

Starting the USANA® Nutritionals

Dear Associate,

The USANA® Nutritionals are scientifically advanced nutritional products developed to help provide optimal lifelong nutrition throughout all stages of life. The majority of people who begin taking USANA's nutritional products experience no side effects and can maintain their energy levels and overall general health.*

For a few people, taking these advanced nutritional supplements represents a significant dietary change. This may cause some type of gastrointestinal distress such as an upset stomach, possible stomach cramps, or diarrhea. These symptoms can often be related to increased intakes of vitamin C, magnesium, and/or fiber. It is also recommended that if these symptoms occur you should consult your doctor. However, to evaluate your personal health benefits from USANA Nutritionals it is

important to follow a consistent nutritional supplementation program for several months.

If you experience mild or moderate gastrointestinal discomfort when first taking USANA Nutritionals, we recommend that you stop taking the products for a few days while the symptoms subside, and then begin again with a lower dose. Slowly increase your intake to the recommended label guidelines over a period of a few weeks. By allowing your body time to adjust to this dietary change slowly, your body will be able to better realize the full potential of these nutritional products.

To avoid possible discomfort, take nutritional supplements with food, preferably with a complete meal. Food buffers the stomach to reduce the chance of gastrointestinal upset and also enhances the body's ability to

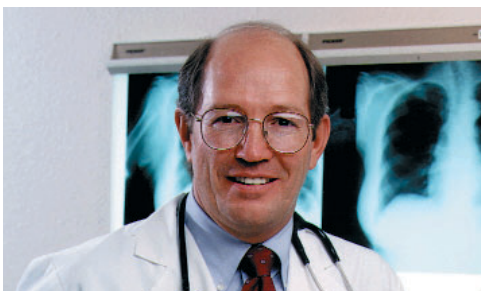
better absorb certain nutrients. It is also very important to keep the body hydrated by drinking 8 to 10 glasses of water every day. By drinking plenty of fluids, your body is able to more easily distribute nutrients to your cells.

A complete and varied nutritional program delivers the ingredients necessary for optimal health. By supplementing your diet everyday with the USANA Nutritionals you are supplying the key vitamins, minerals, and co-factors, which allow your body to become more efficient at helping you maintain optimal health. By keeping with your nutritional program you will create a healthy and balanced lifestyle that will last for many years to come.

Best of luck in your quest for better health.

Sincerely,
Dr. Ray Strand

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



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