Usanimals, one of the USANA® Essentials™ products, is an advanced formulation of important nutrients beneficial for the maintenance of good health.

THE BENEFITS OF USANIMALS

Many studies show that we do not receive the nutrition we need from our diets. Less than 25 per cent of us eat the recommended five servings or more of fruits and vegetables each day, and adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from our diet. Vitamins C and D are also often deficient. A quality nutritional supplement, such as Usanimals, can help ensure that none of these essential nutrients are missing.

THE SCIENCE OF USANIMALS

**Beta carotene:** Beta carotene is converted to vitamin A in the body. Vitamin A helps in the maintenance of eyes, skin, and the proper function of the immune system.

**B vitamins:** Usanimals contains a carefully proportioned complex of B vitamins, which support normal growth and development: biotin, niacin, riboflavin, thiamin, and vitamins B6 and B12 help the body metabolize fats, protein, and carbohydrates. Pantothenic acid, riboflavin, and vitamin B6 help in tissue formation. Folate and vitamin B12 help to form red blood cells, which transport oxygen and remove carbon dioxide from the body.

**Vitamin C:** Critical to maintaining good health, vitamin C supports many important functions and helps in the development and maintenance of cartilage. Vitamin C is also a source of antioxidants that help maintain good health.

**Vitamin D:** Vitamin D is an important nutrient found in only a limited number of foods, and many people do not get adequate amounts. Many cells have vitamin D receptors and require it for healthy function. In addition to its important role in supporting bone health, vitamin D helps in the absorption and use of calcium and phosphorus throughout the body. It also helps in the maintenance of immune function.

**Vitamin E:** Vitamin E helps to form red blood cells and helps protect against free-radical damage to maintain good health. Eye health also depends on adequate amounts of vitamin E as well as vitamins A and C.

**Calcium:** Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise may reduce the risk of developing osteoporosis.

**Iodine:** The thyroid gland releases hormones that are important for healthy brain development, protein synthesis, metabolic function, and enzymatic activity. Iodine helps in the function of the thyroid gland to support normal growth and development.

**Magnesium:** As a cofactor in more than 300 enzyme systems, magnesium helps support good health throughout the body. It supports the development of bones and teeth, tissue formation, and muscle.

**Zinc:** Zinc is a necessary element for normal growth and development. It is essential for supporting healthy metabolism, skin, connective tissue formation, and immune function.

**THE USANA DIFFERENCE**

Chewable Usanimals have a great-tasting natural berry flavour with no artificial flavours or sweeteners.