

RESET™

HAVE YOU EVER WISHED YOUR BODY HAD A RESET BUTTON?

## ACTIVATE YOUR BODY'S RESET BUTTON WITH RESET™: THE 5-DAY HIGH-FIBER CLEANSE

Now it is possible to reduce the endless cycle of carbohydrate cravings and begin a lifetime of healthy habits with RESET from USANA. A nutritionally balanced meal-replacement program that will jump-start your weight-loss efforts, RESET is the first step toward resetting your body and your life.\*



*"I have chosen to use USANA's Macro-Optimizers for my patients because they not only contain good protein and good fat, but they also contain low-glycemic carbohydrates. They are complete and balanced foods that offer you the much needed jump-start to breaking your old eating habits."*

—Dr. Ray Strand

### Simple & Convenient

With all of the individually wrapped meals and snacks you will need, RESET takes the guesswork out of eating right while on the go.

### Low-Glycemic Formulas

Research shows that eating low-glycemic foods as part of a balanced diet is a healthy way to help control hunger and start losing weight.

### Quick Results

One USANA study found that the average weight loss after completing the 5-day RESET is about five pounds.



USANA  
HEALTH SCIENCES  
INDEPENDENT ASSOCIATE

\*These statements have not been evaluated by the Food and Drug Administration. The USANA Reset: 5-Day High Fiber Cleanse is not intended to diagnose, treat, cure, or prevent any disease.

†It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA Reset: 5-Day High Fiber Cleanse are FOODS, not DRUGS.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight loss results. Results will vary.

It's no secret that the key to weight loss is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes can often seem like an insurmountable task. With that in mind, USANA scientists developed **RESET™**, a five-day meal replacement program to help you make a clean break from fatty, high-glycemic foods and start making better choices for your health. **RESET** offers three core benefits:

### Lose the Cravings

Eating high-glycemic foods can cause your blood glucose levels to rapidly spike and then crash, often leading to seemingly uncontrollable carbohydrate cravings. **RESET** can help you begin to reduce carbohydrate cravings and discover the power of low-glycemic foods.\*

### Lose the Pounds

Following years of eating high-glycemic foods and leading a poor lifestyle, many find it difficult to maintain a healthy weight. **RESET** is a jump-start to a healthy, new lifestyle that can help you achieve your total weight-loss goal.\*

### Find the New You

After completing **RESET**, the average weight loss is five pounds, which is just the first step on your path to discovering the lean, healthy, and energetic person inside you.\* As you continue with your new lifestyle habits, you will be able to live your life the way it was meant to be.

## How it works

Because it includes both macronutrition (carbohydrates, proteins, and beneficial fats) and micronutrition (vitamins, minerals, and antioxidants), **RESET** is one of the most nutritionally complete meal-replacement programs available today. The program is simple—every day you replace your meals with USANA's low-glycemic meal-replacement shakes and bars, plus a bonus snack of one serving of fruit and one serving of vegetables.



RESET-5 Days to a New You Daily Meal Plan				
Breakfast	Snack	Lunch	Snack	Dinner
Nutrimeal™ shake AM HealthPak	USANA® bar	Nutrimeal shake	USANA bar	Nutrimeal shake PM HealthPak
Bonus snack: One serving of fruit and one serving of vegetables per day				

The kit is available in a flavor variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry **NUTRIMEAL™**—or in a single flavor, all soy French Vanilla pack. Also included is an informative DVD that includes a 30-minute workout program and introduces the Phase 1 and Phase 2 follow-up programs.

Phase 1—Weight Loss Maintenance Program				
Breakfast	Snack	Lunch	Snack	Dinner
Nutrimeal shake	USANA bar	Nutrimeal shake	Low-glycemic snack*	Low-glycemic meal*
*Plenty of fresh vegetables and fruits				
Phase 2—Healthy Maintenance Program				
Nutrimeal shake	USANA bar	Low-glycemic meal**	Low-glycemic snack	Low-glycemic meal**
**Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes				

#### MACRO-OPTIMIZERS AND THE GLYCEMIC INDEX

The glycemic index ranks foods on a scale from 0 to 100.

Low-glycemic index: 55 or less

Medium-glycemic index: 56 to 69

High-glycemic index: 70 or more

The glycemic index of many Macro-Optimizer foods are listed below:

Nutrimeal™	23
Iced Lemon Fibergy Bar™	45
Peanut Butter Crunch Nutrition Bar	26



The glycemic index is a key factor in success with **RESET**. Low-glycemic foods often provide greater satiety and sustained energy, and can help control appetite and delay hunger, making it easier to lose weight.\* All of USANA's Macro-Optimizer foods are clinically proven to be low-glycemic.

\*These statements have not been evaluated by the Food and Drug Administration. The USANA Reset: 5-Day High Fiber Cleanse is not intended to diagnose, treat, cure, or prevent any disease.

†It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA Reset: 5-Day High Fiber Cleanse are FOODS, not DRUGS.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight loss results. Results will vary.

### Before



### After



Results not typical. The average weight loss with **RESET** is 4.5–5 lbs. in five days.

*“Starting with **RESET** and then with the follow up phases, I've lost 110 lbs. in 18 months. I had tried other programs and always gained the weight back. Now, I have changed my lifestyle by drinking more water, exercising five times a week, watching my portion sizes, and eating very few processed foods and lots of fruits and vegetables. I am still losing weight and I feel like a much younger woman!”*

—June Thompson

