



HEALTHPAK NUTRITIONAL INFORMATION

EACH PACKET CONTAINS:

BETACAROTENE	2.7 mg	MAGNESIUM ASCORBATE	275.2 mg
RETINYL ACETATE (1500 IU: VITAMIN A)	516 µg	(EQUIV 17 mg MAGNESIUM) ZINC CITRATE DIHYDRATE	31.3 mg
VITAMIN C (ASCORBIC ACID) FROM:	500 mg	(EQUIV 10 mg ZINC)	
CALCIUM ASCORBATE	322.2 mg	SELENIOMETHIONINE	187.5 µg
POTASSIUM ASCORBATE	85 mg	(EQUIV 75 µg SELENIUM)	
MAGNESIUM ASCORBATE		COPPER GLUCONATE	7.1 mg
MONOHYDRATE	275.2 mg	(EQUIV 1 mg COPPER)	
ZINC ASCORBATE	2.5 mg	MANGANESE GLUCONATE	9.1 mg
VITAMIN D3	12.5 µg	(EQUIV 1 mg MANGANESE)	
(500 IU: CHOLECALCIFEROL)		CHROMIUM (150 µg) FROM:	641 µg
VITAMIN E (100 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)	82.6 mg	CHROMIC CHLORIDE	
(EQUIV 125 µg CHROMIUM)		CHROMIUM NITRATE	200 µg
TOCOPHEROLS - MIXED CONCENTRATE (LOW-ALPHA TYPE)	40 mg	(EQUIV 25 µg CHROMIUM)	
VITAMIN K (270 µg) FROM:		MOLYBDENUM TRIOXIDE	37.5 µg
PHYTOMENADIONE	240 µg	(EQUIV 25 µg MOLYBDENUM)	
MENAQUINONE 7	30 µg	RUTIN	20 mg
VITAMIN B1	15 mg	QUERCETIN DIHYDRATE	90 mg
(THIAMINE HYDROCHLORIDE)		R, S-ALPHA-LIPOIC ACID	125 mg
VITAMIN B2 (RIBOFLAVINE)	15 mg	CURCUMIN	6.5 mg
NICOTINAMIDE	15 mg	HERBAL EXTRACTS CONTAINING:	
VITAMIN B3 (NICOTINIC ACID)	5 mg	GREEN TEA (CAMELIA SINENSIS)	35 mg
VITAMIN B6	16 mg	EQUIV DRY LEAF	350 mg
(PYRIDOXINE HYDROCHLORIDE)		STANDARDISED TO	
FOLIC ACID	250 µg	EPIGALLOCATECHIN-3-O- GALLATE	14 mg
VITAMIN B12 (CYANOCOBALAMIN)	100 µg	OLIVE (OLEA EUROPAEA)	12.5 mg
BIOTIN	150 µg	EQUIV FRESH FRUIT	562.5 mg
CALCIUM PANTOTHENATE	50 mg	FALLOPIA JAPONICA	40 mg
CALCIUM (250 mg) FROM:		EQUIV DRY ROOT	2.4 g
CALCIUM CITRATE HYDRATE	671.47 mg	STANDARDISED TO RESVERATROL	20 mg
(EQUIV 141 mg CALCIUM)		PTEROCARPUS MARSUPIUM	50 mg
CALCIUM CARBONATE	195 mg	EQUIV TO DRY TWIG	350 mg
(EQUIV 78 mg CALCIUM)		HESPERIDIN	20 mg
CALCIUM ASCORBATE	322.2 mg	INOSITOL	64 mg
(EQUIV 31 mg CALCIUM)		CHOLINE BITARTRATE	125 mg
POTASSIUM IODIDE	198.6 µg	CYSTEINE HYDROCHLORIDE	
(EQUIV 150 µg IODINE)		MONOHYDRATE	80 mg
MAGNESIUM (240 mg) FROM:		COQ10 (UBIDECARENONE)	6 mg
MAGNESIUM CITRATE NONAHYDRATE	1.2 mg	LUTEIN	300 µg
(EQUIV 140 mg MAGNESIUM)		LYCOPENE	500 µg
MAGNESIUM CARBONATE	345.8 mg		
(EQUIV 83 mg MAGNESIUM)			

HEALTHPAK

Each packet contains the following:

- CellSentials: Vita-Antioxidant (2 tablets)
- CellSentials: Core Minerals (2 tablets)
- MagneCal D (1 tablet)
- CellSentials Booster (1 tablet): a HealthPak exclusive

*USANA® OLIVOL OLIVE EXTRACT PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

If you are pregnant, or considering becoming pregnant, do not take vitamin A supplements without consulting your doctor or pharmacist. Warning - when taken in excess of 3000 micrograms retinol equivalents, vitamin A can cause birth defects.

The recommended daily amount of vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men.

Do not take while on warfarin therapy without medical advice.

Contains sorbic acid and sodium benzoate.

