

Frequently Asked Questions About the first 5 days... we call it the **USANA RESET Phase.**

How much fiber is in the new RESET 5 day program?

If the program is followed as outlined, the USANA products will provide 30 grams of dietary fiber daily (this does not include the amount of fiber provided by the fruit and vegetable that you will eat each day). Remember, fiber is an important part of a healthy diet and a high intake of dietary fiber has many health related benefits including a decreased risk of certain diseases. In addition, dietary fiber promotes satiety helping you to feel full and satisfied longer. The current recommendation is 20-35 grams of dietary fiber per day for adults.

Why do you recommend drinking 8-10 glasses of water each day while following the 5 day RESET?

The 5 day reset provides approximately 30 grams of dietary fiber each day. Fiber requires an adequate intake of water and other fluids to move the fiber through the gastrointestinal system efficiently.

Can I mix the shakes with skim milk or soymilk instead of water?

During the RESET program it is recommended that you mix the shakes with water. This may be important for those who are trying to lose weight, since using skim milk or soy milk will increase the caloric level by 250-300 calories a day. If you prefer to use soymilk, try to use a soymilk with minimal added sugar (120 calories per cup or less).

Do I need to exercise during the RESET program?

Regular exercise is always an important part of a healthy lifestyle. We recommend that you use the 5-day program to commit to a regular exercise routine as well as an improved diet. Regular exercise may help you reach your weight loss goals more quickly, and is generally the most important factor in long-term weight management. Regular exercise and an active lifestyle provide numerous health benefits, both physically and mentally. If you are not already exercising, we recommend you start slowly with walking or light exercise during the 5-day period while your body adjusts to the changes you are making.

Can children follow the RESET program?

The caloric level of the RESET program is not sufficient to support normal growth and development in children. In addition, the fiber content may be too high for many children to tolerate. As such, children under the age of 18 should not participate in the 5-day program, except on the advice of their physician and/or dietician.

Can I follow the RESET program if I am on medications or have a health condition?

If you are currently taking medications or have a specific health condition, we suggest that you consult your physician or health care specialist to determine if this program is appropriate for you.

Is the caloric level of the RESET program appropriate for everyone, regardless of weight or activity level?

The caloric level of the RESET program may not be sufficient to provide the energy required for those who are very active or those who exercise rigorously. Adding fruit or milk to the shakes will increase the caloric level. An additional snack or small meal may also be used, if necessary, to maintain normal energy levels.

How often can I repeat the RESET program?

The purpose of the RESET program is to help you change unhealthy habits with a high fiber, low-calorie, low-glycemic diet. This program will not instantly reverse the effects of long-term unhealthy dietary choices and inactivity. If followed correctly, however, it is designed to help you take control of your lifestyle by helping you change poor dietary habits, reduce carbohydrate cravings, improve exercise habits and motivate you with an initial weight loss. However, you must be committed to maintain your new healthy habits after the initial 5-day program. There are two options available to follow after you complete the 5-day program. You will choose option 1 or 2 depending on your weight goals. If you follow the program as outlined, there is no need to repeat the 5-day program except as an occasional recommitment during a slump. The bottom line: if you continue to do what you have always done, you will likely remain where you are now.

Can pregnant and lactating women participate in the RESET program?

The caloric level of the RESET program is not sufficient to support normal fetal growth and development during pregnancy or breast milk production in lactating women. In these circumstances the program should not be followed except under the guidance of a physician and/or dietician.

Can diabetics follow the RESET program?

If you have diabetes, we suggest that you consult your physician or health care specialist to determine if this program is appropriate for you. However, keep in mind that these are food products that should be treated as any other healthy food. In general, most diabetics will be able to follow the RESET program depending on how they are currently managing their diabetes. In some cases, it may be necessary to monitor blood glucose levels more regularly, especially if there is a significant change in carbohydrate intake. If there is any doubt about the appropriateness of this program for a diabetic, a physician or health care specialist should be consulted before beginning this program.

Are there any side effects from following the RESET program?

