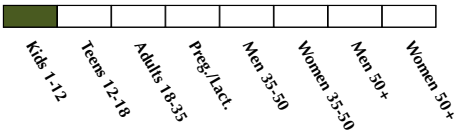
Usanimals™



- **In combination with a healthy, balanced diet, supports children's growth and development***
- **Natural wild berry flavour is a delicious antioxidant blend of fruit powders**
- **Small, easy-to-eat animal shapes that kids love**

ITEM# 105

Good nutrition plays a critical role in everyone's health and is especially important for children because they never stop growing, from birth to the end of adolescence. Pound for pound, a 5-year-old child needs more thiamin, riboflavin, niacin, vitamins A and C, and vitamins B6 and B12 than a 25-year-old man.[1] When combined with a healthy diet, **Usanimals**™ food supplement, USANA's **Essentials** for kids, is an advanced formulation of nutrients to support a healthy childhood.

NUTRITION FOR GROWTH

Growth involves much more than just the development of children's bodies. It is an incredibly intricate balance of varying anatomical growth rates, physiological changes, and shifting hormone status. While growth in childhood is slower than in infancy or adolescence, energy output is high with hard play periods that include plenty of running, jumping, and testing of new physical skills.

In addition to fuel for growth and normal activity levels, a child's diet must provide for the accumulation of stores of nutrients in preparation for the accelerated growth spurts of the teen years.

TODAY'S CHILDHOOD NUTRITION

Unfortunately, one clinical study after another shows that our children generally do not receive the nutrition they need from their unhealthy diets. In addition to problems caused by high intake of fat, particularly saturated fat, many children are generally not getting enough of the essential nutrients.[2] Less than 25 per cent of young people eat the recommended five servings or more of fruits and vegetables each day. And nearly one-quarter of all vegetables consumed by children and adolescents are chips.[3] Adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from the diets of more than 50 per cent of children from 2 to 10 years old.[4,5]*

Childhood nutrition is not only important for a child's developing years. Maintaining optimal health is a lifelong challenge because, if left unchanged, the poor diet and bad habits established in childhood are more likely to cause health concerns in middle and old age. With this in mind, it is important to focus today on supporting a child's health through proper eating patterns.[6,7]*

ESSENTIALS FOR CHILDREN

With a phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders, **Usanimals** contains a comprehensive array of antioxidants, vitamins, and minerals, in amounts designed especially for active, growing children. For instance, vitamin C is one of the most powerful antioxidants in the human body, as is vitamin E, because it helps to retain healthy cell membranes.[8-10]*

BEING HEALTHY CAN BE FUN

Children love the fun animal shapes and great-tasting natural wild berry flavour of **Usanimals**. Parents love it too, because USANA uses only natural flavours and sweeteners.

References

1. Brody J. Jane Brody's Nutrition Book. New York: Bantam Books; 1987.
2. Kennedy E, Powell RJ. Am Coll Nutr 1997;16(6):524-29.
3. Krebs-Smith SM, et al. Arch Pediatr Adolesc Med 1996;150:81-86.
4. Alberston AM, et al. J Am Diet Assoc 1992;92:1492-96.
5. Kennedy E, Goldberg J. Nutr Rev 1995;53(5):111-26.
6. Kemm JR. Nutr Health 1987;4:205-15.
7. Van Horn L, Greenland P. JAMA 1997;278:1779.
8. Niki E. Handbook of Antioxidants. New York: Marcel Dekker; 1996.
9. Traber MG. Handbook of Antioxidants. New York: Marcel Dekker; 1996.
10. Fontham ETH. Natural Antioxidants in Human Health and Disease. New York: Academic Press; 1996.

DIRECTIONS: CHEW ONE (1) TABLET (FOR CHILDREN 13 - 47 MONTHS), TWO (2) TABLETS (FOR CHILDREN 4 YEARS OR OLDER). DO NOT EXCEED STATED RECOMMENDED DAILY DOSE.

EACH TABLET CONTAINS:		%EC RDA*
BETA CAROTENE	1.5MG	†
VITAMIN D	5µg (200 I.U.)	100%
VITAMIN E	33.5mg α-TE(50 I.U.)	335%
VITAMIN C	125mg	208%
THIAMIN (VITAMIN B1)	1.25mg	89%
RIBOFLAVIN (VITAMIN B2)	1.25mg	78%
NIACIN	10mg	56%
PANTOTHENIC ACID	5mg	83%
VITAMIN B6	1.25mg	63%
VITAMIN B12	6µg	600%
FOLIC ACID	200µg	100%
BIOTIN	75µg	50%
CALCIUM	75mg	9%
IODINE	50µg	33%
MAGNESIUM	25mg	8%
ZINC	5mg	33%
VITAMIN K	20µg	†
BORON	0.5mg	†
CHROMIUM	25µg	†
COPPER	0.5mg	†
MANGANESE	0.5mg	†
MOLYBDENUM	12.5µg	†
SELENIUM	15µg	†
SILICA	1mg	†
VANADIUM	5µg	†
ANTIOXIDANT PHYTONUTRIENT COMPLEX (CONTAINING BLACKBERRY FRUIT POWDER, RASPBERRY FRUIT POWDER, CRANBERRY FRUIT POWDER, WILD BLUEBERRY FRUIT POWDER)	40mg	†
INOSITOL	15mg	†
SOYA LECITHIN (CONTAINING POLYENYLPHOSPHATIDYL CHOLINE)	25mg	†

*RDA = RECOMMENDED DAILY ALLOWANCE
†NO RDA ESTABLISHED

TAMPER RESISTANT SAFETY SEAL UNDER CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

LABORATORY TESTED, POTENCY GUARANTEED. MEETS BRITISH PHARMACOPOEIA SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

INGREDIENTS: CRYSTALLINE FRUCTOSE, HONEY POWDER, CALCIUM CARBONATE, VITAMIN C (AS ASCORBIC ACID AND SODIUM ASCORBATE), ZINC AMINO ACID CHELATE, BULKING AGENT (HYDROXYPROPYL CELLULOSE), VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE), NATURAL FLAVOURS, MAGNESIUM CITRATE, SWEETENER (XYLITOL), MAGNESIUM AMINO ACID CHELATE, MAGNESIUM OXIDE, NIACIN (AS NIACINAMIDE), SOYA LECITHIN, ANTI-CAKING AGENT (ASCORBYL PALMITATE), INOSITOL, MOLYBDENUM AMINO ACID CHELATE, BORON AMINO ACID CHELATE, BLACKBERRY FRUIT POWDER, CRANBERRY FRUIT POWDER, RASPBERRY FRUIT POWDER, WILD BLUEBERRY FRUIT POWDER, BETA CAROTENE, BIOTIN, SELENIUM AMINO ACID CHELATE, VITAMIN B12 (AS CYANOCOBALAMIN), POTASSIUM IODIDE, PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE), MANGANESE GLUCONATE, CALCIUM SILICATE (SOURCE OF SILICA), RICE PROTEIN HYDROLYSATE, RIBOFLAVIN (VITAMIN B2), VITAMIN B1 (AS THIAMIN MONONITRATE), VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE), VITAMIN K (AS PHYTONADIONE), VITAMIN D (AS CHOLECALCIFEROL), FOLIC ACID, SALT, CITRIC ACID, MALIC ACID, COPPER CITRATE, VANADIUM CITRATE, CHROMIUM POLYNICOTINATE.

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.

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