

Visual Summary of USANA ESSENTIALS and OPTIMIZERS

Essentials & Optimizers	Take	Kids 1-12	Teens 12-18	Adults 18-35	Preg. Lactation	Men 35-50	Women 35-50	Men 50+	Women 50+
Essentials	3/day	-	(C)	S	S	S	S	S	S
BODY ROX*	3/day	-	S	-	-	-	-	-	-
USANIMALS*	1-2/day	S	-	-	-	-	-	-	-
PROFLAVANOL	2/day	(C)	G	G	G	G	G	G	G
POLY C	1/day	(C)	G	G	G	G	G	G	G
Active Calcium +	4/day	-	G	S	S	S	S	S	S
BIOMEGA	4/day	-	G	G	S	G	G	G	G
COQUINONE	2/day	-	-	-	-	G	G	G	G
VISIONEX	2/day	-	-	G	Dr	S	S	S	S
PROCOSA II	1/day	-	-	G	G	G	G	G	G

(C) - Conditionally Recommended (Precautions may apply)
 G - Generally Recommended, based on needs
 S - Strongly Recommended
 Dr - Recommended ONLY on the Advice of a Physician
 * Available in Australia

Visual Summary of USANA MACRO-OPTIMIZERS

Macro-Optimizers	Take	Method
NUTRIMEAL	1-2 meals / day	60g with 300 ml of water
FIBERY DRINK	1drink / day	2 scoops with 250 ml of water
NUTRITIONAL SNACK BAR	1-2 bars between meals	Eat like a Snack
FIBRE SNACK BAR	1-2 bars between meals	Eat like a Snack

A SIMPLE USANA RESET PROGRAM

RESET YOUR LIFE – FIND THE NEW YOU!

PHASE	Breakfast		Lunch		Dinner
RESET (5 days) – reset body	Nutrimeal	Snack Bar	Nutrimeal	Snack Bar	Nutrimeal
TRANSFORM – reduce weight	Nutrimeal	Snack Bar	Nutrimeal	Snack Bar	Low GI Food
MAINTAIN – maintain weight	Nutrimeal	Snack Bar	Low GI Food	Snack Bar	Low GI Food

1. **RESET** (Reset your life style and eating habits with NUTRIMEAL)
2. **TRANSFORM** (Transform your weight to desired level)
3. **MAINTAIN** (Maintain your weight and life style)
4. Take the **ESSENTIALS** daily
5. Regular **EXERCISE** (more efficient AND effective Metabolism, release FAT)
6. Recognize **Low GI Food** (Low Glycemic Index Food, eg vegetables, fruits)
7. Take 8 – 10 glasses of **PURE WATER** daily (2 litres).

Visual Summary of USANA SENSE SKIN CARE

SENSE	AM	PM	NOTES
Gentle Daily Cleanser	X	X	
Hydrating Toner	X	X	
Daytime Protective Emulsion	X		
Night Renewal		X	
Perfecting Essence*	X	X	*If skin is very sensitive, use once daily, twice daily, or every other day as needed
Eye Nourisher	X	X	
Rice Bran Polisher			2-3 times/week
Nutritious Crème Masque			2-3 times/week