

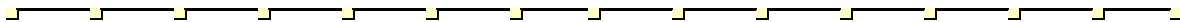
The superiority of the USANA products

Consumers have a right to expect the highest quality and safety from their nutritional products. Here's a quick, 10-point test to help you evaluate whether a particular product is worth your consideration.

1. Is the product delivered in a single dose? (A once-a-day tablet simply cannot provide the levels of potency needed for optimal nutrition).
 2. Are the potency levels of the ingredients high enough to provide optimal daily nutritional intake without compromising safety?
 3. Are the ingredients provided in the most bioavailable form? (Mineral salts are not as well absorbed as chelated minerals or minerals bound to an organic carrier).
 4. Is the safety profile of each ingredient thoroughly researched and evaluated?
 5. Is the product formulated to meet USP standards for full disintegration and dissolution?
 6. Does the company meet United States and Canadian pharmaceutical guidelines (USP) for Good Manufacturing Processes (GMPs)?
 7. Is the product potency guaranteed for specified shelf life?
 8. Is the product independently tested and guaranteed for potency and safety?
 9. Is the product manufactured in-house or contracted out to the lowest bidder?
 10. Is the product in the Physician Desk Reference?
- All USANA nutritional products are manufactured in house, in state-of-the-art facilities.
 - The company voluntarily meets and exceeds U.S. pharmaceutical GMPs.
 - All products are formulated to meet USP standards for full disintegration and dissolution.
 - All products are tested for a guaranteed two-year shelf life under international standards.
 - Potency levels are set well below the clinically established limits for no observable, adverse effects (NOAEL).
 - The safety profile of each ingredient is thoroughly researched and evaluated.
 - All products are independently tested and guaranteed for purity, potency, and safety.
 - USANA products are the only nutritional product listed in the pharmaceutical section of the Physician Desk Reference.

A former Canadian Member of Parliament and a Member of the Legislative Assembly for British Columbia, Lyle MacWilliam, served at the behest of Canada's federal Minister of Health, on the Transition Team for the Office of Natural Health Products. He authored its landmark report, "A Fresh Start: Final Report of the ONHP Transition Team", released in the spring of 2000. The report promotes a new regulatory environment that ensures Canadians access to safe, effective, and high quality natural health products.

His book "**Comparative Guide to Nutritional Supplements**" does a very complete analysis of products. They now view USANA Health Sciences nutritional products as the gold standard in the industry. Results of his investigations have also convinced him to become a daily user of USANA nutritional products. He is not a distributor and has no financial gain.



Dr. Myron Wentz is founder and chairman of USANA Health Sciences. In 1992, he created USANA based on his vision of a world free from pain, suffering, and disease. He has spread the belief in the importance of cellular nutrition by developing a group of nutritional supplements based on his cell culture expertise. "At USANA, our aim is to produce the highest quality, scientifically proven nutritional supplements for optimal health." The phenomenal growth of USANA proves the accuracy of Dr. Wentz' ideas and the effectiveness of the nutritional supplements he has brought to the world."



USANA Health Sciences was an outgrowth of Dr. Wentz' research on human cell cultures performed at Gull Laboratories in Salt Lake City, UT. At Gull, Dr. Wentz developed more than 30 different assays for infectious diseases, including many FDA and industry firsts. The first product to establish worldwide prominence was his assay for the Epstein-Barr virus (EBV). Introduced in 1977, it was the first commercial assay for EBV to receive FDA clearance. Dr. Wentz' commitment to worldwide health has progressed from his work at Gull to the quickly growing USANA Health Sciences to the new Sanoviv Health Retreat, a wellness and healing center in Baja, Mexico.

Experienced Scientists Guide Research and Product Development

USANA's scientific staff includes experts on human nutrition, cellular biology, biochemistry, natural product chemistry, and clinical research. Scientific results from a variety of sources including world-renowned scientific literature, in-house laboratory research, and cooperative clinical studies are incorporated into product development and design.