Most people are able to complete RESET without difficulty. However, for some this program represents a significant lifestyle change that may result in some minor

discomfort that may include headaches, fatigue, lightheadedness or gastrointestinal upset. It is highly recommended that you consult your physician before beginning RESET if you have specific medical conditions, are taking medications and/ or have special dietary needs or issues.

Headaches and fatigue are fairly common in many weight loss and exercise programs during the first two or three days due to adjustments in calories, carbohydrates, blood glucose levels, caffeine intake, or simply the nature of making sudden drastic lifestyle changes. If you experience headaches, fatigue, lightheadedness or extreme hunger, eat an additional serving of fruit or vegetables.

GI distress may be related to increased fiber or soy intake, or both. The 5 day Reset provides approximately 30 grams of dietary fiber daily. For some, this may be a drastic increase in their overall intake of dietary fiber. Since fiber requires an adequate intake of water and other fluids to move through the gastrointestinal system efficiently, it may be helpful to increase fluids during RESET. The effects of soy can often be resolved by using an over-the-counter product such as Bean-O that is designed to help with the digestion of beans and legumes.

If side effects are not resolved within 24 hours, the program should be discontinued and a physician or health care specialist should be consulted before continuing the program. Some people may need to skip the RESET phase altogether, and go directly to Phase 1 or Phase 2.

This program may not be appropriate for everyone. If you have concerns about following this program, have special dietary needs, are taking medications or have specific medical conditions, you should consult with your physician or other healthcare specialist before beginning this program.

*These statements have not been evaluated by the Food and Drug Administration. The USANA Reset: 5-Day High Fiber Cleanse is not intended to diagnose, treat, cure, or prevent any disease.

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-Fiber Cleanse are FOOD, 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.

How much weight can I expect to lose on the RESET program?

The actual weight loss during the 5-day program will vary by individual. There are many factors that affect weight loss including the size and weight of the person, activity level, water retention, lean muscle mass, and adherence to the program. In addition, certain medical conditions, medications and hormonal cycles may also impact potential weight loss. The RESET program is designed to help you focus on changing unhealthy eating habits and improving your over-all lifestyle patterns. These long-term changes will help you to achieve and maintain a healthy weight.

Why does USANA use high fructose corn syrup in the bars and Nutrimeal drinks?

Many people have concerns about the high-fructose corn syrup (HFCS) used in the bars (and the solids used in the drinks). Even the HFCS is a matter of context. Contrary to some of the alarmist articles, HFCS is almost identical in composition to sucrose (approx. 50% fructose and 50% glucose). Yes, it is cheaper than sucrose and also has a better mouthfeel and texture which makes it a valuable product in appropriate uses. But, as always in nutrition, it is a matter of context. Like sugar, there is nothing inherently unhealthy or evil about HFCS itself. It is a matter of total diet and the context in which it is used. One reason it is often demonized is because it is now the sweetener used in sodas and fruit drinks (if we were still using sugar as we were in the 1970's, we would be having this conversation about the evils of sucrose). One of the reasons we are having difficulty with obesity and our excess calorie consumption may be due to the popularity of super-sized sodas and fruit-drinks. In this context, HFCS is a problem in the same way it would be if we were still using sucrose. But it isn't so much the fault of the ingredient as it is the way we are using it. Bottom line, 8-10 grams of HFCS in the context of an otherwise nutrient dense food product, is not the same issue as 220 grams of extra calories in a couple of non-nutritive "Big Gulps."

Also, it is not necessarily valid to use research about fructose and HFCS in the same breath. As stated before, HFCS is similar to sucrose in structure and metabolism, and much of this research has been confused and taken out of context.

As with anything in nutrition, dosage is the key. Whereas using saturated fats as a primary source of fats in the diet would be unhealthy, small amounts from a variety of sources can be used properly as a healthy blend of overall fat intake.

We continue to advocate common sense and variety and moderation in the diet. It is easy to use statistics and numbers to misinterpret the value of foods and ingredients. But, if people simply got more activity, ate less, and ate a balanced and varied diet, many of our current health concerns would be resolved.