



HealthPak™

A premium selection of core supplements in convenient daily packets



InCelligence

Olivol

ITEM #100

**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 PHYLLOQUINONE)	45 µg	60%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg	900%
VITAMIN B2 (AS 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 CALCIUM CARBONATE)	335 mg	35%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, MAGNESIUM AMINO ACID CHELATE, AND MAGNESIUM OXIDE)	250 mg	60%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENIOMETHIONINE AND SELENIUM 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 CHROMIUM 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>CAMELLIA SINENSIS</i> HUNT, LEAVES], QUERCETIN, HESPERIDIN [ <i>CITRUS SPP.</i> 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])		
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	†
ALPHA-LIPOIC ACID	100 mg	†
COENZYM Q10	6 mg	†
TURMERIC EXTRACT ( <i>CURCUMA LONGA</i> L., ROOT)	7.5 mg	†
LUTEIN ( <i>TAGETES ERECTA</i> L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
GRAPE SEED EXTRACT ( <i>VITIS VINIFERA</i> L., SEEDS) ROOT AND RHIZOME)	45 mg	†
RESVERATROL (POLYGLUCOSIDE) ( <i>CUSPIDATUM</i> SIEB. & ZUCC., ROOT AND RHIZOME)	15 mg	†
BORON (AS BORON CITRATE)	1.83 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†
†DAILY VALUE NOT ESTABLISHED.		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, MODIFIED CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, SILICON (AS SILICON AMINO ACID COMPLEX AND SILICON DIOXIDE), SODIUM CITRATE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT.

CONTAINS SOY.

\*LICENSED UNDER U.S. PATENT 4,315,927

\*\*PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803

STORE IN COOL, DRY CONDITIONS (BELOW 23°C (73°F))

**References**

- Age-Related Eye Disease Study Research Group. A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8. 2001. Arch Ophthalmol 119(10):1417-36.
- Ames BN. DNA damage from micronutrient deficiencies is likely to be a major cause of cancer. 2001. Mutat Res 475(1-2):7-20.
- Barringer TA, Kirk JK, Santaniello AC, Foley KL, Michielutte R. Effect of a multivitamin and mineral supplement on infection and quality of life. A randomized, double-blind, placebo-controlled trial. 2003. Ann Intern Med 138(5):365-71.
- Cosgrove MC, Franco OH, Granger SP, Murray PG, Mayes AE. Dietary nutrient intakes and skin-aging appearance among middle-aged American women. 2007. AJCN 86(4):1224-31.
- Esker S, Banergee A, Simone T, Gallati C, Mousa S. Resveratrol as a Supplemental Therapeutic in Cardiovascular and Metabolic Syndromes: A Critical Review. 2009. Current Nutrition & Food Science 5(1):1-8.
- Fairfield KM, Fletcher RH. Vitamins for chronic disease prevention in adults: scientific review. 2002. JAMA 287(23):3116-3126.
- Fazekas Z, Gao D, Saladi FN, Lu Y, Lebowitz M, Wei H. Protective effects of lycopene against ultraviolet B-induced photodamage. 2003. Nutr Cancer 47(2):181-7.
- Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. 2002. JAMA 287(23):3127-9.
- Gironod F, Galan P, Mongel AL, Boutron-Ruault MC, Brunet-Lecomte P, Preziosi P, Arnaud J, Manuguerra JC, Hercberg S. Impact of trace elements and vitamin supplementation on immunity and infections in institutionalized elderly patients: a randomized controlled trial. 1999. Arch Intern Med 159(7):748-54.
- Larkin M. Vitamins reduce risk of vision loss from macular degeneration. 2001. Lancet 20:358(9290):1347.
- Lutsenko EA, Carcamo JM, Golde DW. Vitamin C Prevents DNA Mutation Induced by Oxidative Stress. 2002. J Biol Chem 277(19):16895-9.
- Merchant AT, Hu FB, Spiegelman D, Willett WC, Himm EB, Ascherio A. The use of B vitamin supplements and peripheral arterial disease risk in men are inversely related. 2003. J Nutr 133(9):2863-7.
- Meydani SN, Meydani M, Blumberg JB, Leka LS, Sifer G, Loszewski R, Thompson C, Pedrosa MC, Diamond RD, Stollar BD. Vitamin E supplementation and in vivo immune response in healthy elderly subjects: a randomized controlled trial. 1997. JAMA 277(17):1380-6.
- Otten JJ, Hellwig JP, Meyers LD. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. 2006. The National Academies Press, Washington D.C.
- Placzek M, Gaube S, Kerkmann U, Gilbert KP, Herziginger T, Haen E, Przybilla B. Ultraviolet B-induced DNA damage in human epidermis is modified by the antioxidants ascorbic acid and D-alpha-tocopherol. 2005. J Invest Dermatol 124(2):304-7.

