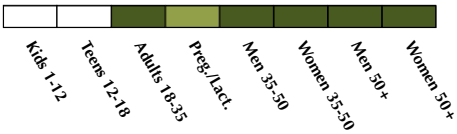
HealthPak 100™



WITH PATENTED

Olivol™
The Heart of the Olive®

- **Promotes overall good health with a comprehensive selection of nutritional supplements***
- **One box contains 56 individually wrapped packets for four weeks**
- **Supports the healthy function of many body systems***
- **Is the only product that offers the AO Booster**

ITEM# 100

If you are looking for a comprehensive food supplement that fits your busy life, then the **HealthPak 100**™ daily food supplement pack is for you. As part of a healthy lifestyle, this unique combination of **Essentials** and **Optimizers** delivers a full-body approach to supplementation and is packed in 56 convenient individually wrapped pouches. One box contains four weeks of the following USANA® Nutritionals:

- The **Essentials**™—**Mega Antioxidant** and **Chelated Mineral** (see page 12-15)
- **Active Calcium**™ (see page 28)
- Advanced **AO Booster**™ containing a full daily dose of the grape-seed extract found in **Proflavanol**™ **90** (see page 22)

MORE THAN A MULTIVITAMIN

When combined with a healthy diet, the **HealthPak 100** was designed to provide an optimal balance of antioxidants, vitamins, and minerals to support the function of various tissues and organ systems in the body and to help retain a healthy body.*

HEALTHY HEART—HealthPak 100 contains a full complement of B vitamins to help retain healthy homocysteine levels and an arsenal of antioxidants to support a healthy cardiovascular system.[1]* A connection between vitamin E and the maintenance of healthy heart function has been confirmed by numerous studies.[2,3]*

HEALTHY BONES & JOINTS—With calcium, vitamin C, manganese, magnesium, vitamin D, vitamin K, and silicon, this formula offers support for healthy bones and joints.[4]*

HEALTHY EYES—HealthPak 100 contains beta carotene, vitamin C, zinc, lutein, and bilberry for maintenance of healthy vision.[5]*

HEALTHY LUNGS—The antioxidants vitamin C and vitamin E, combined with carotenoids, have been shown to help support healthy pulmonary and respiratory function.[6,7]*

Vitamin C, considered the master antioxidant, plays a vital role in supporting cells and tissues. Numerous studies have shown that vitamin C plays an important role in retaining sound cardiovascular function.[8,9]*

Vitamin E is a family of essential fat-soluble nutrients (tocopherols) that act as powerful antioxidants. **HealthPak 100** contains both d-alpha tocopherol and mixed tocopherols to provide a broad spectrum of antioxidant support.*

COMPLETE VITAMIN B COMPLEX

HealthPak 100 contains carefully proportioned B-complex vitamins, which support energy production, metabolism, growth, and maintenance of normal homocysteine levels, provided they are healthy to begin with.*

A daily dose of **HealthPak 100** contains 1,000 µg of folic acid to reduce the risk of having a pregnancy affected with neural tube defects such as spina bifida.[10] Folic acid is also essential for production of red blood cells, synthesis of DNA, tissue growth, and cell function.[11]

Vitamin B12 has been shown to be helpful in supporting the health of nerve cells, red blood cells, and DNA, the genetic material in all cells.[12] It has been generally accepted that older adults are at a greater risk of developing a vitamin B12 deficiency than younger adults. However, new research suggests that the prevalence of vitamin B12 deficiency in young adults may be greater than previously thought, and those who do not take a supplement containing vitamin B12 are twice as likely to be vitamin B12 deficient as supplement users, regardless of age group.[13] **Mega Antioxidant** supplies advanced levels of vitamin B12 at 200 µg in one daily dose.

