



WITH PATENTED
Olivol™
The Heart of the Olive™



ITEM# 100

- 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 ANTIOXIDANT BOOSTER™

If you are looking for a comprehensive nutritional supplement that fits your busy life, then HEALTHPAK 100™ are for you. A unique combination of Essentials and Optimizers, USANA's HEALTHPAK 100 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® Nutritional:

- The ESSENTIALS™—MEGA ANTIOXIDANT and MULTIMINERAL PLUS (see pages 12-15)
- ACTIVE CALCIUM™ PLUS (see page 36)
- Advanced ANTIOXIDANT BOOSTER™—containing a full daily dose of the grape-seed extract found in PROFLAVANOL® 90

MORE THAN A MULTIVITAMIN

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.

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

Bioflavonoids are a diverse group of naturally occurring plant compounds that exhibit a host of biological activities, most notably for their 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 defences against free radical damage.^{1,2} USANA's exclusive bioflavonoid complex provides a broad range of bioflavonoids including rutin, quercetin, hesperidin, green tea, bilberry extract, pomegranate, and cinnamon extracts. Grape seed proanthocyanidins provide

protective antioxidant effects, important cardiovascular health benefits, and beneficial support of the circulatory system.³⁻⁵

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. These polyphenols have been shown to help protect against the development of oxidative stress and maintain health.⁶

COMPLETE VITAMIN B COMPLEX

The HEALTHPAK 100 contains carefully proportioned B-complex vitamins, which are fundamental to energy production, metabolism, growth and maintenance of normal homocysteine levels.

Vitamin B12 is necessary for the health of nerve cells, red blood cells and DNA, the genetic material in all cells.⁷ It has been generally accepted that older adults are at 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 that 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.⁸ MEGA ANTIOXIDANT supplies advanced levels of vitamin B12 at 200 µg in one daily dose.

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.⁹ The connection between vitamin E and the maintenance of healthy heart function has been confirmed by numerous studies.^{10,11}

HEALTHY BONES & JOINTS – with calcium, vitamin C, manganese, magnesium, vitamin D, vitamin K, and silicon, this formula offers support for healthy bones and joints.¹²

HEALTHY EYES – HEALTHPAK 100 contains beta carotene, vitamin C, zinc, lutein, and bilberry for maintenance of healthy vision.¹³

HEALTHY LUNGS – the antioxidants vitamin C and vitamin E, combined with carotenoids, have been shown to help support healthy pulmonary and respiratory function.^{14,15}

ANTIOXIDANT BOOSTER™

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

References

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13. Colantuoni A et al. Arzneimittelforschung. 1999;41:905-09.
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EACH PACKET CONTAINS: 2 MEGA ANTIOXIDANT, 2 MULTIMINERAL PLUS, 1 ACTIVE CALCIUM PLUS™, AND 1 ANTIOXIDANT BOOSTER.

RECOMMENDED ADULT DOSE: TAKE ONE PACKET IN THE MORNING AND ONE PACKET IN THE EVENING, PREFERABLY WITH MEALS. / DOSE RECOMMANDÉE POUR ADULTE : PRENDRE UN SACHET LE MATIN ET UN SACHET LE SOIR, DE PRÉFÉRENCE AVEC UN REPAS.