USANA® HealthPak makes it easy to get the micronutrients you need every day. A 28-day supply of core supplements in convenient daily packets, HealthPak delivers advanced nutrition when and where you want it. HealthPak includes the CellSentials™ with patent-pending InCelligence cell-signaling technology, plus the exclusive MagneCal D™ and CellSentials Booster. This combination provides advanced nourishment for your cells. Plus, the innovative formulas made with InCelligence Technology unlock the innate intelligence of your cells to protect and renew good health.\*

Each packet contains the following:

- CellSentials™: Vita-Antioxidant with InCelligence Complex (2 tablets) see page 14
- CellSentials: Core Minerals (2 tablets) see page 12
- MagneCal D (1 tablet) a HealthPak exclusive!
- CellSentials Booster (1 tablet) a HealthPak exclusive!

THE BENEFITS OF HEALTHPAK

Busy days can cause you to eat a less-than-ideal diet or forget to take your supplements. However, one of the most important aspects of achieving vibrant optimal health is maintaining consistent, optimal levels of nutrients in your body. HealthPak makes it easy for you to get the full range of nutrients you need every day, even when you're on the go.\*

THE SCIENCE OF HEALTHPAK

The CellSentials cellular nutrition system supplies optimal amounts of vitamins, minerals, phytonutrients, and more. The proprietary InCelligence Complex in Vita-Antioxidant goes beyond delivering optimal nourishment to also activate cells' endogenous antioxidant protection and mitochondrial renewal support.\*

The exclusive CellSentials Booster builds upon the protection and renewal activity initiated by the CellSentials. Available exclusively in HealthPak, the CellSentials Booster was formulated entirely based on USANA's patent-pending InCelligence Technology™. It is formulated with four powerful nutrients shown to influence a broad network of cell-signaling pathways: alpha-lipoic acid, USANA's patented Olivol® olive fruit extract, quercetin, and *Pterocarpus marsupium* extract containing pterostilbene.\*

This unique combination delivers enhanced support for mitochondrial renewal with nutrients that target the cell-signaling pathway that initiates mitophagy, which breaks down and removes damaged mitochondria left behind in the cell after the production of adenosine triphosphate (ATP), or cellular energy. This helps preserve cellular efficiency for optimum cellular energy production.\*

The CellSentials Booster also provides more nutrients with InCelligence technology that stimulate cells' production of their own innate, endogenous antioxidants, such as glutathione and superoxide dismutase. Endogenous antioxidants are a dramatically powerful defense mechanism against oxidative damage, which can protect the health and longevity of cellular function.\*

Supporting these processes, as well as additional cell-signaling networks, can help build cellular resilience to help your body meet increased needs when your lifestyle demands it. And because most of us fail to get enough magnesium, calcium, or vitamin D every day, MagneCal D provides an added boost to provide more of these crucial nutrients.\*

THE USANA DIFFERENCE

With the world's highest rated supplements—CellSentials—plus the exclusive MagneCal D and CellSentials Booster, HealthPak provides the most convenient and comprehensive nutrition you need for vibrant health every day. The individually wrapped pouches make it easy to stay consistent, even on the go. And the exclusive CellSentials Booster is a powerful supplement formulated entirely with InCelligence Technology for outstanding protection to help preserve your health and optimize your health span with normal aging.\*

\*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.