EXCLUSIVE BIOFLAVONOID COMPLEX

Bioflavonoids are a diverse group of naturally occurring plant compounds that exhibit a host of biological activities. Most notably, they complement, extend, and synergise the antioxidant activities of certain other vitamins to make them more effective.[14,15] USANA's exclusive bioflavonoid complex provides a broad range of bioflavonoids, including rutin, quercetin, hesperidin, green-tea, bilberry, pomegranate, and cinnamon extracts. Grape-seed proanthocyanidins provide supportive antioxidant effects, important cardiovascular health benefits, and beneficial effects on the circulatory system.[16-18]*

Olivol™ –THE HEART OF THE OLIVE™

Rich in polyphenols, Olivol™ olive-fruit extract provides unique antioxidant properties that are not present in other dietary sources. They are structurally distinct from the bioflavonoids and other antioxidants found in fruits and vegetables.[19]

AO BOOSTER

The AO BOOSTER, available exclusively in HEALTHPAK 100, contains a blend of beneficial bioflavonoids such as turmeric extract, rosemary extract, resveratrol, green-tea extract, and a full daily dose of the grape-seed extract found in PROFLAVANOL™ 90. Each AO BOOSTER also contains alpha-lipoic acid for additional antioxidant support.

References

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DIRECTIONS: TAKE ONE (1) PACKET IN THE MORNING AND ONE (1) PACKET IN THE EVENING, PREFERABLY WITH MEALS. DO NOT EXCEED STATED RECOMMENDED DAILY DOSE.

Each packet contains:		%EC RDA*
BETA CAROTENE	4.5mg	†
VITAMIN D	7.5µg (300 I.U.)	150%
VITAMIN E	134mg α-TE (200 I.U.)	1340%
VITAMIN C	650mg	1083%
THIAMIN (VITAMIN B1)	13.5mg	964%
RIBOFLAVIN (VITAMIN B2)	13.5mg	844%
NIACIN	20mg NE	111%
PANTOTHENIC ACID	45mg	750%
VITAMIN B6	16mg	800%
VITAMIN B12	100µg	10000%
FOLIC ACID	500µg	250%
BIOTIN	150µg	100%
CALCIUM	335mg	42%
IODINE	112.5µg	75%
MAGNESIUM	250mg	83%
ZINC	10mg	67%
VITAMIN K	45µg	†
BORON	1.83mg	†
CHROMIUM	150µg	†
COPPER	1mg	†
MANGANESE	2.5mg	†
MOLYBDENUM	25µg	†
SELENIUM	100µg	†
SILICA	4.25mg	†
ULTRA TRACE MINERALS	1.5mg	†
VANADIUM	20µg	†
ALPHA LIPOIC ACID	40mg	†

(continued)		%EC RDA*
BIOFLAVONOID COMPLEX, CONTAINING:		
RUTIN	60mg	†
QUERCETIN	12mg	†
CITRUS BIOFLAVONOIDS	34mg	†
GREEN TEA EXTRACT (*CAMELLIA SINENSIS*) (LEAVES)	7.5mg	†
POMEGRANATE EXTRACT (*PUNICA GRANATUM*) (FRUIT)	5mg	†
CINNAMON POWDER (*CINNAMOMUM CASSIA*)	2mg	†
BILBERRY EXTRACT (*VACCINIUM MYRTILLUS*) (FRUIT)	500µg	†
BROCCOLI CONCENTRATE (*BRASSICA OLERACEA*)(FLOWER)	7.5mg	†
BROMELAIN	25mg	†
CHOLINE BITARTRATE	50mg	†
COENZYME Q10	12mg	†
GRAPESEED EXTRACT (*VITIS VINIFERA*)	45mg	†
INOSITOL	75mg	†
LUTEIN	300µg	†
LYCOPENE	500µg	†
MIXED NATURAL TOCOPHEROLS	17mg	†
N-ACETYL L-CYSTEINE	50mg	†
OLIVE EXTRACT (*OLEA EUROPAEA*) (FRUIT)	15mg	†
RESVERATROL (*POLYGONUM CUSPIDATUM*) (ROOT & RHIZOME)	1000µg	†
ROSEMARY EXTRACT (*ROSMARINUS OFFICINALIS*) (LEAVES)	25mg	†
SOYA ISOFLAVONES (*GLYCINE MAX*) (SEEDS)	5mg	†
TURMERIC (*CURCUMA LONGA*) (ROOT)	58mg	†

*RDA = Recommended Daily Allowance
†No RDA Established
**Olivol™ olive extract is protected under US Patents 6,358,543 or 6,361,803.

