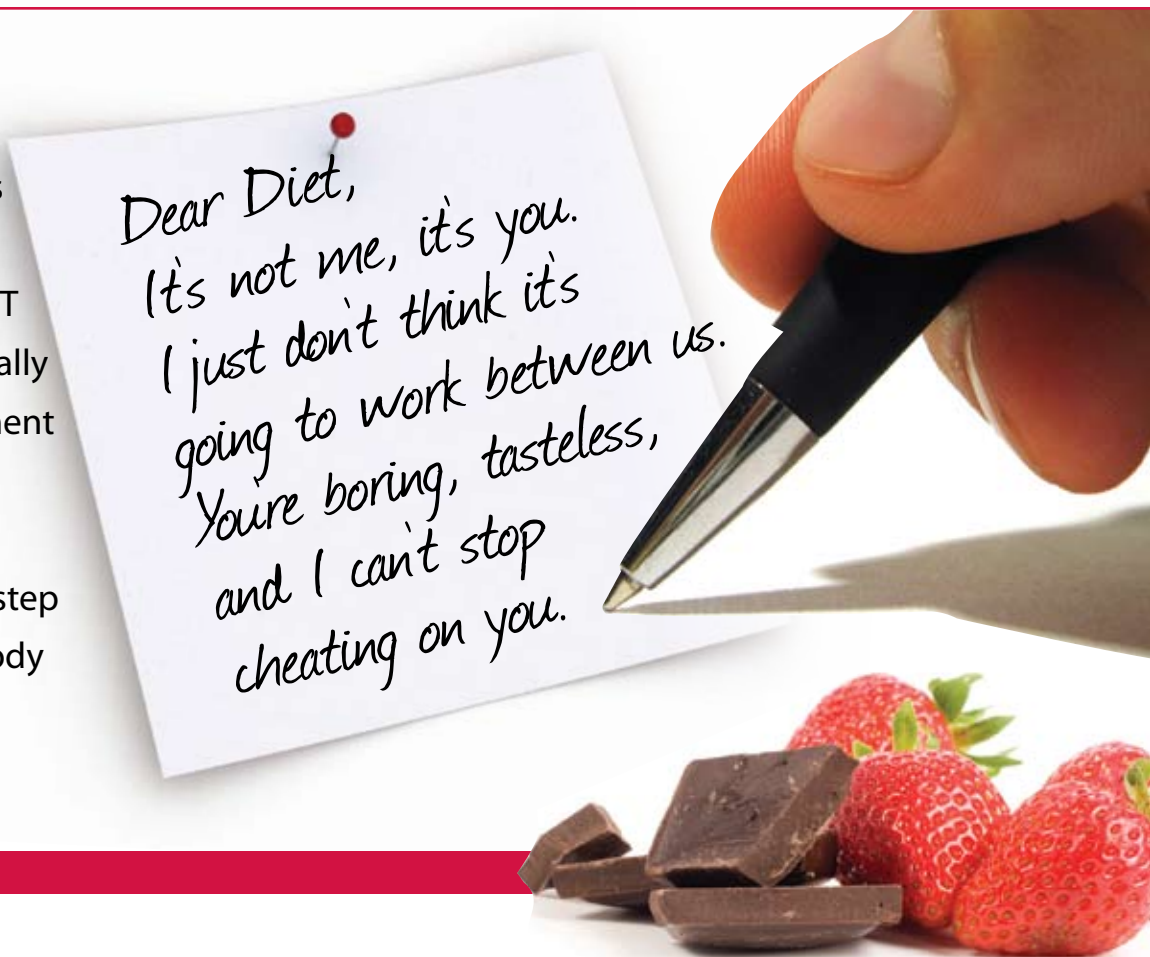




# HAVE YOU EVER WISHED YOUR BODY HAD A RESET BUTTON?

## ACTIVATE YOUR BODY'S RESET BUTTON WITH RESET™: THE 5-DAY HIGH-FIBRE CLEANSE

Now it is possible to reduce the endless cycle of carbohydrate cravings and begin a lifetime of healthy habits with RESET from USANA. A nutritionally balanced meal-replacement program that will jump-start your weight-loss efforts, RESET is the first step toward resetting your body and your life.