Advanced Supplements Based On the Science of Nutrition

USANA's comprehensive approach to product development guarantees nutritional formulas that are complete, balanced, safe, and effective. The potencies of individual ingredients are based not on Recommended Dietary Allowances (RDAs), but on the advanced intakes shown in clinical and epidemiological research to reduce the risk of chronic degenerative disease. USANA's comprehensive formulas mean convenience and compliance.

Pharmaceutical Quality, Guaranteed

USANA's vitamin and mineral supplements are formulated to meet USP standards for potency, uniformity, disintegration, and dissolution. Furthermore, they are manufactured using the rigorous quality assurance standards set forth by pharmaceutical Good Manufacturing Practices (GMP). Every step of manufacturing, from raw ingredient purchase through finished product testing, is driven by USANA's commitment to quality. What you read on the label is what you get in the bottle every time, guaranteed.

Technical Support Provides USANA's Customers with Scientific Insight

USANA's Technical Services staff is dedicated to providing you with the detailed information you need to use our products more effectively. Up-to-date Technical Bulletins are available on each of the active ingredients in USANA's products. Additional bulletins cover the role of nutrition in managing human disease. Summaries of the latest research on the role of nutritional supplementation in human health are also available.



Dr. Ray Strand shares, what USANA Health Sciences has done for him, his family and his patients.

There is nothing that has been more exciting for me than to get involved with USANA and to be able to help patients in ways I have never been able to before. Dr. Wentz has developed the finest products in the world today.

Not only is USANA complete and balanced but the synergistic effect of these nutrients is phenomenal, and he has done it with uncompromising attention to quality, following pharmaceutical guidelines to guarantee potency, purity and effectiveness. USANA Health Sciences follows USP and pharmaceutical GMP guidelines and this is something that is very critical since this assures that the products are top quality. USANA Health Sciences products are the only pharmaceutical grade nutritional products listed in the **Physicians' Desk Reference**. So when I recommend the USANA Nutritionals to patients, friends and family, I know they are getting the best products available today for a very reasonable and affordable price.


I have looked at what it has done for my wife, how she's regained her health. She has her energy and stamina back even though she still has to be careful; she is able to function a normal life. Personally, I've been able to help a wide variety of my patients regain their health and improve their general well being. We are being barraged all the time and we need to understand that we need to protect our body and protect our health, and these products are able to do that. I think we need to remember and to understand that these are the finest products.

The testimonials that I hear day in and day out are phenomenal. Understand that USANA is an answer for so many people.

Being involved in nutritional medicine, it is really exciting to be connected with USANA's products. I just reflect back with great appreciation of the quality and the steadfastness that Dr. Wentz has brought to USANA Health Sciences.

Dr. Strand shares scientific evidence along with his clinical experience in regard to specific diseases. Visit his website for assistance: Ray Strand, M.D. – Specializing in Nutritional Medicine.

For those interested in nutrition from a physicians' perspective, visit Dr. Ray Strand's website, <http://www.BioNutrition.org>. He addresses specific diseases.



Dr Bannock - a well known figure in the United Kingdom. Dr Bannock is a regular quoted expert or feature in many UK national newspapers including The Times, The Daily Mail, The FT, The Telegraph, The Sunday Times and magazines including ST Style Magazine, GQ, Hello, Men's Fitness, Marie Claire (UK and USA), Zest and many others.

He has authored and co-authored many publications and research papers including the reference book 'Clinical Human Nutrition' and 'Applied Clinical Nutrition', as well as the many articles and newsletters found on the humannutrition.com website. Current writing projects include 'Probiotics in Clinical Practice' and 'A Justification for Nutritional Supplementation'.

Dr Bannock's qualifications include a Bachelor's Degree in Physiology, a Master's Degree in Human Nutrition and a Doctorate in Human Physiology as well as diplomas in Clinical Nutrition & Homotoxicology.

