

# 5-Day RESET™ Kit

Reinvent yourself with the RESET weight-management system, and lose up to five pounds in five days†

It's no secret that the key to effective weight loss is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes and improving eating habits can often seem like insurmountable tasks. With that in mind, USANA scientists developed **RESET** weight-management program to help people jumpstart healthy eating habits and begin to make a clean break from unhealthy, high-glycemic foods.\*



## CONTROL THE CRAVINGS

All of the USANA® Foods in RESET are guaranteed to be low glycemic. As the foundation of a nutritious diet, low-glycemic foods release energy slowly and do not cause drastic blood glucose spikes and crashes. Therefore, you don't feel hungry as quickly, so you don't feel an overwhelming need to eat, which may help you lose weight.† In addition, the fiber content of RESET helps provide a long-lasting sense of fullness to help reduce hunger levels throughout the day.

The benefits of RESET go beyond weight loss. Consisting of three simple phases, this program will not only help you shed pounds, but it will also assist you in making positive changes to your overall lifestyle.\*

## LOSE THE POUNDS

The RESET 5-Day Jumpstart Phase is not about starvation. It is a nutritionally balanced, low-calorie system to help you kick carbohydrate cravings and lose the first few pounds and find the motivation to keep working toward your total weight-loss goal.\*

## FIND THE NEW YOU

After you have completed the first five days with the 5-Day Jumpstart Phase, make the new healthy habits part of your lifestyle by choosing the next phase that is right for you.

## FIVE DAYS TO A NEW YOU

The RESET program is a nutritionally balanced program of macronutrients (high-quality protein, good carbohydrates, and healthy fats) and micronutrients (vitamins, minerals, and antioxidants). The program is simple—every day you drink three **Nutrimereal™** shakes and eat a USANA Protein Snack, a serving of fruit, and a serving of vegetables. You should also take the **HealthPak** packets™, drink 64–80 ounces of water, and walk for approximately 20–30 minutes (about 3,000 steps) every day.

MEALS	5-DAY RESET	TRANSFORM PHASE	MAINTAIN PHASE
<b>Breakfast</b>	Nutrimereal shake	Nutrimereal shake	Nutrimereal shake
<b>Snack</b>	Protein Snack	Protein Snack	Protein Snack
<b>Lunch</b>	Nutrimereal shake	Nutrimereal shake	Low-glycemic meal** with plenty of fresh vegetables and fruits
<b>Snack</b>	Protein Snack	Low-glycemic snack**	Low-glycemic snack**
<b>Dinner</b>	Nutrimereal shake	Low-glycemic meal** with plenty of fresh vegetables and fruits	Low-glycemic meal** with plenty of fresh vegetables and fruits
	Also eat one serving of fruit and one serving of vegetables per day	**Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes	



ITEM #251

## HEALTH BASICS

- Can lose up to five pounds in five days†
- Can lose up to two pounds a week for 12 weeks†
- Low-glycemic ingredients providing a source of sustainable energy to help control carbohydrate cravings\*
- In a clinical study, the average number of inches lost was 1.5 inches
- Works as a scientific alternative to fad diets
- Provides balanced nutrition, including everything you need for weight-loss success

The 5-Day RESET Kit is available in a flavor variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry Nutrimeal—that includes everything you need:

- 15 single-serving pouches of Nutrimeal
- 10 **HealthPak** packets
- 5 **Fudge Delite™** Protein Snacks
- 2 **Choco Chip™** Protein Snacks
- 3 **Peanutty Bliss™** Protein Snacks

## CUSTOMIZE YOUR RESET KIT

Build your own **RESET** Kit with your choice of Nutrimeal flavors and snacks.

## References

- Van Horn L. Circulation 1997;95(12):2701-4.

†Individual results may vary. Weight-management system lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. in five days. It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician.

Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.

\*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.