This product contains selenium which is toxic in high doses. A daily dose of 150 µg for adults of selenium from dietary supplements should not be exceeded.

VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET. Always read the label. Use only as directed.

USANA PROBIOTIC NUTRITIONAL INFORMATION

SERVING SIZE: 1 STICK PACK (1 G)

	QUANTITY PER SERVING†	QUANTITY PER 100 g†
Energy	9 kJ (2 Cal)	917 kJ (219 Cal)
Protein	0 g	2 g
Fat, Total	0 g	0 g
— Saturated	0 g	0 g
— Trans	0 g	0 g
Cholesterol	0 g	0 g
Carbohydrate	0.935 g	93.5 g
— Sugars	0 g	0 g
Dietary Fibre, total	0.3 g	28 g
Sodium	0 mg	0 mg

† AVERAGE QUANTITIES

USANA® PROBIOTIC

INGREDIENTS: Mannitol, Inulin, Lactobacillus rhamnosus LGG® and Bifidobacterium (BB-12®) strains, Silicon Dioxide.

STORE AT ROOM TEMPERATURE (25°C).

Dairy free, sugar free, and gluten free.

Directions for Use: Adults, add the contents of one stick pack to your favourite cold food or beverage and consume immediately. Take one stick pack every 1–2 days, or as needed to promote digestive health.

5-Day Jump Start (ITEM#251)

- 5 x French Vanilla Nutrimeal pouches
- 5 x Wild Strawberry Nutrimeal pouches
- 5 x Dutch Chocolate Nutrimeal pouches
- 1 x USANA Probiotic
- 1 x Mini-HealthPak™
- 1 x RESET Program Guide
- 1 x RESET Program Tracking Card





DUTCH CHOCOLATE NUTRIMEAL NUTRITIONAL INFORMATION				
SERVING SIZE: 60 g (1 POUCH)				
	QUANTITY PER SERVING [†]	QUANTITY PER 100 g [†]	QUANTITY PER SERVING [†]	QUANTITY PER 100 g [†]
Energy kJ (Cal)	1070 kJ (256 Cal)	1780 kJ (426 Cal)	Vitamin E 3.5 mg (35% RDI*)	5.8 mg
Protein	15 g	25 g	Vitamin C 10.3 mg (26% RDI*)	17.2 mg
Fat, Total	7.4 g	12.3 g	Thiamin 0.3 mg (27% RDI*)	0.5 mg
- Saturated	1 g	1.7 g	Riboflavin 0.5 mg (29% RDI*)	0.83 mg
- Trans	0 g	0 g	Niacin 3.3 mg (33% RDI*)	5.6 mg
- Polyunsaturated	0.7 g	1.2 g	Vitamin B6 0.4 mg (25% RDI*)	0.67 mg
- Monounsaturated	5.5 g	9.2 g	Folate 68 µg (34% RDI*)	113 µg
Cholesterol	0 mg	0 mg	Vitamin B12 0.5 µg (25% RDI*)	0.83 µg
Carbohydrate	32 g	53.7 g	Calcium 338 mg (42% RDI*)	563 mg
- Sugars	17.2 g	28.7 g	Phosphorus 302 mg (30% RDI*)	503 mg
Dietary Fibre, Total	8.2 g	13.6 g	Iron 4.8 mg (40% RDI*)	8 mg
- Soluble Fibre	2.8 g	4.7 g	Magnesium 107 mg (33% RDI*)	178 mg
- Insoluble Fibre	5 g	8.3 g	Zinc 3.7 mg (31% RDI*)	6.2 mg
Sodium	418 mg	696 mg	Iodine 41 µg (27% RDI*)	68 µg
Potassium	598 mg	996 mg	Glycemic Index	25 [Low]
Vitamin A	192 µg (26% RDI*)	320 µg		
Vitamin D	2.5 µg (25% RDI*)	4.2 µg		