Professional memberships include:

- Fellow of the Royal Society of Medicine
- Fellow of the Royal Society of Health
- Fellow of the Royal Institute of Public Health & Hygiene
- Member of the Institute of Biology (as a Chartered Biologist)
- Member of the British Society of Sport & Exercise Scientists

Academic Advisory Chairs include The Society for Homotoxicology & Antihomotoxic Therapy (GB), The European Academy for Biomedical Sciences and The European College of Nutrition & Health Sciences.

Advisory positions also include a number of Nutraceutical and BioTechnology organizations.

Dr Bannock is a registered tutor and lecturer in Nutrition and Health for the Royal Society of Health and the Royal Institute of Public Health and Hygiene (UK).

Dr Bannock has lectured at many international academic & professional institutions – including Oxford University, UMIST Manchester, Brighton University, Royal Society of Medicine as well as various other venues in Canada, USA, Belgium, Spain, France & Germany.

Which brand does Dr. Bannock recommend?

Over the years I have used many different nutritional supplements both professionally and personally. A vast range of products are available out there - but it quickly became clear that quality, and thus effectiveness, varied considerably. In many cases the products did not work at all, and in some cases they actually had negative results.

Since quality varies so much in the nutritional supplement industry - I can see why some hold the view that supplements are 'expensive urine'. This is certainly the case for many brands and so it becomes a difficult task to find products that you can trust.

I have finally found a product range that I can completely trust and recommend to anyone. I personally use and professionally prescribe USANA Health Sciences products for some very good reasons. Namely they perform incredibly well and they are exceptionally trustworthy products!

Reading this will probably prompt you to think that this is some kind of advertisement for USANA. I can assure you it is not! I do not work for USANA, and I am not a distributor for their products - so I hope that you can see that I am making genuine unbiased statements! USANA are not paying to advertise on this site.

I do personally take the products - as do my family and clients. I do not get paid for making an endorsement or for any of the promotions. I am simply giving my opinion as to which products are best.

USANA's Multi-Nutritional Product, 'The Essentials', is vastly superior to any other multi available today!

The Essential Comparison! USANA is found to have a significantly more comprehensive formulation than any other market leading product. A global comparison of multi-nutritional products that contain a multiple variety of nutrients that include antioxidants and vitamins can be seen right here:

USANA authors & books that talk about USANA:

Dr. Monica Lewis - *Your Heart: an owner's manual*

Dr. Gerald R J Lewis - *Your Heart: an owner's manual, Dietary Supplements: Fad Fable or Fact?*

Fiona Clayton - *Law Creating Wealth: What Your Accountant Doesn't Tell You*

Dr. Ladd McNamara - *Doctor McNamara's Medical Resource Manual, Introducing USANA to Health Professionals*

Jodi L. Jones - *The Vitality Connection*

Robert Allen - books that mention USANA: "Creating Wealth: The Enlightened Way," and the CD "The Enlightened Way to True Wealth." Other books include Multiple Streams of Income, Nothing Down, The One Minute Millionaire, and Creating Wealth

Denis Waitley - *Seeds of Greatness, Being the Best, The Winner's Edge, The Joy of Working, and Empires of the Mind audio album, The Psychology of Winning*

JoAnn Dahlkoetter, Ph.D., - *Your Performing Edge*

Reverend Bernice A. King - *Hard Questions, Heart Answers*

Dr. Myron Wentz - *Invisible Miracles*

Dr. Ray Strand - *BioNutrition, What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You, Death By Prescription*

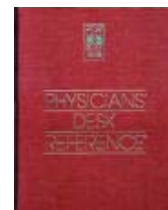
Dr. Chris Wood - *How to Get Your Kids to Eat Great and Enjoy It!*

Darel Rutherford - *Being the Solution*

- ***The Vitality Connection***, Jodi Jones
- ***Thrive***, Carrie Carter, M.D.
- ***The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change***, Christiane Northrup, M.D.
- ***Comparative Guide to Nutritional Supplements 3rd Edition***, Lyle MacWilliam
- ***The Physician's Desk Reference***
- ***MIMs***

USANA's products are listed in the pharmaceutical section of the PDR. Virtually every physician in the United States utilizes the **Physicians' Desk Reference (PDR)** - the most widely applied compilation of prescribing information used by physicians. Readership studies indicate that nine out of ten doctors consider the PDR their most important and most frequently consulted reference book.