INGREDIENTS: VITAMIN C [AS POLY C™ (CALCIUM ASCORBATE, POTASSIUM ASCORBATE, MAGNESIUM ASCORBATE, ZINC ASCORBATE)], BULKING AGENT (MICROCRYSTALLINE CELLULOSE), MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, CALCIUM CITRATE, CALCIUM CARBONATE, STARCH, VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE), BULKING AGENT (SODIUM CARBOXYMETHYLCELLULOSE), ALPHA LIPOIC ACID, MAGNESIUM OXIDE, INOSITOL, BORON CITRATE, RESVERATROL, ANTI-CAKING AGENT (ASCORBYL PALMITATE), RUTIN, MIXED NATURAL TOCOPHEROLS, PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE), CHOLINE BITARTRATE, N-ACETYL L-CYSTEINE, GRAPESEED EXTRACT, GLAZING AGENT (DEXTRIN), CITRUS BIOFLAVONOIDS, ZINC CITRATE, ANTI-CAKING AGENT (SILICON DIOXIDE), BETA CAROTENE, BROMELAIN, MANGANESE GLUCONATE, SELENIUM AMINO ACID CHELATE, VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE), BIOTIN, POTASSIUM IODIDE, NIACIN (AS NIACINAMIDE), SILICON AMINO ACID CHELATE, VITAMIN B1 (AS THIAMIN HYDROCHLORIDE), OLIVE FRUIT EXTRACT, RIBOFLAVIN (VITAMIN B2), CALCIUM SILICATE (SOURCE OF SILICA), RICE PROTEIN HYDROLYSATE, QUERCETIN, L-SELENOMETHIONINE, LYCOPENE, BROCCOLI FLOWER CONCENTRATE, COPPER GLUCONATE, GREEN TEA LEAF EXTRACT, TURMERIC ROOT, GLAZING AGENT (DEXTROSE), COENZYME Q10, LUTEIN, VITAMIN K (AS PHYTONADIONE), NIACIN (AS NICOTINIC ACID), FOLIC ACID, VITAMIN D (AS CHOLECALCIFEROL), POMEGRANATE FRUIT EXTRACT, GLAZING AGENT (SOYA LECITHIN), VANADIUM CITRATE, FLAVOUR (VANILLA EXTRACT), MOLYBDENUM CITRATE, CINNAMON, SEA SALT, CHROMIUM POLYNICOTINATE, ACIDITY REGULATOR (SODIUM CITRATE), BILBERRY FRUIT EXTRACT, CHROMIUM PICOLINATE.

ALLERGY ADVICE: CONTAINS SOYA.

KEEP OUT OF REACH OF YOUNG CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED DIET.

AMOUNTS GREATER THAN 1000MG OF VITAMIN C DAILY MAY CAUSE MILD STOMACH UPSET IN SENSITIVE INDIVIDUALS. BETA CAROTENE SHOULD NOT BE TAKEN BY HEAVY SMOKERS. LONG-TERM INTAKES OF GREATER THAN 10MG OF VITAMIN B6 DAILY MAY LEAD TO MILD TINGLING AND NUMBNESS. LONG-TERM INTAKE OF GREATER THAN 4MG OF MANGANESE DAILY MAY LEAD TO MUSCLE PAIN AND FATIGUE.

***These statements have not been evaluated by the Food Standards Agency. This product is not intended to diagnose, treat, cure, or prevent any disease.**