* RECOMMENDED DIETARY INTAKE (AUST/NZ)
† AVERAGE QUANTITIES

FRENCH VANILLA NUTRIMEAL NUTRITIONAL INFORMATION				
SERVING SIZE: 60 g (1 POUCH)				
	QUANTITY PER SERVING [†]	QUANTITY PER 100 g [†]	QUANTITY PER SERVING [†]	QUANTITY PER 100 g [†]
Energy kJ (Cal)	1082 kJ (259 Cal)	1804 kJ (432 Cal)	Vitamin E 3.5 mg (35% RDI*)	5.8 mg
Protein	15 g	25 g	Vitamin C 10.1 mg (25% RDI*)	16.8 mg
Fat, Total	7.4 g	12.3 g	Thiamin 0.3 mg (27% RDI*)	0.5 mg
- Saturated	0.8 g	1.3 g	Riboflavin 0.5 mg (29% RDI*)	0.8 mg
- Trans	0 g	0 g	Niacin 2.6 mg (26% RDI*)	4.3 mg
- Polyunsaturated	0.8 g	1.3 g	Vitamin B6 0.4 mg (25% RDI*)	0.67 mg
- Monounsaturated	5.6 g	9.3 g	Folate 81 µg (41% RDI*)	135 µg
Cholesterol	0 mg	0 mg	Vitamin B12 0.5 µg (25% RDI*)	0.8 µg
Carbohydrate	33 g	55 g	Calcium 312 mg (39% RDI*)	520 mg
- Sugars	18 g	30 g	Phosphorus 323 mg (32% RDI*)	538 mg
Dietary Fibre, Total	8.3 g	13.8 g	Iron 4.8 mg (40% RDI*)	8 mg
- Soluble Fibre	2.8 g	4.7 g	Magnesium 92 mg (29% RDI*)	153 mg
- Insoluble Fibre	5.2 g	8.7 g	Zinc 3.4 mg (28% RDI*)	5.7 mg
Sodium	316 mg	527 mg	Iodine 40 µg (26% RDI*)	67 µg
Potassium	461 mg	768 mg	Glycemic Index	25 [Low]
Vitamin A	193 µg (26% RDI*)	322 µg		
Vitamin D	2.5 µg (25% RDI*)	4.2 µg		

* RECOMMENDED DIETARY INTAKE (AUST/NZ)
† AVERAGE QUANTITIES

WILD STRAWBERRY NUTRIMEAL NUTRITIONAL INFORMATION				
SERVING SIZE: 60 g (1 POUCH)				
	QUANTITY PER SERVING [†]	QUANTITY PER 100 g [†]	QUANTITY PER SERVING [†]	QUANTITY PER 100 g [†]
Energy kJ (Cal)	1068 kJ (256 Cal)	1781 kJ (427 Cal)	Vitamin E 3.5 mg (35% RDI*)	5.8 mg
Protein	15 g	25 g	Vitamin C 13.8 mg (35% RDI*)	23 mg
Fat, Total	7.3 g	12.2 g	Thiamin 0.3 mg (27% RDI*)	0.5 mg
- Saturated	0.8 g	1.3 g	Riboflavin 0.5 mg (29% RDI*)	0.83 mg
- Trans	0 g	0 g	Niacin 2.6 mg (26% RDI*)	4.3 mg
- Polyunsaturated	0.7 g	1.2 g	Vitamin B6 0.4 mg (25% RDI*)	0.67 mg
- Monounsaturated	5.7 g	9.5 g	Folate 69 µg (35% RDI*)	115 µg
Cholesterol	0 mg	0 mg	Vitamin B12 0.5 µg (25% RDI*)	0.83 µg
Carbohydrate	33 g	55 g	Calcium 352 mg (44% RDI*)	587 mg
- Sugars	18 g	30 g	Phosphorus 283 mg (28% RDI*)	472 mg
Dietary Fibre, Total	8 g	13.3 g	Iron 4.8 mg (40% RDI*)	8 mg
- Soluble Fibre	4 g	6.7 g	Magnesium 88 mg (28% RDI*)	147 mg
- Insoluble Fibre	4 g	6.7 g	Zinc 3.5 mg (29% RDI*)	5.8 mg
Sodium	427 mg	712 mg	Iodine 41 µg (27% RDI*)	68 µg
Potassium	495 mg	825 mg	Glycemic Index	25 [Low]
Vitamin A	192 µg (26% RDI*)	320 µg		
Vitamin D	2.5 µg (25% RDI*)	4.2 µg		

* RECOMMENDED DIETARY INTAKE (AUST/NZ)
† AVERAGE QUANTITIES

DUTCH CHOCOLATE NUTRIMEAL

INGREDIENTS: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein], Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Cocoa (Processed with Alkali), Soy Fibre, Cane Fibre, Natural Flavours, Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Oligofructose, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Prune Powder, Milk Protein (Sodium Caseinate), Sea Salt, Inulin, Emulsifier (Soy Lecithin), Anti Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Cholecalciferol (Vitamin D), Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.

FRENCH VANILLA NUTRIMEAL

INGREDIENTS: Soy Protein Isolate, Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Soy Fibre, Cane Fibre, Natural Flavours, Gums [Gum Arabic, Xanthan Gum, Cellulose Gum (Sodium Carboxymethylcellulose)], Oligofructose, Prune Powder, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Milk Protein (Sodium Caseinate), Inulin, Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Sea Salt, Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Thiamin Hydrochloride (Vitamin B1), Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.

WILD STRAWBERRY NUTRIMEAL

INGREDIENTS: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein), Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Soy Fibre, Cane Fibre, Strawberry Powder, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Prune Powder, Natural Flavours, Inulin, Oligofructose, Colour (Beet Red), Milk Protein (Sodium Caseinate), Sea Salt, Flavour Enhancer (Citric Acid), Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Flavour Enhancer (Malic Acid), Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamine Hydrochloride (Vitamin B1), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.

