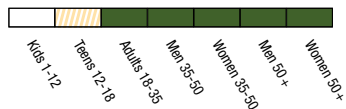


HealthPak 100™



ITEM# 100
AUST L 157093

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 100™** 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 100** 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 100** 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 42-43)
- **Advanced AO Booster™**

More than a Multivitamin

HealthPak 100 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 beta-carotene), 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 turmeric extract, rosemary extract, resveratrol, green tea extract, and a full daily dose of the 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, and rosemary, both powerful antioxidants, are in no other USANA products. 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. Rosemary is another effective antioxidant that possesses numerous other properties beneficial to optimal health.

Conveniently Healthy

HealthPak 100 is the most convenient way to stay healthy and active. **HealthPak 100** 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 100** makes maintaining your health and lifestyle much more convenient.

HealthPak 100 is laboratory tested, quality

guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable.

Using HealthPak 100™

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	37.5 µg
VITAMIN C (650 mg) AS: CALCIUM ASCORBATE	408.2 mg	(EQUIV 25 µg MOLYBDENUM)	
POTASSIUM ASCORBATE	277.6 mg	*BIOFLAVONOID COMPLEX* CONTAINING:	
MAGNESIUM ASCORBATE MONOHYDRATE	122.5 mg	RUTIN	60 mg
ZINC ASCORBATE	8.2 mg	QUERCETIN	12 mg
VITAMIN D3 (400 IU: CHOLECALCIFEROL)	10 µg	CITRUS BIOFLAVONOIDS (12 mg HESPERIDIN)	34.2 mg
VITAMIN E (200 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)	165.2 mg	OLIVE (<i>OLEA EUROPAEA</i>) EXTRACT*	
NATURAL MIXED TOCOPHEROLS CONCENTRATE (LOW-ALPHA TYPE)	56.6 mg	EQUIV FRESH FRUIT	337.5 mg
VITAMIN K (PHYTOMENADIONE)	45 µg	GREEN TEA (<i>CAMELIA SINENSIS</i>) EXTRACT	
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	13.5 mg	EQUIV DRY LEAF	200 mg
VITAMIN B2 (RIBOFLAVINE)	13.5 mg	BILBERRY (<i>VACINIUM MYRTILLUS</i>) EXTRACT	
NICOTINAMIDE	15 mg	EQUIV FRESH FRUIT	50 mg
VITAMIN B3 (NICOTINIC ACID)	5 mg	POMEGRANATE (<i>PUNICA GRANATUM</i>) EXTRACT	
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	16 mg	EQUIV FRESH FRUIT	250 mg
FOLIC ACID	250 µg	CINNAMON (<i>CINNAMOMUM CASSIA</i>) EXTRACT	
VITAMIN B12 (CYANOCOBALAMIN)	100 µg	EQUIV DRY TWIG BARK	20 mg
BIOTIN	150 µg	INOSITOL	75 mg
CALCIUM PANTOTHENATE	50 mg	CHOLINE BITARTRATE	50 mg
CALCIUM (EQUIV 335 mg CALCIUM) AS:		CYSTEINE HYDROCHLORIDE	50 mg
CALCIUM CITRATE HYDRATE	632.9 mg	BROMELAINS	25 mg
CALCIUM CARBONATE	504 mg	R,S-ALPHA LIPOIC ACID	40 mg
POTASSIUM IODIDE (EQUIV 112.5 µg IODINE)	148 µg	UBIDECARENONE (COENZYME Q10)	6 mg
MAGNESIUM CITRATE	732.7 mg	CURCUMIN	57.5 mg
MAGNESIUM AMINO ACID CHELATE	663.5 mg	LUTEIN	300 µg
MAGNESIUM OXIDE	81.7 mg	LYCOPENE	150 µg
ZINC (EQUIV 11.28 mg ZINC) AS:		GRAPE SEED (<i>VITIS VINIFERA</i>) EXTRACT	
ZINC CITRATE DIHYDRATE	31.4 mg	EQUIV DRY SEED	5.4 g
ZINC ASCORBATE	8.2 mg	EQUIV PROCYANIDINS	37.13 mg
SELENIOMETHIONINE (EQUIV 75 µg SELENIUM)	187.5 µg	BROCCOLI (<i>BRASSICA OLERACEA</i>) FLOWER POWDER	7.5 mg
COPPER GLUCONATE (EQUIV 1 mg COPPER)	7.1 mg	POLYGONUM CUSPIDATUM DRY ROOT AND RHIZOME	100 mg
MANGANESE GLUCONATE (EQUIV 2.5 mg MANGANESE)	22.7 mg	(EQUIV RESVERATROL 1000 µg)	
CHROMIUM (EQUIV 150 µg CHROMIUM) AS:		ROSEMARY (<i>ROSMARINUS OFFICINALIS</i>) EXTRACT	
CHROMIUM CHLORIDE	641 µg	EQUIV DRY LEAF	250 mg
CHROMIUM PICOLINATE	208.4 µg	GLYCINE MAX SEED POWDER (EQUIV ISOFLAVONES CALC DIADZINEIN, GENISTINEIN, GLYCITINEIN 5 mg)	12.5 mg

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 100™

- 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

