

Six Usana products are listed in the Physician's Desk Reference

Why is this so special?

The "PDR" is the widely distributed reference volume that doctors use to get accurate information on both prescription and non-prescription pharmaceutical products. For Usana to be listed here shows that our products meet certain rigorous standards. The PDR states the following about Usana products:

- It highlights the advanced formulas and lists the ingredients
- It notes that the products meet the United States Pharmacopoeia (USP) guidelines for potency, uniformity and disintegration
- It confirms that the products are manufactured according to pharmaceutical Good Manufacturing Practices (GMP) standards
- It lists advantages of using the products and gives the recommended use (how many to take each day)

Products in the PDR:

1. Mega Antioxidant

- Part I of the Essentials, also included in the HealthPak
- Use: Take 2 in the AM, 2 in the PM, with food
- Delivers a wide spectrum of essential vitamins and co-factors needed for long-term optimal health
- Contains a comprehensive range of antioxidants to defend against oxidative stress
- Contains patented "Olivol," an olive extract that provides highly bioavailable antioxidants which have been shown to protect low-density lipoproteins (LDL) from oxidizing
- Vitamin E that protects LDL and cell membranes from oxidation and combats free radical damage in the body
- Patented "Poly C" offers prolonged Vitamin C activity in the body
- Mixed Carotenoids which promote healthy skin, a strong immune system and helps maintain good vision, includes beta carotene which naturally converts to Vitamin A as needed with no risk of toxicity
- Lutein to protect eyes from UV radiation and Lycopene which supports healthy organs including the lungs, skin, cervix and prostate
- Coenzyme Q10 (COQ10) which is essential for energy in our cells, and needed for cardiovascular health
- Alpha Lipoic Acid for protection against free radicals
- Bioflavonoid Complex--powerful antioxidants includes green-tea, bilberry, pomegranate and cinnamon extracts as well as others
- Vitamin B Complex--carefully proportioned B-complex vitamins fundamental to energy production, metabolism, growth and maintenance of normal homocysteine levels

2. Chelated Minerals

- Part II of the Essentials, included in the HealthPak
- Use: Take 2 in the Am and 2 in the PM, with food

- Minerals and trace elements act as co-factors which help our bodies efficiently use the carbohydrates, proteins and fats in our diets
- Many vitamins and enzymes need a mineral co-factor to function properly
- Zinc-involved in food metabolism, DNA replication, aids in bone structure development, immune system function, vision and fetal development
- Selenium--combats free radicals, helps thyroid hormone metabolism, supports a healthy immune system, helps in retaining prostate health
- Magnesium--necessary for healthy bones and teeth, involved in metabolism of carbohydrates, plays an important role in neuromuscular contraction
- Chromium--helps retain healthy glucose metabolism which helps in weight management and sustained energy levels
- Iodine-- crucial for production of thyroid hormones which regulate metabolism, growth, reproduction, and synthesis of protein
- Copper--important for proper cell function, in formation of hemoglobin and in collagen synthesis
- Manganese-- important for healthy connective tissue, bones arteries and other organs
- Vanadium-- supports healthy serum glucose levels and thyroid function

3. Proflavanol 90

- Use: 1-3 tablets daily with meals
- Patented, potent combination of grape-seed bioflavonoids and Poly C
- Provide protection from free radicals and forms of reactive oxygen that cause damage—These reactive molecules created by stress, pollution, cigarette smoking, fatty diets and cell metabolism are damaging to the body in many ways and we can combat their effects with powerful antioxidants
- Proanthocyanidins in Proflavanol help protect plasma LDL from oxidation, help capillary strength and vascular function, support the immune system, help maintain sound cardiovascular function, and increase peripheral circulation

4. Procosa II

- Promotes optimal joint health
- Supplies important compounds necessary for the maintenance of healthy cartilage which is gradually worn down due to aging and high levels of physical activity in athletes
- High quality glucosamine sulfate binds the water that cushions and lubricates the joints. It helps in the production of the shock-absorbing and lubricating properties of synovial fluid.
- When articular cartilage degenerates, joint pain and osteoarthritis may result. Numerous studies have shown that glucosamine supplements help with maintaining healthy cartilage, healthy joints and full range of motion in the short - term.
- A formula including turmeric extract, manganese, vitamin C and silicon work together for joint and cartilage health

5. Active Calcium

- Adequate levels of calcium are needed every day to ensure that bone mineral density is maintained because bones are in a constant state of reformation
- Bone Building formula including calcium citrate and carbonate to combat osteoporosis. Start at a young age to reduce the risk later in life
- Calcium is also critical to normal nerve conduction, muscle contraction, blood clotting, cell division, and electrical conduction to the heart. It is essential for producing and activating enzymes and hormones that regulate digestion, energy and fat metabolism.
- Magnesium—another important component of strong, healthy bones. It is involved in the metabolism of carbohydrates and amino acids, and it plays an important role in neuromuscular contractions and regulating the acid-alkaline balance in the body.
- Vitamin D—enhances calcium absorption in the small intestine and calcium utilization in bone formation
- Silicon—gives stability to all the connective tissues of the body for proper calcium utilization. It is the key to calcium mineralization of the bone matrix.
- Boron reduces calcium excretion and increase the deposit of calcium in the bone
- Vitamin K works at the cellular level to increase the rate of mineralization of bone

6. Coquinone 30

- Coquinone 30 delivers high-quality, highly bioavailable CoQ10 to the cells to support the production of ATP where energy is stored in our cells, supporting cellular energy production
- It supports a healthy cardiovascular system, as the heart has a high demand for energy production
- CoQ10 works to clean out damaging free radicals created in the process of energy production
- Alpha Lipoic Acid, is also involved in energy metabolism, regenerates and recycles antioxidants.
- The ability to absorb and synthesize CoQ10 decreases with age and is depleted by excessive exercise, illness, extreme weather and some drugs such as the statin drugs used to lower cholesterol

Usana-Nutritionals

- Top rated in the Comparative Guide for Nutritional Supplements with a 5 star , Gold Medal rating
- Independently tested for potency and purity by the NSF
- Endorsed by competitive athletes and Olympic Champions

Usana for Life--for your health and the health of your loved ones