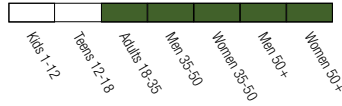




ITEM# 100
AUST L 163348

HealthPak™



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 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 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:		CHROMIUM (EQUIV 150 µg CHROMIUM) AS:	
BETACAROTENE	4.5 mg	CHROMIUM CHLORIDE	641 µg
VITAMIN C (650 mg) AS:		CHROMIUM PICOLINATE	208.4 µg
CALCIUM ASCORBATE	408.2 mg	MOLYBDENUM TRIOXIDE	37.5 µg
POTASSIUM ASCORBATE	277.6 mg	(EQUIV 25 µg MOLYBDENUM)	
MAGNESIUM ASCORBATE MONOHYDRATE	122.5 mg	"BIOFLAVONOID COMPLEX" CONTAINING:	
ZINC ASCORBATE	8.2 mg	RUTIN	60 mg
VITAMIN D3	12.5 µg	QUERCETIN	12 mg
(500 IU: CHOLECALCIFEROL)		CITRUS BIOFLAVONOIDS	34.2 mg
VITAMIN E (200 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)	165.2 mg	(12 mg HESPERIDIN)	
NATURAL MIXED TOCOPHEROLS	56.6 mg	OLIVE (OLEA EUROPAEA) EXTRACT*	
CONCENTRATE (LOW-ALPHA TYPE)		EQUIV FRESH FRUIT	337.5 mg
VITAMIN K (PHYTOMENADIONE)	45 µg	GREEN TEA (CAMELIA SINENSIS) EXTRACT	75 mg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	13.5 mg	EQUIV DRY LEAF	50 mg
VITAMIN B2 (RIBOFLAVINE)	13.5 mg	BILBERRY (VACINIUM MYRTILLUS) EXTRACT	50 mg
NICOTINAMIDE	15 mg	EQUIV FRESH FRUIT	250 mg
VITAMIN B3 (NICOTINIC ACID)	5 mg	POMEGRANATE (PUNICA GRANATUM) EXTRACT	
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	16 mg	EQUIV FRESH FRUIT	20 mg
FOLIC ACID	250 µg	EQUIV DRY TWIG BARK	75 mg
VITAMIN B12 (CYANOCOBALAMIN)	100 µg	INOSITOL	50 mg
BIOTIN	150 µg	CHOLINE BITARTRATE	50 mg
CALCIUM PANTOTHENATE	50 mg	CYSTEINE HYDROCHLORIDE	50 mg
CALCIUM (EQUIV 335 mg CALCIUM) AS:		BROMELAINS	25 mg
CALCIUM CITRATE HYDRATE	633 mg	R,S-ALPHA LIPOIC ACID	100 mg
CALCIUM CARBONATE	503.6 mg	UBIDECARENONE (COENZYME Q10)	6 mg
POTASSIUM IODIDE (EQUIV 149.5 µg IODINE)	196.7 µg	CURCUMIN	7.5 mg
MAGNESIUM (EQUIV 250 mg MAGNESIUM) AS:		LUTEIN	300 µg
MAGNESIUM CITRATE	732.7 mg	LYCOPENE	150 µg
MAGNESIUM AMINO ACID CHELATE	664 mg	GRAPE SEED (VITIS VINIFERA) EXTRACT	
MAGNESIUM OXIDE	82 mg	EQUIV DRY SEED	5.4 g
ZINC (EQUIV 11.28 mg ZINC) AS:		BROCCOLI (BRASSICA OLERACEA) FLOWER POWDER	7.5 mg
ZINC CITRATE DIHYDRATE	31.4 mg	POLYGONUM CUSPIDATUM DRY ROOT AND RHIZOME	1.5 g
ZINC ASCORBATE	8.2 mg		
SELENIOMETHIONINE (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		

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

