

Health Basics

- Provides the full daily dose of the top-rated USANA Essentials (Mega Antioxidant and Chelated Mineral)
- Includes Active Calcium™, a core USANA Optimizer
- Includes USANA's unique AO Booster™ for added antioxidant protection*

Did You Know?

- **HealthPak** provides added convenience, making it easy to reach your daily nutritional goals!*

If you are looking for a comprehensive nutritional supplement that fits your busy life, then **HealthPak™** daily supplement packs are for you. A unique combination of Essentials and Optimizers, USANA's **HealthPak** delivers a full-body approach to supplementation and is packaged in convenient single pouches.* One box contains 56 individually wrapped packets for four weeks of the following USANA® Nutritionals:

- The **Essentials™**—**Mega Antioxidant and Chelated Mineral** (see pages 16–19)
- **Active Calcium™** (see page 38)
- Advanced **AO Booster™** containing a full dose of the grape-seed extract found in **Proflavanol® 90** (see page 26) and 15 mg resveratrol

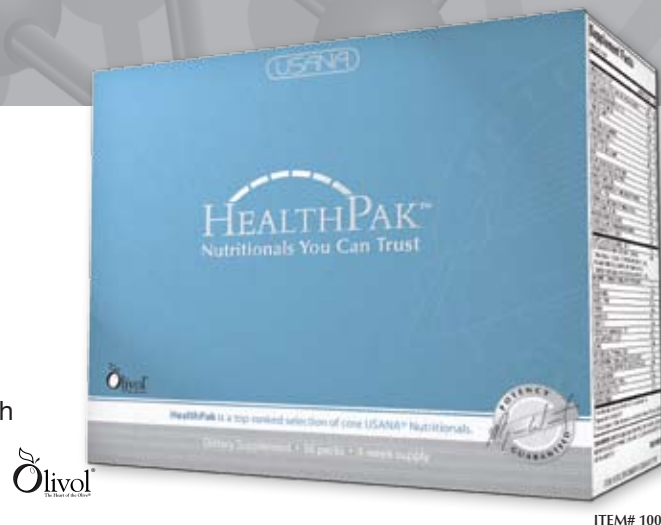
More than a Multivitamin

HealthPak was designed to provide a comprehensive 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** 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 and 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** contains beta carotene, vitamin C, zinc, lutein, and bilberry for maintenance of healthy vision.^{5*}



ITEM# 100

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 plays a vital role in protecting cells and tissues from damaging oxidation. 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 that act as powerful antioxidants. **HealthPak** contains both d-alpha tocopherol and mixed tocopherols to provide a broad spectrum of antioxidant support.*

Complete Vitamin B Complex

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

A daily dose of **HealthPak** contains 1,000 µg of folic acid, which may reduce the risk of 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 is necessary for 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 powerful antioxidant properties that complement, extend, and synergize the antioxidant activities of certain other vitamins, making them an important nutritional component in the body's defenses against free-radical damage.^{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 protective antioxidant effects, important cardiovascular health benefits, and beneficial effects on the circulatory system.^{16–18*}

Olivol Olive Extract—The Heart of the Olive®

Olivol®, rich in olive polyphenols, provides unique antioxidant benefits that are believed to fight against the toxic effects of cell-damaging free radicals to reduce oxidative stress.* The polyphenolic antioxidants found in olives are not present in other common dietary sources. They are structurally distinct from the bioflavonoids and other antioxidants found in fruits and vegetables.¹⁹

AO Booster™

The **AO Booster** supplement, available exclusively in **HealthPak**, contains resveratrol and a full daily dose of the grape-seed extract found in **Proflavanol® 90** bioflavonoid supplement. Each **AO Booster** also contains alpha lipoic acid for additional antioxidant protection.*

References

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DIRECTIONS: TAKE ONE (1) PACKET IN THE MORNING AND ONE (1) PACKET IN THE EVENING, PREFERABLY WITH MEALS.

Supplement Facts

SERVING SIZE: 1 PACKET	AMOUNT PER SERVING	%DV*
VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLOQUINONE)	45 µg	60%
THIAMIN (AS THIAMIN HCL)	13.5 mg	900%
RIBOFLAVIN	13.5 mg	730%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
CALCIUM (AS CALCIUM CITRATE AND CARBONATE)	335 mg	35%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE, AND OXIDE)	250 mg	60%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND PICOLINATE**)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L., FRUIT)***	15 mg	†
BIOFLAVONOID COMPLEX (FRUIT, GREEN TEA EXTRACT-DECAFFEINATED (CAMELLIA SINENSIS HUNT, LEAVES), QUERCETIN, HESPERIDIN (CITRUS SPP. L., FRUIT), POMEGRANATE EXTRACT (PUNICA GRANATUM L., FRUIT), CINNAMON EXTRACT (CINNAMOMUM CASSIA L., BARK), BILBERRY EXTRACT (VACCINIUM MYRTILLUS L., FRUIT) MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
INOSITOL	75 mg	†
CINOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
BROMELAIN	25 mg	†
ALPHA LIPOIC ACID	100 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (CURCUMA LONGA L., ROOT)	7.5 mg	†
LUTEIN (TAGETES ERECTA L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
GRAPE SEED EXTRACT (VITIS VINIFERA L., SEEDS)	45 mg	†
BROCCOLI CONCENTRATE (BRASSICA OLERACEA V. BOTRYTIS L., FLOWER)	7.5 mg	†
RESVERATROL (POLYCONIUM CUSPIDATUM SIEB. & ZUCC., ROOT AND RHIZOME)	15 mg	†
BORON (AS BORON CITRATE)	1.83 mg	†
SILICON (AS SILICON AMINO ACID COMPLEX)	4.25 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

*Percent Daily Value is based on a 2,000 calorie diet. †Daily value not established.

**Licensed under U.S. Patent 4,315,927

***Olivol is a trademark of USANA Health Sciences, Inc., protected under US Patents 6,358,542 or 6,361,803

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELOSE SODIUM, MODIFIED CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, SILICON DIOXIDE, SODIUM CITRATE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

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