HealthPak™ Dietary Supplement

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%
THIAMIN (AS THIAMIN HCL)	13.5 mg	900%
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 CARBONATE)	335 mg	35%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE, AND OXIDE)	250 mg	60%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND 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 PICOLINATE**)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
OLIVOL® (OLIVE EXTRACT, *OLEA EUROPAEA* L., FRUIT)***	15 mg	†
BIOFLAVONOID COMPLEX (RUTIN, GREEN TEA EXTRACT-DECAFFEINATED [*CAMELLIA SINENSIS* HUNT, LEAVES], QUERCETIN, HESPERIDIN [*CITRUS SPP.* L., FRUIT], POMEGRANATE EXTRACT [*PUNICA GRANATUM* L., FRUIT], CINNAMON EXTRACT [*CINNAMOMUM CASSIA* L., BARK], BILBERRY EXTRACT [*VACCINIUM MYRTILLUS* L., FRUIT])	99 mg	†
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	†
BROMELAIN	25 mg	†
ALPHA LIPOIC ACID	100 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (*CURCUMA LONGA* L., ROOT)	7.5 mg	†
LUTEIN (*TAGETES ERECTA* L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
GRAPE SEED EXTRACT (*VITIS VINIFERA* L., SEEDS)	45 mg	†
BROCCOLI CONCENTRATE (*BRASSICA OLERACEA v. BOTRYTIS* L., FLOWER)	7.5 mg	†
RESVERATROL (*POLYGONUM CUSPIDATUM* SIEB. & ZUCC., ROOT AND RHIZOME)	10 mg	†
BORON (AS BORON CITRATE)	1.83 mg	†
SILICON (AS SILICON AMINO ACID COMPLEX)	4.25 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

*Percent Daily Value is based on a 2,000 calorie diet. †Daily value not established.
**Licensed under U.S. Patent 4,315,927
***Olivol is a trademark of USANA Health Sciences, Inc., protected under US Patents 6,358,542 or 6,361,803

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, CROSCARMELLOSE SODIUM, MODIFIED CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, SODIUM CITRATE.

Nutrition Bars

Nutrition Facts

	Peanut Butter Crunch	Oatmeal Raisin
Serving Size: 1 bar	(39g)	(50g)
Servings per Container	5	5
Amount Per Serving		
Calories	160	170
Calories from Fat	45	25
	% Daily Value*	**% Daily Value***
Total Fat	5g **8%**	2.5g **4%**
Saturated Fat	2g **11%**	0g **0%**
Trans Fat	0g	0g
Cholesterol	0mg **0%**	0mg **0%**
Sodium	135mg **6%**	170mg **7%**
Potassium	130mg **4%**	260mg **7%**
Total Carbohydrate	19g **6%**	28g **9%**
Dietary Fiber	2g **6%**	3g **12%**
Sugars	15g	16g
Protein	10g **20%**	9g **18%**
Vitamin A	0%	0%
Vitamin C	0%	2%
Calcium	4%	4%
Iron	10%	8%

* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Peanut Butter Crunch Ingredients: Protein Blend (Soy Protein Isolate, Textured Soy Protein Concentrate), Fructose, Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Flavor), Evaporated Cane Juice, Peanuts, Glycerin, Peanut Butter, Peanut Flour, Natural Flavor, Soy Fiber, Soy Lecithin.

Contains: peanuts, soy, and milk.
Produced on equipment that also processes eggs, wheat, seeds, and tree nuts.

For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, the Peanut Butter Crunch Nutrition Bar is produced in a facility that manufactures other foods that do contain gluten.

Oatmeal Raisin Ingredients: Raisins, Soy Nuts, Rolled Oats, Brown Rice Syrup, Soy Protein Isolate, Evaporated Cane Juice, Crystalline Fructose, Vegetable Glycerine, Plum Puree, Invert Sugar Syrup, Soy Crisp Rice (Soy Protein Isolate, Rice Flour, Malt Extract), Oat Fiber, Oat Bran, Wheat Protein Concentrate, Wheat Flour, Soybean Oil, Natural Flavors, Mono- And Diglycerides, Spices, Baking Soda, Salt.