The PDR is an annual directory of pharmaceutical, biological, and diagnostic products intended as a service to the medical field.



Significance of the listings

Physicians and health care professionals rely on the PDR as a source for understanding the many pharmaceutical and non-pharmaceutical products available. Physicians often recommend or prescribe a certain product or pharmaceutical based on the validity and reliability of the descriptions in the PDR. Physicians depend on the fact that the manufactured product described in the PDR contains the exact amounts and types of ingredients listed and that the product delivers the precise effects described therein.

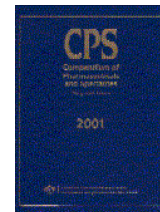
Each year, copies of the PDR are distributed to approximately a half-million practicing physicians and chief pharmacists at major hospitals in the United States. In addition, medically sophisticated consumers, institutions, and other allied health professionals - including dentists, nurses, veterinarians, hospitals, managed care organizations, and public and legal libraries - purchase the book, raising the total distribution to well over one million copies. The PDR includes prescribing information on over 3,500 products from more than 250 manufacturers.

USANA™ products are also included in the **Compendium of Pharmaceuticals and Specialties (CPS)**.

Both of these are popular compilations of prescribing information used by physicians. USANA products are obviously made with a solid standard of quality, reliability, and integrity.

So, if you speak to your physicians or health care professionals and they are unfamiliar with USANA Health Sciences, have them look the products up in their PDR or CPS.

Physicians and health care professionals rely on these resources for clarity and understanding.



The primary factor that separates USANA from other nutritional supplement companies is the high standards of manufacturing.

GMP is the minimum quality expectation for a given product used by the consumer. The FDA has not established and enforced GMP regulations for Dietary Supplements. Therefore, DS products are currently monitored under food GMPs.

When looking at the two current regulations (Food GMP vs. Drug GMP), there are several dramatic distinctions. We will use a pizza vs. penicillin analogy to help illustrate this point. If you want to research the differences yourself, or just verify the next statements, you can find these rules in the Code of Federal Regulations - 21 CFR 110 (Food), 21 CFR 210 and 211 (Drug).

Food GMPs focus more on the product as a "safe" food item. Basically it ensures that no harmful poisons or pathogenic biological elements are introduced into the finished product. Food GMPs do not mandate you test each batch or its ingredients for these harmful elements. The only actual stipulations for a manufacturer are: 1.) they use ingredients generally recognized as safe for human use and 2.) they maintain good hygienic practices. For example, when you order a pizza the maker uses flour, yeast, salt, water, tomato paste, and cheese. It is not necessary to test these ingredients individually for safety because they are all generally recognized as safe. Provided the chef runs a clean shop, they are fully compliant with food GMPs.

Do you expect a different level of quality for penicillin than you do for pizza? Of course you do. Because of this difference in expectation, Drug GMPs are more restrictive. Remember, food GMPs are only focused on safety. By contrast, drug GMPs are focused on safety, potency, purity, and efficacy. Drug GMPs mandate ingredient (raw material) testing to show safety, potency, purity and efficacy. It also mandates safety, potency, purity and efficacy testing on each batch of finished product. Hygienic practice is also more restrictive. Other items such as uniformity, validation, process controls, and stability are required. These are terms never discussed under food GMPs and are only applicable under drug GMPs.

The foundation of USANA's product quality is pharmaceutical GMPs. It would be irresponsible for USANA to do extensive research to develop high-quality products, and then give distributors pizza quality.

