg	BILBERRY (<i>VACINIUM MYRTILLUS</i>) EXTRACT	50 mg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	13.5 mg	EQUIV FRESH FRUIT	250 mg
VITAMIN B2 (RIBOFLAVINE)	13.5 mg	CINNAMON (<i>CINNAMOMUM CASSIA</i>) EXTRACT	20 mg
NICOTINAMIDE	15 mg	EQUIV DRY TWIG BARK	20 mg
VITAMIN B3 (NICOTINIC ACID)	5 mg	INOSITOL	75 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	16 mg	CHOLINE BITARTRATE	50 mg
FOLIC ACID	250 µg	CYSTEINE HYDROCHLORIDE	50 mg
VITAMIN B12 (CYANOCOBALAMIN)	100 µg	BROMELAINS	25 mg
BIOTIN	150 µg	R,S-ALPHA LIPOIC ACID	100 mg
CALCIUM PANTOTHENATE	50 mg	UBIDECARENONE (COENZYME Q10)	6 mg
CALCIUM (EQUIV 335 mg CALCIUM) AS: CALCIUM CITRATE HYDRATE	632.9 mg	CURCUMIN	7.5 mg
CALCIUM CARBONATE	504 mg	LUTEIN	300 µg
POTASSIUM IODIDE (EQUIV 149.5 µg IODINE)	196.7 µg	LYCOPENE	150 µg
MAGNESIUM (EQUIV 250 mg MAGNESIUM) AS: MAGNESIUM CITRATE	732.7 mg	GRAPE SEED (<i>VITIS VINIFERA</i>) EXTRACT	5.4 g
MAGNESIUM AMINO ACID CHELATE	663.5 mg	EQUIV DRY SEED	
MAGNESIUM OXIDE	81.7 mg	BROCCOLI (<i>BRASSICA OLERACEA</i>) FLOWER POWDER	7.5 mg
ZINC (EQUIV 11.28 mg ZINC) AS: ZINC CITRATE DIHYDRATE	31.4 mg	POLYGONUM CUSPIDATUM DRY ROOT AND RHIZOME	1.5 g
ZINC ASCORBATE	8.2 mg		
SELENOMETHIONINE (EQUIV 75 µg SELENIUM)	187.5 µg		
COPPER GLUCONATE (EQUIV 1 mg COPPER)	7.1 mg		
MANGANESE GLUCONATE (EQUIV 2.5 mg MANGANESE)	22.7 mg		
CHROMIUM (EQUIV 150 µg CHROMIUM) AS: CHROMIUM CHLORIDE	641 µg		
CHROMIUM PICOLINATE	208.4 µg		

References

1. Aruoma, O.I., et al. An Evaluation of the Antioxidant and Antiviral Action of Extracts of Rosemary and Provençal Herbs. *Food Chem Toxicol* 1996, 34, 449-456.

Do not take while on warfarin therapy without medical advice.

Contains sorbic acid and sodium benzoate.

This product contains selenium which is toxic in high doses. A daily dose of 150 µg 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.

IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.

USANA
HEALTH SCIENCES

Essentials/Optimizers
Micronutrition

HealthPak™

- A selection of high-quality supplements to promote overall long-term good health
- One box contains 56 individually wrapped packets for a four week supply
- The only product that offers the **AO Booster**
- Vegetarian safe