EACH PACKET CONTAINS:		CHAQUE EMBALLAGE CONTIENT :
BETA CAROTENE (PROVITAMIN A)	7,500 IU	BÉTA-CAROTÈNE (PROVITAMINE A)
VITAMIN C (POLY C—CALCIUM, POTASSIUM MAGNESIUM AND ZINC ASCORBATES)	650 mg	VITAMINE C (POLY C—ASCORBATES DE CALCIUM, POTASSIUM, MAGNÉSIUM ET ZINC)
VITAMIN D3 (CHOLECALCIFEROL)	400 IU	VITAMINE D3 (CHOLECALCIFÉROL)
VITAMIN E (d-ALPHA TOCOPHERYL SUCCINATE)	200 IU	VITAMINE E (SUCCINATE d-ALPHA TOCOPHÉRYL)
VITAMIN K (PHYLLOQUINONE)	30 µg	VITAMINE K (PHYLLOQUINONE)
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	13.5 mg	VITAMINE B1 (CHLORHYDRATE DE THIAMINE)
VITAMIN B2 (RIBOFLAVIN)	13.5 mg	VITAMINE B2 (RIBOFLAVINE)
NIACIN (NIACIN, NIACINAMIDE)	20 mg	NIACINE (NIACINE, NIACINAMIDE)
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	15 mg	VITAMINE B6 (CHLORHYDRATE DE PYRIDOXINE)
FOLIC ACID	500 µg	ACIDE FOLIQUE
VITAMIN B12 (CYANOCOBALAMIN)	100 µg	VITAMINE B12 (CYANOCOBALAMINE)
BIOTIN	150 µg	BIOTINE
PANTOTHENIC ACID (CALCIUM d-PANTOTHENATE)	45 mg	ACIDE PANTOTHÉNIQUE (d-PANTOTHÉNATE DE CALCIUM)
CALCIUM (CITRATE, CARBONATE)	335 mg	CALCIUM (CITRATE, CARBONATE)
IODINE (POTASSIUM IODIDE)	112.5 µg	IODE (IODURE DE POTASSIUM)
MAGNESIUM (CITRATE, HVP* CHELATE, OXIDE)	250 mg	MAGNÉSIUM (CITRATE, CHÉLATE DE PVH*, OXYDE)
ZINC (CITRATE)	10 mg	ZINC (CITRATE)
SELENIUM (L-SELENOMETHIONINE, HVP* CHELATE)	100 µg	SÉLÉNIUM (L-SÉLÉNOMÉTHIONINE, CHÉLATE DE PVH*)
COPPER (GLUCONATE)	1 mg	CUIVRE (GLUCONATE)
MANGANESE (GLUCONATE)	2.5 mg	MANGANÈSE (GLUCONATE)
CHROMIUM (POLYNICOTINATE, PICOLINATE)	150 µg	CHROME (POLYNICOTINATE, PICOLINATE)
MOLYBDENUM (CITRATE)	25 µg	MOLYBDÈNE (CITRATE)
OLIVE FRUIT EXTRACT** (OLEA EUROPAEA)	15 mg	EXTRAIT D'OLIVE** (OLEA EUROPAEA)
RUTIN	60 mg	RUTINE
GREEN TEA LEAF EXTRACT-DECAFFEINATED (CAMELLIA SINENSIS)	20 mg	EXTRAIT DE FEUILLE DE THÉ VERT - DÉCAFFÉINÉ (CAMELLIA SINENSIS)
QUERCETIN	12 mg	QUERCÉTINE
HESPERIDIN	12 mg	HESPÉRIDINE
POMEGRANATE FRUIT EXTRACT (PUNICA GRANATUM)	5 mg	EXTRAIT DE GRENADE (PUNICA GRANATUM)
CINNAMON BARK EXTRACT (CINNAMOMUM CASSIA)	2 mg	EXTRAIT D'ÉCORCE DE CANNELLE (CINNAMOMUM CASSIA)
BILBERRY FRUIT EXTRACT (VACCINIUM MYRTILLUS)	500 µg	EXTRAIT DE MYRTILLE (VACCINIUM MYRTILLUS)
MIXED NATURAL TOCOPHEROLS	17 mg	MÉLANGE DE TOCOPHÉROLS NATURELS
INOSITOL	75 mg	INOSITOL
CHOLINE BITARTRATE	50 mg	CHOLINE BITARTRATE
N-ACETYL L-CYSTEINE	50 mg	N-ACÉTYL L-CYSTEÏNE
BROMELAIN (ANANAS COMOSUS)	25 mg	BROMÉLAÏNE (ANANAS COMOSUS)
ALPHA LIPOIC ACID	40 mg	ACIDE ALPHA-LIPOÏQUE
COENZYME Q10 (UBIQUINONE)	6 mg	COENZYME Q10 (UBIQUINONE)
TURMERIC ROOT EXTRACT (CURCUMA LONGA)	57.5 mg	EXTRAIT DE RACINE DE CURCUMA (CURCUMA LONGA)
LUTEIN	300 µg	LUTÉINE
LYCOPENE	500 µg	LYCOPÈNE
GRAPE SEED EXTRACT (VITIS VINIFERA)	45 mg	EXTRAIT DE PÉPINS DE RAISIN (VITIS VINIFERA)
BROCCOLI FLOWER CONCENTRATE (BRASSICA OLERACEA)	7.5 mg	CONCENTRÉ DE FLEUR DE BROCOLI (BRASSICA OLERACEA)
RESVERATROL (POLYGONUM CUSPIDATUM)	1000 µg	RESVÉRATROL (POLYGONUM CUSPIDATUM)
ROSEMARY LEAF EXTRACT (ROSMARINUS OFFICINALIS)	25 mg	EXTRAIT DE ROMARIN (ROSMARINUS OFFICINALIS)
SOY ISOFLAVONES (GLYCINE MAX)	5 mg	ISOFLAVONES DE SOJA (GLYCINE MAX)
SILICON (HVP* CHELATE)	4.25 mg	SILICIUM (CHÉLATE DE PVH*)
VANADIUM (CITRATE)	20 µg	VANADIUM (CITRATE)

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, STARCH, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, SEA SALT, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX :** CELLULOSE MICROCRYSTALLINE, AMIDON, CROSCARMELLOSE SODIQUE, PALMITATE D'ASCORBYLE, DEXTRINE, OXYDE DE SILICIUM, DEXTROSE, LÉCITHINE DE SOJA, EXTRAIT DE VANILLE, SEL DE MER, CITRATE DE SODIUM.

*HYDROLYSED VEGETABLE PROTEIN / *PROTÉINES VÉGÉTALES HYDROLYSÉES

**USANA OLIVOL™ PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803. / **OLIVOL™ D'USANA, MARQUE PROTÉGÉE EN VERTU DES BREVETS AMÉRICAINS 6,358,542 OU 6,361,803.