*"I have chosen to use USANA's Macro-Optimizers for my patients because they not only contain good protein and good fat, but they also contain low-glycemic carbohydrates. They are complete and balanced foods that offer you the much needed jump-start to breaking your old eating habits."*

—Dr. Ray Strand

### Simple & Convenient

With all of the individually wrapped meals and snacks you will need, RESET takes the guesswork out of eating right while on the go.

### Low-Glycemic Formulas

Research shows that eating low-glycemic foods as part of a balanced diet is a healthy way to help control hunger and start losing weight.

### Quick Results

One USANA study found that the average weight loss after completing the 5-day RESET is about five pounds.



\*It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA Reset: 5-Day High Fibre Cleanse are FOODS, not DRUGS. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight loss results. Results will vary.

It's no secret that the key to weight loss is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes can often seem like an insurmountable task. With that in mind, USANA scientists developed **RESET™**, a five-day meal replacement program to help you make a clean break from fatty, high-glycemic foods and start making better choices for your health. **RESET** offers three core benefits:

## Lose the Cravings

Eating high-glycemic foods can cause your blood glucose levels to rapidly spike and then crash, often leading to seemingly uncontrollable carbohydrate cravings. **RESET** can help you begin to discover the power of low-glycemic foods.

## Lose the Pounds

Following years of eating high-glycemic foods and leading a poor lifestyle, many find it difficult to maintain a healthy weight. **RESET** is a jump-start to a healthy, new lifestyle that can help you achieve your total weight-loss goal.

## Find the New You

After completing **RESET**, the average weight loss is five pounds, which is just the first step on your path to discovering the lean, healthy, and energetic person inside you. As you continue with your new lifestyle habits, you will be better able to live your life the way it was meant to be.



## How it works

Because it includes both macronutrition (carbohydrates, proteins, and beneficial fats) and micronutrition (vitamins, minerals, and antioxidants), **RESET™** is one of the most nutritionally complete meal-replacement programs available today. The program is simple—every day you replace your meals with USANA's low-glycemic meal-replacement shakes and bars, plus a bonus snack of one serving of fruit and one serving of vegetables.



### RESET—5 Days to a New You Daily Meal Plan

Breakfast	Snack	Lunch	Snack	Dinner
Nutrimeal™ shake AM HealthPak	USANA® bar	Nutrimeal shake	USANA bar	Nutrimeal shake PM HealthPak
Bonus snack: One serving of fruit and one serving of vegetables per day				

The kit is available in a flavour variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry **NUTRIMEAL™**—or in a single flavour, all soy French Vanilla pack. Also included is an informative DVD that includes a 30-minute workout program and introduces the Phase 1 and Phase 2 follow-up programs.

### Phase 1—Weight Loss Maintenance Program

Breakfast	Snack	Lunch	Snack	Dinner
Nutrimeal shake	USANA bar	Nutrimeal shake	Low-glycemic snack*	Low-glycemic meal*
*Plenty of fresh vegetables and fruits				

### Phase 2—Healthy Maintenance Program

Nutrimeal shake	USANA bar	Low-glycemic meal**	Low-glycemic snack	Low-glycemic meal**
**Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes				

The glycemic index is a key factor in success with **RESET**. Low-glycemic foods often provide greater satiety and sustained energy, and can help control appetite and delay hunger, making it easier to lose weight. All of USANA's Macro-Optimizer foods are clinically proven to be low-glycemic.



### Before



### After



Results not typical. The average weight loss with **RESET** is 4.5–5 lbs. in five days.

*“When I decided to try **RESET™**, my weight was at 163,” Linda Wichman remembers. “My friend and I did it together, using the buddy system to encourage each other. By the end of the five days, I had lost 10 pounds. I now weigh about 130 pounds, and I continue to drink a shake every day, because I feel so much better throughout the day when I start it off right.”*

—Linda Wichman

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