USANA has set stringent standards for its outside suppliers. By applying laboratory testing and site audits, USANA continually monitors its suppliers to ensure that only the highest quality goods are used to produce the highest quality nutritional supplements possible.

Athletes know hard work and proper nutrition are the keys to performing at their peak and maintaining an edge over rivals. That's why world-class athletes rely on USANA products to augment their stringent training programs.

USANA sponsors more than 150 professional athletes and Olympians. It powered the U.S. and Canadian speed skaters at the 2002 Winter Games and most recently, became the official supplier of nutritional products for the Utah Starzz WNBA women's basketball team.

Track star Tom Chorny, who captured last year's U.S. Championship in the 3000-meter steeplechase, praises USANA supplements for keeping him healthy and giving him the energy needed to compete in one of sport's most grueling events. Described by some as pure agony, the 3K steeplechase includes nearly two miles of running peppered with three-foot high barriers and a 12-foot long water pit.

"I have learned much about what excessive exercise does to the human body, and running 80-plus miles a week is definitely excessive," says Chorny, who joined the USANA family in early 2000. "I won't go a day without my USANA!"

Other athletes also rely on USANA supplements to increase endurance and maintain health. PGA golfer Brad Bryant explains that the products keep him focused as his tour schedule requires him to be on the road frequently.

"Traveling like we did was very hard on our bodies," says Bryant, a 20-year PGA Tour veteran, who adds that his wife and children often accompany him at events and also benefit from USANA products. "I feel that I stayed much healthier because of the USANA supplements. My endurance and concentration on the golf course were much better also, especially on hot and stressful days."

The USANA products are very helpful in my training. They provide the nutrients lost during workouts, which are hard to replenish without the help of supplements. I believe they will become more valuable as the season progresses into racing." – *Amy Peterson, three-time U.S. Olympic medalist and American record-holder in the 500-meter and 1500-meter short track events.*

"Usana plays a major role in making sure I get the fuel I need for optimum performance." – *Casey FitzRandolph, U.S. Olympian and American record-holder in the 500-meter and 1000-meter long track events.*

"The Essentials help me achieve my performance goals." – *Julie Goskowicz, 1998 Olympian, member of 2000 short track World Cup team and three-time junior American record holder*

Besides keeping athletes healthy off the field, USANA also helps increase stamina on the field, or in Samantha Hughes' case - on the roadway.

"I never forget to take my Essentials', CalMag Plus', and CoQuinone®, and I believe it is through these excellent nutritional products that my results and running has improved," says Hughes, a leading Australian marathon runner. "Training involves running about 160 km a week, swimming and strength sessions, as well as working out each day."

Derrick Brew relies on bursts of energy in the shorter but equally as strenuous 4 x 400-meter relay.

"I feel as though I am getting more quality rest time," says Brew, who ran on the winning relay team at the 2001 World Championships. "After workouts my energy level comes back sooner than normal. I am refreshed and relaxed."

Another 4 x 400-meter relay gold medalist, Debbie-Ann Parris, says that USANA supplements kept her healthy and on track to perform at her peak while representing Jamaica at the 2001 World Championships.

"I rested much better but mostly my immune system was stronger while traveling and competing," says Parris, who's ranked third in the world in the 400-meter hurdles.



In addition to helping individual competitors, USANA recently became the official team nutritional supplement supplier for the WNBA's Utah Starzz. The team plays 35 games in a compact three-month schedule, which doesn't leave much time for muscles to recuperate, energy to be replenished, or diets to be watched.

But with USANA taking the guesswork out of health and nutrition, it's easier for athletes to focus on developing skills to become the best in their fields.

"For me USANA has been like finding a driver that will hit it 300 yards down the middle every time," PGA golfer Bart Bryant, Brad's brother, explains. He's found the right nutritional supplement. "Now if I could only find that driver," he concludes.