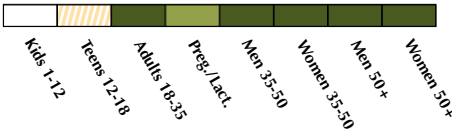


# HEALTHPAK 100™



WITH PATENTED



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 AO BOOSTER

If you are looking for a comprehensive nutritional supplement that fits your busy life, then **HEALTHPAK 100™** is 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® **Nutritionals**:

- The **ESSENTIALS™**—**MEGA ANTIOXIDANT** and **CHELATED MINERAL** (see page 12-15)
- **ACTIVE CALCIUM™** (see page 40)
- Advanced **AO BOOSTER™** containing a full daily dose of the grape-seed extract found in **PROFLAVANOL® 90** (see page 25)

There's no easier way to get the nutritional value of the USANA® **Nutritionals**. **HEALTHPAK 100** is comprehensive and convenient, a key reason why its popularity has continued to climb. **HEALTHPAK 100** will help you get the supplements you need, every day, at a great value.\*

## 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 maintain a healthy body.\*

Vitamin C, considered the master antioxidant, plays a vital role in protecting cells and tissues from damaging oxidation. Numerous studies have shown that vitamin C offers beneficial effects against the development of certain chronic diseases such as cardiovascular disease.<sup>1,2</sup>

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.\*

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 defenses against free radical damage.<sup>3,4</sup> The 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.<sup>5,6,7\*</sup>

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 associated with many chronic diseases.\*<sup>8\*</sup>

## COMPLETE VITAMIN B COMPLEX

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

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. Folic acid is also essential for production of red blood cells, synthesis of DNA, tissue growth, and cell function.

Vitamin B12 is necessary for the health of nerve cells, red blood cells, and DNA, the genetic material in all cells.<sup>9</sup> 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.<sup>10</sup> **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.<sup>11\*</sup> A connection between vitamin E and the maintenance of healthy heart function has been confirmed by numerous studies.<sup>12,13</sup>

**HEALTHY BONES & JOINTS—**With calcium, vitamin C, manganese, magnesium, vitamin D, vitamin K, and silicon, this formula offers support for healthy bones and joints.<sup>14\*</sup>

**HEALTHY EYES—HEALTHPAK 100** contains advanced levels of beta-carotene, vitamin C, zinc, lutein, and bilberry for maintenance of healthy vision.<sup>15\*</sup>

**HEALTHY LUNGS—**The antioxidants vitamin C and vitamin E, combined with carotenoids, have been shown to help maintain healthy pulmonary and respiratory function.<sup>16,17\*</sup>

## 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 protection.

Each packet contains the following:  
**2 MEGA ANTIOXIDANTS, 2 CHELATED MINERALS, 1 ACTIVE CALCIUM, and 1 AO BOOSTER.**

## References

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7. Ariga T. Biofactors. 2004;21(1-4):197-201
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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)	400 IU	100%
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	790%
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)	112.5 µg	80%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE, AND OXIDE)	250 mg	60%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENIOMETHIONINE 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, <i>OLEA EUROPAEA</i> L., FRUIT)***	15 mg	†
BIOFLAVONOID COMPLEX (RUTIN, GREEN TEA EXTRACT-DECAFFEINATED [ <i>CAEMELLA SINENSIS</i> HUNT, LEAVES], QUERCETIN, HESPERIDIN [ <i>CITRUS</i> SPP. L., FRUIT], POMEGRANATE EXTRACT [ <i>PUNICA GRANATUM</i> L., FRUIT], CINNAMON EXTRACT [ <i>CINNAMOMUM CASSIA</i> L., BARK], BILBERRY EXTRACT [ <i>VACCINIUM MYRTILLUS</i> L., FRUIT])	112 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
BROMELAIN	25 mg	†
ALPHA LIPIC ACID	40 mg	†
COENZIME Q10	6 mg	†
TURMERIC EXTRACT ( <i>CURCUMA LONGA</i> L., ROOT)	57.5 mg	†
LUTEIN (TAGETES ERECTA L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
GRAPE SEED EXTRACT ( <i>VITIS VINIFERA</i> L., SEEDS)	45 mg	†
BROCCOLI CONCENTRATE ( <i>BRASSICA OLERACEA</i> v. <i>BOTRYTIS</i> L., FLOWER)	7.5 mg	†
RESVERATROL ( <i>POLYGNONUM CUSPIDATUM</i> SIEB. & ZUCC., ROOT AND RHIZOME)	1000 µg	†
ROSEMARY EXTRACT ( <i>ROSMARINUS OFFICINALIS</i> L., LEAVES)	25 mg	†
SOY ISOFLAVONES ( <i>GLYCINE MAX</i> MERR., SEEDS)	5 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, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, COLLOIDAL SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT.

**\* 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.**