



UP YOUR SUPPLEMENTS AND SLIM DOWN

If you're up to the challenge of shedding a few extra pounds, you'll want every advantage you can get. This means not only eating a balanced diet with plenty of fresh vegetables and getting more exercise, but also taking the right supplements to support your fitness-focused lifestyle. Everyone can benefit from the USANA® Essentials, but don't stop there if your goal is to shed pounds. USANA offers a variety of supplements to help you with many different aspects of weight loss.*

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your health

SUPPORT YOUR BONES

Discomfort caused by exercise can discourage you from staying active. Enter calcium and vitamin D. This powerful duo—found in **Active Calcium™** and **Active Calcium™ Chewable**—makes all the difference for your skeletal system. Calcium helps maintain strong bones, while vitamin D enhances calcium absorption and utilization.*

Not convinced you need Active Calcium in your life? Some research also indicates that supplementing with these micronutrients may play a role in weight control if your calcium and vitamin D levels are inadequate. That means you have nothing to lose but extra pounds.*

INCREASE YOUR OMEGAS

You may already know omega-3s are great for your brain, but they're also terrific for managing your weight. Omega-3s, such as those found in **BiOmega™** and **BiOmega™ Jr**, can aid weight loss. This might be due in part to the fact that DHA and EPA (components of omega-3 fatty acids) support healthy blood flow to muscles during exercise.*

Of course, it's not a magical fat-melting pill, but when combined with a healthy diet and exercise, a fish oil supplement may help make a difference in your waistline.*

On top of this, omega-3s are great for helping you stay active as you age. They can help maintain healthy muscle mass in the elderly when taken in conjunction with exercise.*

MIND YOUR MEALS

If you want to lose weight, meals have to be about more than just cutting calories. You also have to make sure you're getting enough fiber. Fiber will keep you feeling full long after you finish your meal. This can help keep you from overeating later in the day, and it can even reduce the total number of calories you consume.

If you want a convenient way to get fiber in your meals, make sure to try **Fibergy® Plus**. It's quick, easy, and it will set your body on the right track for weight loss.*



BENEFIT FROM VITAMIN D

You probably already know and love many benefits of vitamin D, but have you tried it before your workouts?

USANA supported a study by The Orthopedic Specialty Hospital (TOSH) about how vitamin D affects recovery after exercise. The study showed that taking vitamin D before your workout can decrease skeletal muscle fatigue from intense exercise. This faster recovery means you can get out there for your next workout feeling refreshed and ready to challenge yourself again.*

BE KIND TO YOUR JOINTS

You won't get very far in your morning jog if your joints start troubling you, but avoiding exercise is never helpful for a weight-loss plan. That's why you should check out **Procosa**[®], USANA's supplement for joint health.*

Procosa contains glucosamine, which helps maintain healthy cartilage and joints. Curcumin is another natural substance often praised for its joint-supporting abilities. Procosa's Meriva^{®†} bioavailable curcumin complex has been clinically shown to have better bioavailability than standard curcumin products.*

Want to support your weight loss with proper nutrition?
Put these supplements on your Auto Order today!

PUMP IRON

You might think prenatal vitamins are only for pregnant women—but that's not the case. Many pre-menopausal women can benefit from a quality prenatal supplement with iron, especially women who may have anemia. This is why **BabyCare Prenatal Essentials** are an excellent choice.

The iron provided in the Prenatal Essentials is necessary for red blood cells to carry oxygen throughout the body. If you've ever had a particularly tough workout session in an effort to burn calories, you know your body needs as much oxygen as it can get.*

Without a sufficient iron reserve, you could feel tired and fatigued, which will make it even harder to meet any fitness or weight-loss goals you may have. If you're opposed to prenatal supplements, make sure you get enough iron from dietary sources, such as lean meats, spinach, and beans. ■



[†]Meriva[®] is a trademark of Indena S.p.A.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.