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

STORE AT ROOM TEMPERATURE (25°C)

BX.00035 Item # 251.010000

Nutrimeal™ Meal Replacement

Nutrition Facts

	Dutch Chocolate Flavor	French Vanilla Flavor	Wild Strawberry Flavor
Serving Size: 1 packet	(60g)	(60g)	(60g)
Servings per Container	5	5	5
Amount Per Serving			
Calories	230	240	240
Calories from Fat	70	70	70
	% Daily Value*	**% Daily Value***	**% Daily Value***
Total Fat	7g **11%**	7g **11%**	7g **11%**
Saturated Fat	1g **5%**	1g **5%**	1g **5%**
Trans Fat	0g	0g	0g
Cholesterol	0mg **0%**	0mg **0%**	0mg **0%**
Sodium	400mg **17%**	310mg **13%**	410mg **17%**
Potassium	590mg **17%**	420mg **12%**	500mg **14%**
Total Carbohydrate	32g **11%**	33g **12%**	32g **11%**
Dietary Fiber	8g **32%**	8g **32%**	8g **32%**
Soluble Fiber	3g	3g	3g
Insoluble Fiber	5g	5g	5g
Sugars	17g	18g	17g
Protein	15g **30%**	15g **30%**	15g **30%**
Vitamin A	15%	15%	15%
Vitamin C	25%	25%	25%
Calcium	20%	15%	15%
Iron	25%	25%	25%
Vitamin D	35%	35%	35%
Vitamin E	20%	20%	20%
Thiamin	30%	30%	30%
Riboflavin	35%	35%	35%
Niacin	20%	20%	20%
Vitamin B6	30%	30%	30%
Folate	20%	20%	20%
Vitamin B12	10%	10%	10%
Phosphorus	40%	40%	40%
Iodine	30%	35%	35%
Magnesium	25%	20%	25%
Zinc	20%	20%	20%
Copper	20%	25%	25%
Manganese	20%	20%	20%
Molybdenum	25%	30%	25%

* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Dutch Chocolate Flavor Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein Isolate, Rice Protein Concentrate], Fructose, Sunflower Oil, Natural Flavors, Maltodextrin, Soy Fiber, Oat Fiber, Gum Arabic, Cane Fiber, Oligofructose, Potassium Phosphate, Prune Powder (Prune, Calcium Stearate), Tricalcium Phosphate, Magnesium Citrate, Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Soy Lecithin, Tocopherols (to protect flavor), Silicon Dioxide, Wheat Bran, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate (Vitamin E), Niacinamide (Niacin), Potassium Iodide, Vitamin A Palmitate, Molybdenum Citrate, Cholecalciferol (Vitamin D), Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Copper Gluconate, Cyanocobalamin (Vitamin B12), Riboflavin (Vitamin B2), Ferrous Fumarate, Thiamin Hydrochloride (Vitamin B1).

Contains: soy, milk, wheat.

Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

French Vanilla Flavor Ingredients: Soy Protein Isolate, Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Cane Fiber, Natural Flavors, Oligofructose, Gum Arabic, Prune Powder (Prune, Calcium Stearate), Potassium Phosphate, Calcium Phosphate, Magnesium Citrate, Sodium Caseinate (a milk derivative), Xanthan Gum, Inulin, Cellulose Gum, Soy Lecithin, Silicon Dioxide, Tocopherols (to protect flavor), Salt, Zinc Gluconate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Ferrous Fumarate, Cholecalciferol (Vitamin D), Molybdenum Citrate, Pyridoxine Hydrochloride (Vitamin B6), Manganese Citrate, Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Folic Acid, Thiamin Hydrochloride (Vitamin B1).

Contains: soy, milk.

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

For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, the French Vanilla Flavor Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

Wild Strawberry Flavor Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein Isolate, Rice Protein Concentrate], Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Oat Fiber, Cane Fiber, Gum Arabic, Oligofructose, Potassium Phosphate, Natural and Artificial Flavors, Magnesium Citrate, Prune Powder (Prune, Calcium Stearate), Calcium Phosphate, Beet Juice (Color), Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Soy Lecithin, Tocopherols (to protect flavor), Silicon Dioxide, Wheat Bran, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Molybdenum Citrate, Ferrous Fumarate, Cholecalciferol (Vitamin D), Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Folic Acid, Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1).

Contains: soy, milk, wheat.

Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

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Made in USA

USANA HEALTH SCIENCES